MEDICINES AND HEALTH

- Every daily prescription in its original labeled container, in a waterproof bag, on you or in your go-bag.
- A written list: each medicine, strength, how often, prescribing doctor, pharmacy phone, allergies and conditions.
- Never stop or change a prescription to make it last. Some are dangerous to stop suddenly. Ask a doctor or pharmacist.
- Top priority for an extra supply: heart, blood pressure, thyroid, seizure and mental health medicines.

Special handling

- **Insulin:** FDA says vials and cartridges can stay unrefrigerated at 59 to 86 degrees F for up to 28 days. Keep cool and out of sun; never use insulin that froze. Bring needles, meter, strips and fast sugar.
- **Inhalers:** at least one spare.
- **Epinephrine auto-injectors:** two per person who needs them.
- **Glasses:** a spare pair, even an old prescription.
- **Hearing aids:** spare batteries or a way to charge.
- **CPAP and powered devices:** battery pack or vehicle power adapter.

Also in the bag

- Pain reliever, anti-diarrhea medicine, antacid, motion sickness medicine.
- Children's versions measured for their weight, with the dosing cup or syringe.
- First aid kit, phone and radio power, cash, copies of IDs and papers.

On the road

- Leave early and know a second route.
- Pick a destination not exposed to the hazard you are leaving.
- Start with a full tank, a spare tire and traction devices in winter.

ONE PERSON, ONE DAY

	Driving	Hiking
Water	1 gallon (8.3 lb)	2 gallons in heat or hard effort (16.7 lb)
Food, adult	2,200 calories (about 1.4 lb no-cook food)	3,000 calories (about 1.5 lb trail food)
Food, school-age child	1,600 calories (about 1 lb)	2,000 calories (about 1 lb)
Medicines	1 day of each, plus your full reserve	
Socks	1 clean pair	1 pair, plus a dry pair for sleeping

Driving: carry 7 days of water and food per person, even for a 1-day drive. **Hiking:** carry enough to reach the next safe water, not the whole trip.

Scale it up

Water (gallons) = people x gallons per day x days
Food (calories) = people x calories per day x days

Example: 4 people driving, 7-day buffer = 4 × 1 × 7 = 28 gallons (about 234 lb).

Make water safe

- Boil at a rolling boil for 1 full minute, then let it cool.
- Or add 1/8 teaspoon plain, unscented bleach (5.25 to 6.0 percent) per gallon, stir, wait 30 minutes.
- Never assume creek, spring, canal or lake water is safe because it looks clean.

The 1-gallon figure is the Ready.gov minimum; Ready.gov notes needs can double in very hot weather. Calorie and weight figures are planning figures.

Getting There, by Andrew Dominguez, Trinfinity Enterprises. Free to download. All rights reserved.

GLOVE BOX CARD

GETTING THERE

WISCONSIN

10 places in this state, water and food for one person per day, and a medicine checklist

If someone is hurt, trapped or in danger, call 911 first. Follow your local officials.

These are areas to study, not promises of safety, and not permission to enter or use anyone's property. Respect private land, closures and local rules.

Print tip: both sides, flip on short edge. Fold on the dashed lines so this panel is on the front.

trinfinityenterprises.com/books/getting-there/

TRINFINITY Enterprises

WISCONSIN: THE PLACES

Listed A to Z, not ranked. **Medium** means water, a current food base and a hazard were each confirmed in a published source; **Low** means at least one was not. Checked November 2026. Coordinates are approximate.

Antigo — MEDIUM
Langlade County · 45.13 N, 89.14 W
Water and food: Eau Claire River branches and Spring Brook; potatoes and dairy are key local products
Watch out for: Tornadoes, derechos and ice storms statewide (NOAA)

Cashton — LOW
Monroe County · 43.75 N, 90.76 W
Water and food: Water source not confirmed; the state's largest Amish settlement and a large organic food cooperative employer
Watch out for: Severe storms and winter storms statewide (NOAA)

Darlington — MEDIUM
Lafayette County · 42.69 N, 90.11 W
Water and food: Pecatonica River flows through town; economy tied to dairy food plants, including cheese and whey
Watch out for: Heavy rain and flooding statewide (NOAA)

Medford — LOW
Taylor County · 45.15 N, 90.35 W
Water and food: Black River flows through the city; mink fur farms, but a food base is not confirmed
Watch out for: A great fire in May 1885

Mineral Point — LOW
Iowa County · 42.85 N, 90.16 W
Water and food: Water source and current farm base not confirmed; lead and zinc mining history
Watch out for: Hilly

Rhinelander — LOW
Oneida County · 45.65 N, 89.41 W
Water and food: Where the Wisconsin and Pelican rivers meet; farm base not confirmed
Watch out for: Prone to Arctic cold snaps

Richland Center — LOW
Richland County · 43.36 N, 90.39 W
Water and food: Pine River runs through the west side; farm base not confirmed
Watch out for: Flooding statewide (NOAA)

Spooner — LOW
Washburn County · 45.85 N, 91.92 W
Water and food: Water source and farm base not confirmed
Watch out for: Long, cold winters with about 56 inches of snow a year

Viroqua — LOW
Vernon County · 43.54 N, 90.89 W
Water and food: Water source not confirmed; over 200 organic farms in the surrounding area
Watch out for: A June 28, 1865 tornado killed 22 people

Westby — MEDIUM
Vernon County · 43.66 N, 90.87 W
Water and food: Headwaters of the Bad Axe River; economy built on farming, with a cooperative creamery
Watch out for: Severe storms and flooding statewide (NOAA)

State hazards: Winter storms, flooding, tornadoes and extreme cold. Water is plentiful. The Driftless Area in the southwest has springs, trout streams and strong farm communities.

Getting There, by Andrew Dominguez, Trinfinity Enterprises. Free to download. All rights reserved.