

Campers with Diabetes

Especially those with Insulin Dependent Diabetes

We are very excited that you are going to experience God's creation with us and we want that experience to be a growing period for you as well as Rock-N-Water. In that light, we need you to be supremely prepared for the huge change in environment that you will experience and we need you to be highly communicative with us about your needs. Only you know what you need and when you need it. Your guide will want to know how you are doing and if you need assistance. By working together, we can get the most out of our time together. Even though all of our guides have medical training, we are not experts in diabetes care and so any training or information you can give us will be most appreciated.

Here is a list of supplies for you to consider. There is little to no opportunity to re-supply once you arrive at Rock-N-Water so please take care in your packing. The list below is not intended to replace your own list, just some of our recommendations.

- Fanny pack** - So you can have your sugar and other supplies close at hand while hiking, whitewater rafting...
- Insulation*** – To keep heat sensitive items like Insulin cool.
- Bring Extras** of the following (Extra means way more than what you calculate you should need)
 - **Sugar**** Remember that you will probably be very active, outside, all day long; sometimes unable to stop for the day until we get back to camp.
 - **Glucagon**
 - **Blood Glucose Test Strips**
 - **Insulin** (for each system you might be relying upon)
 - **Syringes**
 - **Infusion Sites** (for pumpers)
 - **Insulin Reservoirs** (for pumpers)
 - **Batteries** (for pumps and meters)
 - **Extra meter**
 - **Extra Lancet device**
 - **Headlamp** for testing at night
 - **Ziploc bags** to help keep things dry(ish)

Product Recommendations:

*Insulation: "Frio Wallet" cooling bags are amazingly affective at keeping your Insulin cool for days at a time without being refrigerated. You can find sources by Googling "Frio Wallets". Excessive heat is a common challenge diabetics face on adventures here.

** Sugar: Gel packs like Clif Shot Gel. Unlike juice boxes that are bulky and sometimes leak; Gel Packs are small, durable, waterproof and still pack 23+ grams of carb in a variety of flavors.

We look forward to seeing you soon!!

Rock-N-Water