

Campers with Type I 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 or supplies. 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...

Bring Extra of the following (Extra means way more than what you calculate that you should need)

- **Sugar** (See our recommendation below) 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.
- **Test Strips**
- **Insulin** (for each system you might be relying upon)
- **Syringes**
- **Sites** (for pumpers)
- **Reservoirs** (for pumpers)
- **Batteries** (for pumpers)
- **Extra meter** and batteries (for pumpers)
- **Headlamp** for testing at night
- **Ziploc bags** to help keep things dry

Product Recommendations:

--"Frio Wallet" cooling bags are amazingly affective at keeping your stuff 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.

--Gel packs (for sugar). They come in 23 grams of carb per water proof unit, don't break very easily, and are very compact (way easier than juice boxes and come in lots of flavors).

We look forward to seeing you soon!!

Rock-N-Water