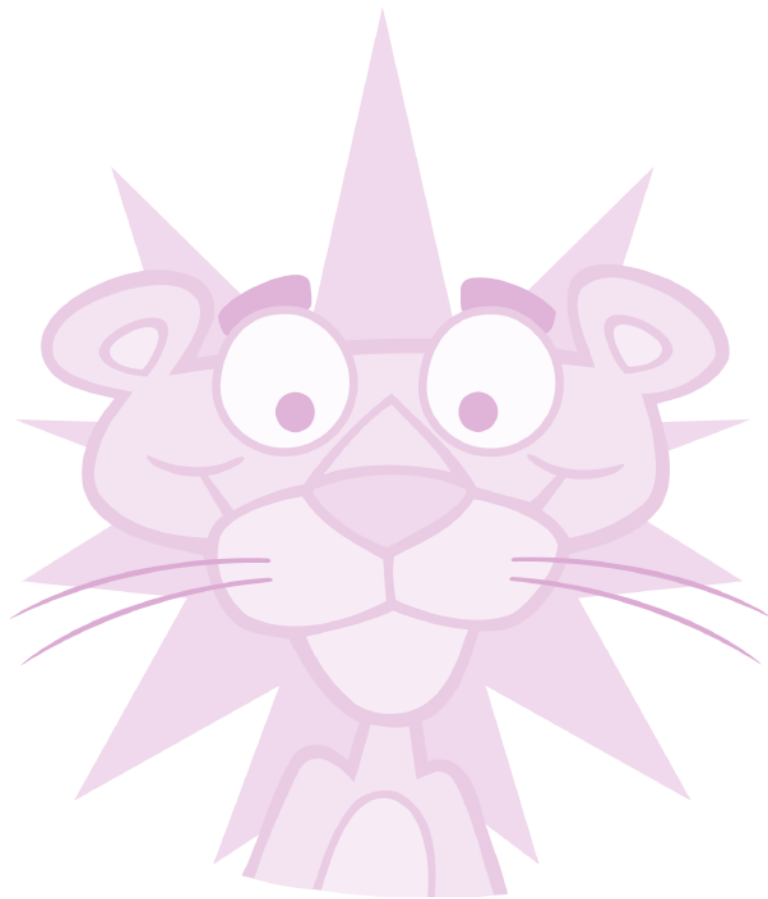


Chapter 25

Vacations and Camp



WHEN TRAVELING WHAT SHOULD PLANNING INCLUDE?

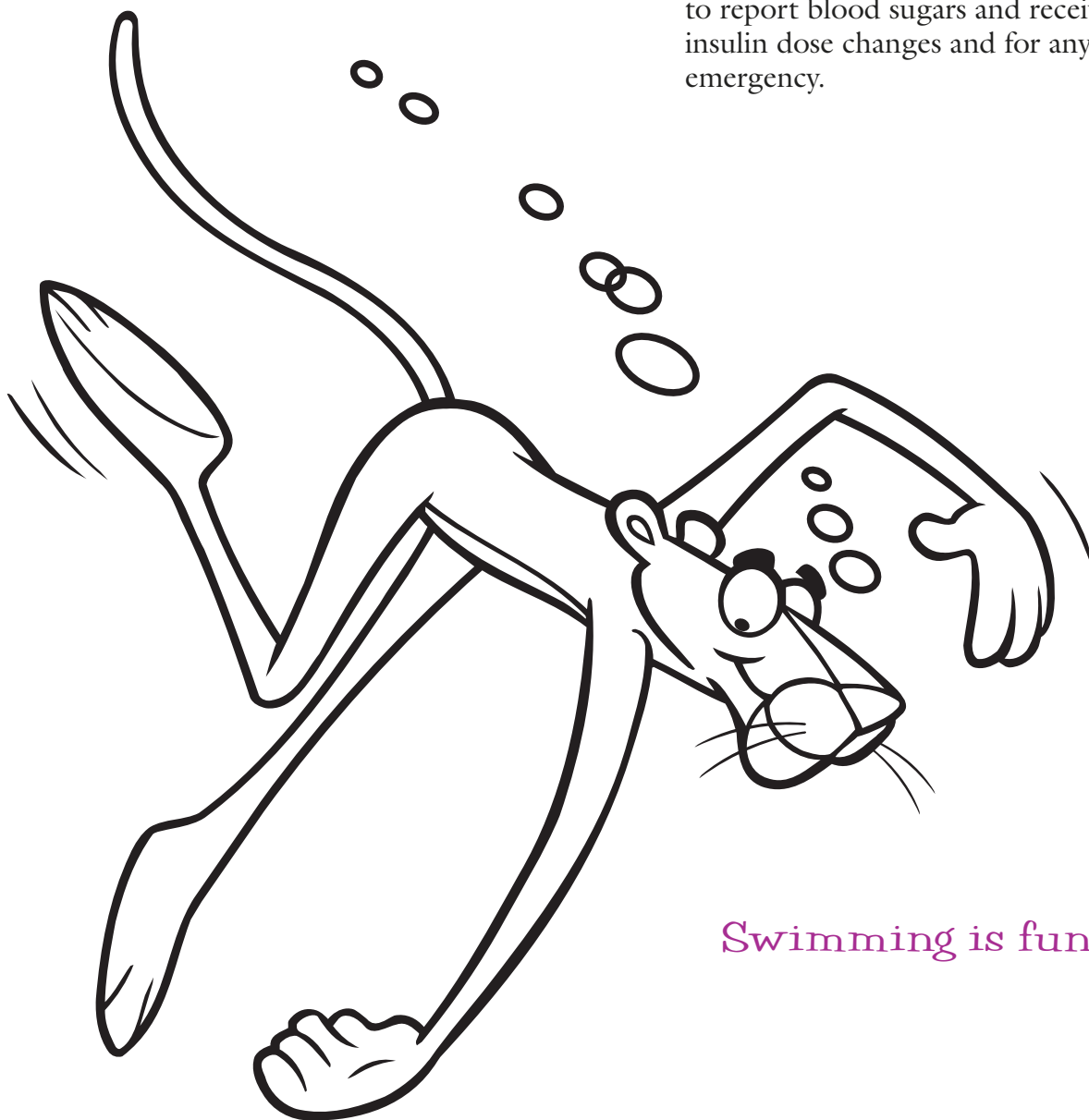
- ❧ Insulin, blood sugar test strips, and glucagon must be kept in a plastic bag in a cooler if traveling by car. All three will spoil if they get above 90° F (3.2° C) or if they freeze.
 - ❧ If the meter has been in a cold place, it should be brought to room temperature before doing a blood sugar test.
 - ❧ Car travel may result in higher blood sugars due to less activity. Extra insulin is sometimes given.
 - ❧ Remember to take supplies for measuring ketones.
 - ❧ Insulin should be carried on airplanes and not packed in “checked-in” luggage.
 - ❧ Since 9/11/01, it is important with airplane travel to have a vial of insulin with the pre-printed pharmacy label on the outside of the box. The glucagon should also be left in its original container. At times of high security, it may need to be packed in a suitcase.
- There have been no problems with taking insulin, insulin pumps or other diabetes supplies through x-ray security. A letter from the diabetes doctor may also be required (including his/her phone number).
- ❧ Extras of everything should be carried by a second person on the plane when possible, or in a second suitcase, in case one carry-on or suitcase is lost.
 - ❧ Extra snacks (sugar [dextrose] tablets, granola bars, etc.) should be carried in case food is late or not available.
 - ❧ Time changes within the U.S. are usually not a problem, but they must be considered if going overseas (call your doctor or nurse). For insulin pumps, the time in the pump is just reset.
 - ❧ If activity is to be increased (playing at the beach, fishing, hiking, going to an amusement park, etc.), the insulin dose should be decreased.

CAMP

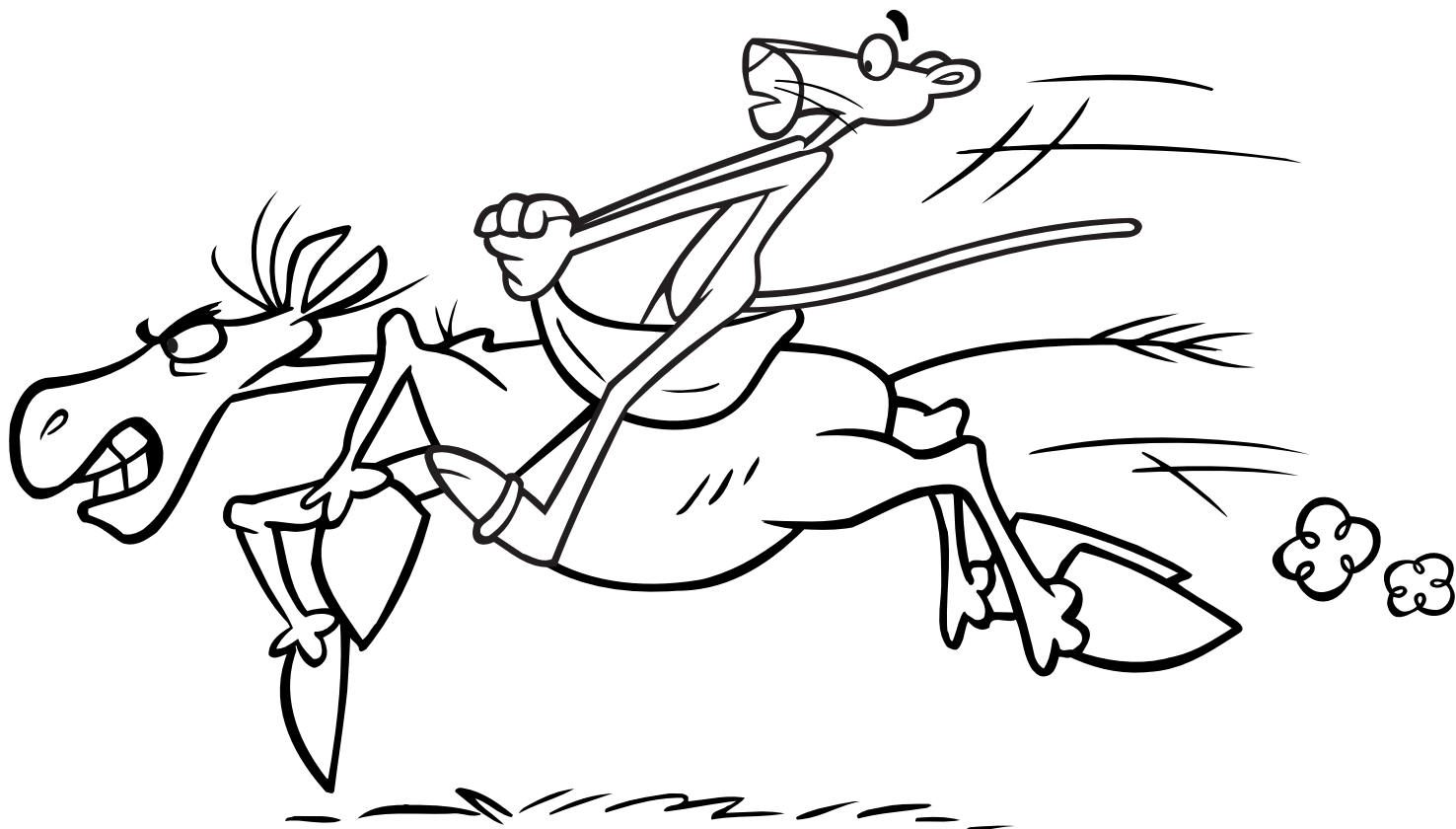
Diabetes camp is often the first chance for a child and parents to show they can survive without each other. Most camps have doctors and nurses present so that the children are safe. Getting to know other children with diabetes who are of a similar age can be very helpful. Most of all, camp should be fun!

If going to a non-diabetes camp (or school camp/outdoor lab):

- It is essential the camp nurse and cabin counselor know about diabetes (low blood sugars and what to do, high blood sugars and what to do, illness and what to do, etc.).
- Insulin changes for camp will need to be made by the child's diabetes doctor or nurse.
- All diabetes supplies will need to be provided by the family.
- Phone numbers need to be provided to report blood sugars and receive insulin dose changes and for any emergency.



Swimming is fun . . .



...and so is riding a horse.



Using an insulin pump
sometimes increases one's energy.