

Contact details for more information

Monday to Friday 9am-5pm

- Diabetes doctors can be reached via the paediatric secretaries on **01952 641222**, ext. **5980** or **5981**
- Diabetes nurses on **01743 450855 option 2**
- Diabetes Dietician on **01952 641222** extension **4874**

In an emergency/out of hours

In an emergency during working hours when you cannot reach one of the team above or for out of hours support i.e. after 5pm or at weekends.

All patients requiring advice should contact the Princess Royal Hospital switchboard on **01952 641222** and ask to speak to the paediatric registrar for diabetes advice.

Managing Type 1 Diabetes

during activity holidays



Activity holidays such as Duke of Edinburgh's Award may involve completing unaccompanied, self-reliant expeditions lasting up to 1 week.

You may have to carry all of your food for the expedition and cook your own meals each day. This takes planning for everyone but if you have type 1 diabetes, you will need just a bit more planning.

Being physically active all day and carrying a pack can lead to low blood glucose levels (hypos) whilst you are hiking etc. and also at night, so it is important to reduce your insulin and make sure you eat carbohydrates throughout the day.

Insulin Adjustments:

These will need to be discussed with your diabetes team so that appropriate adjustments can be made.

Snacks:

You may need regular snacks throughout the day (Please refer to the Exercise Management leaflet) for example, cereal bars, flapjack, fruitcake, oatcakes, chocolate bars, dried fruit (raisins, apricots, mango, banana chips, dates, figs and cranberries). Your dietitian can help you with this.

Helpful Hints:

- Check your blood glucose levels at least 6-8 times per day.
- Have your Hypo treatment with you all the time.
- If you have lots of hypos, you might not recognise your hypos as well as normal the next day.
- Take extra supplies of insulin, hypo treatments and a spare meter in case of unforeseen events.
- Do not inject into your legs as you are using these muscles to exercise.
- You may require between 2500-3500 kcals per day so plan your food.
- Carry ID that says you have type 1 diabetes.
- Remove excess packaging and place food in re-sealable plastic bags and keep in waterproof containers if needing to carry all food supplies.
- Ask a friend or supervisor to take some extra snacks and glucose for you in case you lose yours.
- Have a good carbohydrate breakfast of at least 40g carbs.
- Start eating snacks early and frequently as needed.
- Make sure you have good footwear and check your feet for blisters etc.
- Drink lots of water or other sugar free/low sugar drinks.