



Loop and Learn

Ask & Learn: Session 01, Camping

June 30, 2021 1500 PST

1. Types of camping

- a. Solo diabetes camp
- b. Family diabetes camp
- c. Family camping
- d. Solo/Adult camping

2. Keeping insulin cool

- a. Frio bag: <https://www.frioinsulincoolingcase.com>
- b. MedAngel Bluetooth thermometer: <https://medangel.co>
- c. VialSafe insulin vial protector: <https://www.vialsafe.com/products/short-mix-match-colors-insulin-vial-protector>
- d. TempraMed insulin pen cooler cap: <https://tempramed.com/products/vivi-cap-1>
- e. Be careful of RV fridges! If you keep insulin in them, keep it in the top shelf of the door

3. Link Storage (Riley, Orange, Ema, etc.)

- a. SpiBelt: <https://spibelt.com>
 - i. Loop the Link through the belt to get better range
 - ii. Try not to stack your phone and link – it decreases range (or seems to)
- b. Use a carabiner to hang your Link off of your backpack on the same side as your Pod or cannula site to optimize range
- c. If you're doing water sports – use a waterproof/drybag to hold your Link and phone
- d. How to track signal strength:
 - i. With Omnipod:
 1. Omnipod menu in Loop
 2. Read Pod Status
 3. RSSI > 0 means more signal strength

4. Water Sports

- a. Use a waterproof/drybag to hold your Link and phone
- b. FreeAPS
 - i. Switch into Open Loop
 - ii. Utilize offline temporary basal mode to reduce basal rate//increase target range
 - iii. Finish activity
 - iv. Re-engage Closed Loop to re-establish green loop

5. Optimizing BGs

- a. Be careful of big/high carb meals or snacks before activity
 - i. Avoid stacking up IOB before activities
 - ii. Use a longer absorption time for the items in the meal/snack to combat the future BG bump
- b. Avoid a post-activity BG bump
 - i. Give a small bolus at the end of activity to combat the oncoming food absorption BG rise
- c. Set a higher BG target
 - i. Set correction range wider and higher
 - ii. Set a temporary override for 100% insulin at a higher BG target
- d. If the camping includes a lot of activity (i.e. backpacking, swimming, hiking, sports) adjust ISF accordingly

6. Foods

- a. To keep BGs steady and everyone fuller longer:
 - i. Lots of cut veggies and protein, trail mix, hard boiled eggs, beef sticks, salami, cheese crackers...so it's not just a junk food carb overload of chips and snacks
 - ii. Hot dogs or cheese plate and veggies can be a fun alternative and it's a great break from sugar for everyone

7. Dealing with Exercise/Increased Activity

- a. Simple sugars: glucose tabs or juice first then granola bars to get a quick rise and sustained BGs
- b. Screenshot Loop settings before you leave – then lower basal & raise CR and ISF (keep ISF and CR about the same on a percentage basis)