

## Food

The food available may be different to what you usually eat.

### Things to think about:

- Most of the food is fast food/high in fat.
- If you count your carbohydrates, it may be difficult to do. You could check before you go approximate amounts that are in certain foods i.e. hamburger, hotdog, portion of chips.
- Carry snacks to avoid queues at food stalls.

## Alcohol

You may be drinking more than usual, so be aware of the effects it can have on your blood glucose levels.

If you are camping make sure you have carbohydrate food in the tent. You should have a snack before going to sleep, tell your friends not to eat it all!

## Illness

### Be aware of what could happen:

- Upset stomach/food poisoning
- Sunburn
- Dehydration

Remember your sick day rules - but you'll probably want to go home.

## Foot care

You'll be doing a lot of walking and possibly dancing. It can be muddy – shoes have been lost! Take good fitting, comfortable shoes. Wellies can cause blisters - take plasters!

*"Finally, have a good time, be safe and let us know of any tips to pass on to other festival fans".*

# Managing diabetes at a music festival



**Going to an event such as a music festival could play havoc with your blood glucose levels.**

Looking after your diabetes day to day can be difficult

The purpose of this leaflet is to give you some advice to help you look after your diabetes and have a good (safe) time.

*Festival fans with diabetes have helped with the content of this leaflet.*

### *A few things to think about before you go...*

Do your friends know you have diabetes? Do they understand about your hypos?

Have you got ID with an emergency contact number on it stating your next of kin?

Remember the mobile phone network signal is usually poor.

Have you got extra supplies of insulin/blood glucose monitoring equipment to take with you?

Take hygiene wipes with you as hand washing facilities are sparse.

### *A few things to think about when you get there...*

Where is the first aid tent?

Decide on a meeting point incase you lose your friends.

## **Insulin injections**

- Where to inject – remember the toilets are dirty. Maybe get your friends to stand round you while you inject. Your tummy is the easiest place to use.
- Storage of insulin/pens. Don't leave them in your tent as they may get pinched. It can get hot, which could damage your insulin. It's also a trek to get from the stages to the camping area so it's best to carry it with you in a bag.
- Disposal – make sure others are not at risk from your needles/lancets. Take a needle clipper/small container to dispose of them safely.

## **Blood glucose levels**

Although it's awkward, it's safer to check them frequently to identify if they are:

### *High*

The main causes at a festival are: not taking enough insulin, eating different types of foods, having sugary alcoholic drinks.

#### • **What to do**

Some people would prefer their blood glucose levels to run a little higher to prevent hypos. But if it is too high you may feel tired, thirsty and need to go to the toilet often – you may miss out on bands!

You may need to increase your insulin dose as previously advised by your diabetes team.

### *Low*

The main causes at a festival are: increased activity - either walking (you can walk for miles!) or dancing. Also alcohol can lower you blood glucose level. Taking too much insulin for the amount of carbohydrate you have eaten can also cause hypos.

#### • **What to do**

Make sure you take plenty of hypo treatment (dextrosol tablets/lucozade) with you, also give some to your friends to keep for you.

Make sure the people you are with know your hypo signs and understand what to do.

Take a Glucagen kit if someone knows how to give it to you.