

Top Tips For Music Festivals

DigiBete's top tips for those with Type 1 Diabetes and attending Music festivals this summer!



Over the British summer time there are lots of great music events and locations to choose from. To help with the planning we've put some top tips together to help you make the most of it.



Before heading to a festival check with your diabetes team so they can advise and help you plan.

Research the festival website that you are attending and see what their "prescribed medicine policy" is so you can prepare for security. You may also find details of any storage facilities they have onsite to help with storing insulin. It is a good idea to get a letter from your diabetes team so you can show security if required due to carrying needles and diabetes technology.

Plan ahead and make sure you know where the first aid station is and let your friends know incase you find yourself unwell.

First Aid

Music

Bogs

More Music

You may be able to store your insulin there but if not why not store your insulin in a cool bag that can be kept cool by running the bag under a cold tap.



Wear comfortable clothes that are appropriate for the weather conditions. Remember, you'll be standing, walking, and dancing for hours. Think about clothing that gives you access to your tech if wearing a sensor, pump or getting access to an injection site. Maybe think about adding a new basal programme if you are on a pump to account for the extra exercise.



Plan Your Transportation

Know how you're getting to and from the festival. Whether it's public transportation or ride-sharing services, plan your route in advance and make sure to have your diabetes supplies close to you at all times on route. You can use a cool bag for storing insulin on the go whilst you don't have access to a fridge.

Make sure you have enough supplies plus extra. Here's some things to think about:

Blood glucose meter plus strips



Spare Batteries



Insulin pen supplies
(even if you are on a pump - have as a backup)

Ketone meter and strips



Glucagon



Extra CGM's



Make sure you always have snacks and hypo treatments with you - glucose tablets or jelly babies are a good idea and easy to store in your bag. Bum bags are a great way to keep things with you and are easy to carry.



Always carry an alcohol free drink as you will need more fluids if you find your glucose moving upwards. Bring a refillable water bottle to stay hydrated throughout the festival. Most festivals have water refill stations, so take advantage of them.

If drinking alcohol make sure your friends can recognise a hypo. A hypo can sometimes look like you are drunk. Wear or carry ID saying you have Type 1 diabetes.



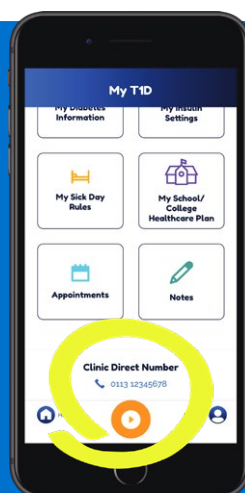
Remember you may need to adjust insulin for extreme weather particularly if the weather gets extra hot.



Hot weather, dancing and jumping may make you more likely to go low when drinking. Eat some carbs without giving insulin before bed, if glucose is low or in target, as you could go low overnight. If you are on a pump, you could try using a temporary basal reduction or increase your target overnight, to help avoid going low.

Don't ignore your diabetes while you are at the festival, or you may find you are not well enough to enjoy it.

Did you know you can easily access your clinic's phone number on your DigiBete app?



You can also store your insulin to carb ratios and basal profiles on your app too. This could be helpful in an emergency if you have any issues with your pump and you need to access your profile.

Music festivals are great fun so most importantly Enjoy!



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More resources can be found in the DigiBete app or on the DigiBete website www.digibete.org

