



Type One
OUTDOORS

CLIMBING

A Note about Climbing Harnesses and T1D gadgets

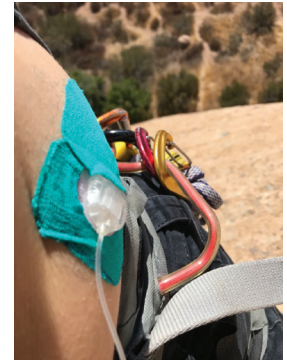
Climbing harnesses should fit snug on the hips or just above the hips, and when the climber is being lowered, or in the event of a slip or a fall while climbing, the harness is designed to cinch to the climber's mid-section at their vertical center of gravity.

This will likely pull the harness upward, above the hips and onto abdomen area.



* climber exaggerating for illustration purposes

Which also happens to be the site many diabetics place their gadgets like CGM's, OmniPods and infusion sites.



Yes! I learned these lessons in the field.

So, as a precaution, a few days before climbing day, anticipate the abdomen as a No-Fly-Zone for gadgets.

On your next CGM change or pump-site change, select a site that is one of these suggestions:

- Upper Arm
- Hips (below the belt line)
- Upper Leg (above thigh muscle)

