



Amy is hypoglycemic. Give her some glucose tabs or GU® and follow with a protein-based meal; a peanut butter sandwich will do for now. It's vital to get her out of her wet clothes, into dry clothes, her sleeping bag, and shelter. The combination of her diabetes, exercise, and cold have left her calorie depleted. Plan to spend the next day in camp and consider options for shortening the trip should the bad weather continue.