



In the absence of additional information, you must assume Bill is hypoglycemic and give him glucose in the form of honey, glucose paste, GU, etc. Place the glucose between Bill's cheek and gums and wait for it to be absorbed through his mucus membranes. Once absorbed, reapply until Bill becomes fully alert. Once he is alert give him a full protean-based meal (peanut butter is a classic diabetic standby).

While you are administering glucose treat Bill as if he were spine injured. Thoroughly dry him (consider removing his wetsuit) and get him into a two sleeping bags with hot water bottles. Place the hot water bottles between the sleeping bags or wrap them in a fleece jacket to prevent them from burning Bill's skin. Shivering uses calories and Bill is already calorie depleted.

Once Bill is awake, alert, and warm rule out any traumatic injuries as usual then have Bill check his blood sugar using his glucometer and adjust his insulin and diet accordingly. Review his disease and its treatment during the remainder of the trip with Bill and his trip leader before leaving and heading downstream with your party; make sure Bill has a sick day plan.

