

How many supplies to pack?

Use a Confidence Factor to simplify packing

How many supplies do I need to pack for my trip?

Figuring out how many supplies to pack can be really daunting. To help me move past the anxiety and get on with packing I've boiled it down to one question. "What's my confidence factor?"

What is a confidence factor?

A confidence factor is, as it sounds, how confident I'm feeling about both the trip and my diabetes at that time. Once I have that number I use it as a multiplier to figure out how many of everything I need to bring with me. One decision, diabetes packing list done. What a high or low confidence factor translates to for each person will be different, but the system works for everyone.

number of X you need * confidence factor = number of X to pack

What?! Show me an example please...

For example, say you are going on a 12-day trip and you change your omnipod pod every three days. For me, my high confidence factor is 1.25 and my low confidence factor is 2. For 14 days I need 7 omnipods... so using the confidence factor method:

High Confidence Factor: 4 pods * 1.25 = 5 pods

Low Confidence Factor: 4 pods * 2 = 8 pods

Now that you have your confidence factor you can use that same calculation for every other type of supply that you use -- one decision and you're done ❤️

Short Trips Handicap / Minimums

Because a confidence factor is a percentage, if you have a high confidence factor with a short trip the math may say, for example, that you only need 1 extra Dexcom sensor... we all know better than to trust a single Dexcom sensor 🤡 -- for this reason I also use minimum for each type of supply -- so no matter the math I will never travel without at least 2 Dexcom sensors