



ELEVATING THE SPECTRUM  
FOR INDIVIDUALS WITH AUTISM

## Summer Camp Daily Pack List

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### Monday: Rock Climbing and Horseback Riding

*\*Climbing at the CMC indoor wall and outdoor high-ropes course.*

- Backpack
- Packed lunch + snacks
- Water bottle
- Closed-toe shoes
- Change of clothing
- Jacket/Sweatpants
- Sunscreen

### Tuesday/Thursday: Lake Day

*\*For a quicker transition upon arrival to the lake, please drop your camper off in their swimsuit.*

- Backpack
- Packed lunch + snacks
- Water bottle
- Swimsuit
- Towel
- Sunscreen
- Change of clothing
- Water shoes with a backstrap (Keens, Chacos, Tevas, Crocs, etc.)
- Sun shirt (not required, but very useful)
- Layers: Jacket/Sweatpants
- Sun Hat

### Wednesday: Rock Climbing, Hiking, and Horseback Riding

*\*Climbing in Redstone at an outdoor wall that requires a short hike to access.*

- Backpack
- Packed lunch + snacks
- Water bottle
- Closed-toe shoes (hiking shoes are helpful at the rock wall but are not required)
- Sunscreen
- Change of clothing
- Layers: Jacket/Sweatpants
- Swimsuit + towel (in case of rain/weather)

### Friday: River Rafting or Pool

*\*For a quicker transition upon arrival to the activity, please drop your camper off in their swimsuit.*

- Backpack
- Packed lunch + snacks
- Water bottle
- Water shoes with a backstrap
- Sun shirt + water shorts *\*for River Rafting*
- Sunscreen
- Towel



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