

Respite on the Murray

We are so excited & proud to be running this much needed program specifically designed for teens & young adults with ASD to be around like-minded, engaging people in an inclusive fun environment.

Packing Checklist

- Facemask (for travel stops in bakery etc to/from camp)
- Sleeping Bag / Pillow
- Toothbrush / Hairbrush / Deodorant
- Flashlight
- Thongs
- Swimwear (including rashie or sun protection)
- Warm Clothes & Shoes (that can get wet)
- Own Sunscreen (if allergic to generic sunscreen brands)
- Hat & Sunglasses
- Comfort Items (can be toys, handheld gaming devices, phones)
- Chargers for any devices
- Towels – 2 (one for water sports one for showering)
- Plastic Bag (to put any wet clothes in)
- Wetsuit or lifejacket (if you have one and want to bring it – lifejackets will be provided)
- Fishing Rod (we have basic fishing rods available however if you have a special rod you would like to bring)
- Medication (including puffers & enough to last for the weekend – MUST be clearly marked with your name & dosage)

Money is not required for camp all expenses are covered, however if you would like to buy something (if there is opportunity) we ask that you please limit the amount of cash to no more than \$50.