



Tell me about Camp Hand in Hand

A social narrative



What is Camp Hand in Hand?

I'm going to Camp Hand in Hand, an overnight summer camp for autistic youth and adults. It is a fantastic vacation where campers meet friends, have fun, and get a break from neurotypical expectations.



Where is Camp Hand in Hand?



Hand in Hand is held at Camp Knutson, which is on a peninsula between Lower Whitefish Lake and Big Trout Lake in Crosslake, Minnesota.



What I will do at camp?

When I get to camp, I'll do tons of fun activities. I don't have to do anything that I don't want, but everyone there will support me if I want to try new things. Here are some things I can do:

- See the stars
- Play lawn games
- Make sand castles
- Sleep in a cabin
- Go fishing
- Try archery
- Eat outside
- Go tubing
- Take boat rides
- Sing
- Make s'mores
- Swim
- Dance
- Climb a cargo net
- Ride a bike
- Hang out at a campfire
- Perform at a talent night
- Color and draw
- Relax
- Climb Jacob's ladder
- Ride horses
- Spray a fire hose
- Ride a paddle boat
- Play a drum
- Meet friends
- Dance
- Swing
- Relax



What will the food be like?



Before camp, I will get a menu. It will tell me what will be served at each meal. If there is a meal that I won't like, I can work with my parent/caregiver to bring my own food and snacks from home. The kitchen staff will save my food for me.

We will eat outside unless it's raining because it's quieter and we have more room to move.

How will I get ready?



I will get a packing list before camp to make sure I bring everything I need. I can add my name to everything I take to camp so it doesn't get lost. I might want to bring things that will help me sleep or feel comfortable, like fidgets, a stuffed animal, headphones for music, or a weighted blanket.

I can also use a calendar to remind myself when camp is coming up.

How will I know what to do at camp?



Every camper gets their own counselor to help them throughout the week. They'll let me know what activities I have planned for the day and help me find what I like.

What if I get homesick?



Homesickness is normal, especially if I've never been away from my family overnight. I can always call my family to say goodnight to them each evening. My days will be full of fun, so I may be too tired to call them. If I miss my family and don't want to stay at camp, we can call them to pick me up in the morning.

I can remember that the first night is always the hardest, and I might feel better if I keep trying for another day.



Will I have fun?

I'll have to go to camp to find out! There may be some activities I really like, and some I don't like as much. AuSM staff think I'll have a great time: Camp Hand in Hand is so popular that AuSM can only accept half of the campers who apply. It's exciting that I have a spot!



What if I have more questions?

You can find answers to frequently asked questions on AuSM's website.

www.AuSM.org/camps

You can also reach out to Director of Camp Programs, Melinda Harris, at
Camp@AuSM.org

