

# Did I Forget Anything? – Checklist

## Things You Should Know:

- 1. Pool Rules.** Please review these with your group before going to the pool. Refreshing Mountain will provide lifeguards for safety, *but you must always provide adult supervision to make sure your guests are obeying the pool rules and obeying the lifeguards.* 😊
  - [POOL RULES AND MODESTY POLICY HERE.](#)
- 2. Activity Details:**
  - **What to wear:** Clothing that protects your shoulders, thighs, and torso from the harnesses is required. (In warmer weather, longer shorts, and shirts with sleeves work best). Closed toed shoes required.
  - **Weight requirements for activities:** For all activities that require a harness (ziplines, climbing tower, giant swing, etc.) the maximum weight is 280 lbs. Participants must be at least 5-8 years old (depending on the activity) and weigh a minimum of 60 lbs. and be 48 in. tall. For Horse related activities the maximum weight is 200 lbs. Riders must be at least 5 years old and must be able to mount a horse unassisted from a 2-step mounting block.
  - **Adult chaperone to child ratio for the pool and all activities. Adults are always required at activities and at the pool:** K-3rd grade – 1:3 recommended (1:5 minimum). 4th-6th grade – 1:8 recommended (1:10 minimum). 7th and up - 1 adult per activity group. Please always have a responsible adult with your group.
  - **For Ascent and Basecamp Packages:** [See special instructions here.](#)
  - **Important Notes:**
    - For you to get the most out of what you have reserved, you should plan to arrive at each activity 15 minutes before your start time. Our goal is to begin activities at your start time because all activities will end 5 minutes before the stated end time.
    - Release Waiver Forms must be handed into the office before activities can begin.
- 3. Guidelines:**
  - Refreshing Mountain does not allow slip n slides, paint, tie-dye, color runs, shaving cream battles, etc. Please approve your games and crafts with Guest Services before your retreat. [MORE GAME DETAILS HERE.](#)
  - Additional guidelines here: [RM GUIDELINES](#)
- 4. Where to park and register:**
  - If arriving by bus, please park in Loading Area A, or Parking Lot B. (These are the ONLY places buses may unload or park). Please also share our [Directions Page](#) with your bus drivers as this will give them the best directions in.
  - If arriving by cars/vans, you should tell your group to park in Parking Lot B and to register wherever your main meeting room is.

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## Remember to bring:

1. **Payment.** You will receive an invoice from us about 10 days before your event. Please bring payment (check from the main organization preferred) for the invoiced amount and hand it in at arrival. (If any additions are made, we will update the invoice a few days after the event so that we can catch all the updates at one time). 😊
2. **Release Waiver Forms** if doing any of Refreshing Mountain's activities.
  - Each participant must have a signed waiver form. Minors must have a parent sign their form, but anyone ages 18+ can sign the form for themselves.
    - [RELEASE AND WAIVER FORM - ENGLISH](#)
3. **Bedding and Towels** (depending on your arrangement with Refreshing Mountain):
  - Here is a link to our [PACKING LIST](#).
4. **Supplemental food** for guests with food allergies. We post a copy of our [CURRENT MENU](#) about 7-10 days before events. Please note: This is a shared document for multiple groups. You will need to find the dates of your event, and then copy and paste the menu. Please share this with everyone in your group who has food allergies so that they can know if they will need to bring supplemental food with them.
5. **Spending money for the 319Café.** Ice cream, milkshakes, frappes, souvenirs, mugs, T-shirts, sweatshirts, etc.! This is heaven for someone with a sweet tooth. 😊
  - Click here for our: [319Cafe MENU FOR JUNE-AUGUST](#)
6. **Did you know?** Refreshing Mountain has board/card games, and sports equipment here for free! Just sign them out at the office during normal office hours.
7. **Remember to post pictures for your friends back home!**
  - Facebook: [#REFRESHINGMOUNTAIN](#)
  - Instagram: [@REFRESHINGMOUNTAIN](#)
  - Twitter: [@RefreshingMount](#)