

# Did I Forget Anything? – Checklist

## Things You Should Know:

- **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 lifeguards.* 😊
  - [POOL RULES AND MODESTY POLICY HERE.](#)
- **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 the maximum weight is 280 lbs. Participants must be at least 5 years old for most activities. (Rappelling is a minimum of 8 years old, Axe Throwing is a minimum of 13 years old, Teambuilding minimum of 13 years old, and Puzzlehunt is a minimum of 14 years old). 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.
  - **Ascent and Basecamp Packages are unique.** Read about [Ascent here](#) and [Basecamp here](#).
  - **Important Notes:**
    - For you to get the most out 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.
    - Activity Release Waiver Forms must be handed into the office before activities can begin.
- **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](#)
- **Where to park and register:**
- If you have a bus company bringing you, please make sure they [follow the directions on our website](#). This will bring them in the most “bus friendly” way. [Here is also our map](#) which is nice for printing for your guests. Buses may ONLY park in Parking Lots A or B.
- 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. [Here is a map you can share.](#)

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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 changes at one time). 😊
2. **Activity Release Waiver Form**
  - This form is only required if you signed up for any of Refreshing Mountain's activities. As the group leader, you can decide if you want your guests to sign this form electronically or by a paper copy. Anyone ages 18+ must sign this form for themselves, and anyone under 18 years old will need a parent to sign for them.
    - If you prefer to have your guests sign this electronically, then you should have already received a link from us back when you first booked your retreat. (Let us know if we should re-send the link).
    - If you prefer to sign paper copies instead you can find that [here](#).
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 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](#) (items vary by season).
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](#)