

Did I Forget Anything? - Checklist

Remember to bring:

1. **Payment.** You will receive an invoice from us about 10 days before your event. Please bring this along and hand it in at check-in. If there are any changes needed we will catch those and update the invoice after the event.
2. **Release Waiver Form** 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](#)
 - [RELEASE AND WAIVER FORM - SPANISH](#)
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 severe food allergies. We post a copy of our Menu about 7-10 days before events. You can find the link for that here. [MENUS FOR RETREATS](#). 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 guests that have food allergies so that they know how to prepare.
5. **Spending money for the 319Café.** Prices for hand dipped ice cream and milkshakes range from \$2 a cone to \$5.25 a milkshake. Souvenirs, Mugs, T-Shirts, Sweatshirts, etc. range from \$5-\$30.
 - Click here for our: [319Cafe MENU FOR JUNE-AUGUST](#)
6. **Did you know?** Refreshing Mountain has a bunch of board/card games, and sports equipment here for free! You just have to come to the office to sign them out. Give Front Desk a call if you want to check on the specific equipment we have. 717-738-1490.

Important Reminders:

- **Pool Rules.** Please review these with your group before going to the pool. Refreshing Mountain will provide lifeguards for safety, *but you must supervise your group and make sure they know and are obeying the pool rules.* 😊
 - Modesty Policy and Pool Rules are found here: [RETREAT ETIQUETTE & EMERGENCY INFO PAGE](#)
- **Adult chaperone to child ratio for the pool and all activities (required):**
 - 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
- **What to Wear for activities:**
 - 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.): Participants must weigh at least 60 lbs., be 48 in. tall, and not weigh more than 280 lbs.
 - Horse related activities: Minimum age is 5 years old. Riders must be able to mount a horse unassisted from a 2-step mounting block. Maximum weight is 200 lbs.
- **Guidelines:**
 - Every group leader, helper, chaperone, volunteer, etc. should be familiar with our guidelines. Click here: [RM GUIDELINES](#)
- **Does everyone in your group know where to park and register once they arrive?**
 - 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.
- **Post pictures so your whole group can see them:**
 - Facebook: [#REFRESHINGMOUNTAIN](#)
 - Instagram: [@REFRESHINGMOUNTAIN](#)
 - Twitter: [@RefreshingMount](#)