

Preparation Checklist

We are excited to have you join us for an exhilarating experience in the tree-tops. To have the best possible experience, please review this sheet.

Challenge Adventure and Flying V

Minimum weight 60 pounds

Maximum weight of 280 pounds

Minimum height 48 inches

Adult/Child ratio 1:3

Aerial Excursion

Minimum weight 80 pounds

Maximum weight 280 pounds

Adult/child ratio 1:1

Requirements:

- Arrive at least 15 minutes prior to your scheduled start time.
- Prior to participating, all guests age 18 and over must read, understand, and sign a waiver and liability release form. Guests under 18 years old must have a parent or legal guardian sign for them.
- Guests must be of moderate to good health and free of alcohol, drugs, or medication which might alter their normal physical or mental abilities. Guests taking medications that prohibit driving or operations of machinery may not participate in the tour.
- Wear sturdy, closed-toe shoes. No sandals or flip-flops are permitted.
- Clothing should be worn to protect your shoulders, upper thigh, and torso from rubbing caused by the harnesses. **Longer shorts, and shirts with sleeves work best.** We ask that guests avoid wearing revealing or low cut tops. Supportive undergarments recommended.
- No dresses or skirts without appropriate leggings.
- Please remove any loose or dangling jewelry. Belt buckles must be small for comfort and safety. Body piercings are not recommended.
- Guests with long hair need to have their hair tied back and secured.
- You may bring a camera/cell phone on the zipline if you have some means of securing it. (No camera straps or lanyards around the neck allowed). RM will not be responsible for any damages. Other electronics that may cause distractions are not permitted.
- No smoking is permitted on the property (except in your car). Absolutely no smoking permitted during the tour.
- Zipline tours are "Rain or Shine" but we do not run in high wind, thunder or lightening, or steady downpours. Safety is first. We reserve the right to deny participation for any safety-related reason.
- If guests decide to use the pool, please review our dress code, rules, and schedule before arrival. Modest, one piece swimsuits required for females (no bikinis), and boxer style shorts for males (no speedos). More [details on the pool can be found here](#) and our [general Guidelines page can be found here](#).

Looking forward to having you here at Refreshing Mountain!