



Northern Lights Rock and Ice

Located at The Essex Resort & Spa
14 Freeman Woods Road, Essex Junction, VT 05452
(802) 316-3300 www.northernlightsvt.com

What to Bring

- Bring the NLRI waiver that the Participant AND/OR Parent or Guardian has signed. No one may observe or participate without a signed waiver. Minors 14 and over must sign as well as a parent or guardian. For small groups, electronic waivers are available on-site.
- We will be outside! So dress in layers appropriate for the season.
- Bring a jacket for rain, wind or cold protection.
- Wear comfortable clothing that you can move around and climb in.
- Lace up Sneakers, boots or shoes required (no open-toed sandals, flip-flops, slip ons or crocs)
- Bring a water bottle (water can be refilled here at NLRI)
- We may be out in the sun, so bring your hats, sunglasses, sunscreen and bug repellents
- Bring a snack to keep your energy up
- Bring a positive attitude willing to choose a challenge that is appropriate for you while supporting your team, family or group.

What not to Bring

Northern Lights Rock and Ice has a “No Tolerance” to alcohol and illegal drugs. We will exercise the right to terminate participation if a participant is found to be under the influence of these substances and/or actions that impair judgment or compromises the safety of him/her, other participants and our staff. For adults, smoking is only permitted in an area located outside of the NLRI grounds.

What to Expect

We believe in a principle called “Challenge by Choice” which gives every participant the opportunity to choose the level of challenge they deem appropriate. The physical and emotional safety of our participants is of the utmost importance to all of us at Northern Lights Rock and Ice. We will not make anyone do anything they do not want to do, but participants should participate in some fashion, i.e. support of others, belaying etc. We outfit all participants with safety equipment and are guided by expert facilitators and instructors.

Where to Meet

Meet us at the NLRI cabin behind The Essex Resort and Spa. Some parking is available at Northern Lights Rock and Ice, additional and bus parking is located in the adjacent parking lot just in front of NLRI. You should arrive at Northern Lights Rock and Ice cabin a few minutes before your program or reservation. Please give us a call us at (802) 316-3300 if you're running late. Our address is 14 Freeman Woods Road, Essex Junction, Vermont 05452

Electronic Devices, Jewelry, Necklaces and Valuables

Cell phones, electronic devices, and other personal accessories should not be brought to NLRI. If participants need to bring a cell phone, it must be left with an observer, in a backpack, vehicle or in our lock box, they may not be carried during programs and reservations. NLRI is not responsible for lost or stolen items; valuables should be appropriately stowed. All of these items may compromise safety, thanks for your understanding