

MROP TRAVEL CHECKLIST

The Audubon Center has limited bedding/towels for \$5

- Sleeping bag or sheets/blankets for a twin size mattress
- Pillow
- Towel
- Usual toiletry items including soap, shampoo, toothbrush, toothpaste, etc.
- Two plain old white t-shirts (no words or designs on them)
- One plain black t-shirt (no words or designs on them)
- A pair of shorts/pants that can get stained
- Additional casual clothing as needed for the week
- Jacket
- Rain gear
- Hat (important for sun protection)
- Swimsuit
- Durable shoes appropriate for hiking and walking
- Journal/notebook with a pen or pencil
- Water bottle
- Flashlight
- Day pack
- Garbage bag or other water repellent bag to protect items within day pack
- Sunscreen
- Insect repellent
- Tweezers (to remove ticks)
- Wrist watch (You are asked not to use your cell phone to determine time)
- Check book or cash to purchase books, shirts, etc. from bookstore
- Any drum (or percussion instrument) you care to bring. No experience required. If you have an extra drum, label it and bring it for someone else to use. Other rhythm instruments are encouraged too.
- Personal symbol(s)* that represent any of the following:
 - *what you need to let go of*
 - *what you might need to grieve over*
 - *what you still want to become*
 - *any personal faith symbol*

***Note:** *These symbols will not need to be exhibited/shared, but we have found that it is helpful to many men for their own initiation purposes.*

For more information about the MN MALES MROP go online –
<http://www.malespiritualitymn.org>