



Appalachian Trail, Resupply listing 2020

This listing is based off 15 mile hiking days on the Appalachian Trail.

Courtesy of WhiteBlaze Pages ©, A Complete Appalachian Trail Guidebook. www.whiteblazepages.com.

Updated:
22 September 2021 9:34 pm
Eastern Time

This chart is based off a few things.

1. This is based off 15 mile hiking days.
2. Trail towns that are within 1.0 miles from AT trail heads (highlighted in yellow).
3. How many days to the next town that is within 1.0 miles from the AT.
4. I tried to keep it so that only five days' worth of food or less would need to be carried but this was not always possible.

I did add additional options (highlighted in orange) for other trail towns that could be resupplied from that were more than 1.0 miles from the AT. Notes for this are in the last column estimating how many more days to that next trail town based off the last town that was within 1.0 miles from the AT.

| NoBo Mile | Dist from Trail | Town or Buisness | Mail drop or where to buy | Next Town, Days Away | Other Town Options, More than 1 mile from AT |
|-----------|-----------------|--|---|----------------------|--|
| 0.0 | | Springer Mountain, GA | Buy in Atlanta or before you start | 2 | |
| 31.3 | 0 | Neels Gap, GA | Mail to Mountain Crossings | 7 | |
| 52.5 | 9.0 E | Helen, GA | Mail to Post Office, M-F 9-12:30 & 1:30-4, Sa 9-12 or buy at Betty's Country Store, Su-Th 7-8, F-Sa 7-9 | | |
| 52.5 | 12.0 E | Hiawassee, GA | Mail to Post Office, M-F 8:30-5, Sa 8:30-12 or buy or shop Ingles | | |
| 69.2 | 11.0 W | Dicks Creek Gap, GA | Mail to Top of Georgia Hostel | | |
| 109.4 | 10 E | Winding Stair Gap, GA | Mail to to Post Office, M-F 8:30-5, Sa 9-12 or buy at several grocery stores | | |
| 136.7 | 0 | Nantahala Outdoor Center, NC | Mail to NOC Outfitters | 5 | 1-2 to Fantana Village |
| 164.7 | 2 W | Fontana Village, NC | Mail to Post Office, M-F: 11:30-3:45 or buy at General Store, Mar 10 thru Thanksgiving | | 2-3 Newfound Gap |
| 207.8 | 15 W | Newfound Gap. Gatlinburg, TN to the west | Mail to NOC Great Outpost, Open 7 days 10-9, (Jan-May 10-6) or buy at Old Dad's General Store | | 2 to Standing Bear Farm |
| 241.6 | 0.1 W | Standing Bear Farm, TN | Mail to Standing Bear Farm or small resupply choices available | 2-3 | |
| 275.0 | 0 | Hot Springs, NC | Mail to Post Office, M-F 9-11:30 & 1-4, Sa 9-10:30 or buy at Hillbilly Market or Bluff Mountain Outfitters, daily 9-5 | 2 | |
| 291.3 | 0.7 W | Hemlock Hallow | Mail to Hemmlock Hollow Under new ownership. There is \$5 fee is you don't spend the night. | 1-2 | |
| 344.4 | 0 | Erwin, TN | Mail to Uncle Johnny's Nolichucky Hostel | 5 | |
| 420.0 | 0.3 W | Dennis Cove Rd | Mail to Kincora Hiking Hostel | | |
| 420.0 | 0.4 E | Black Bear Resort | Mail to Black Bear Resort | 1 | |
| 428.6 | 0.1 W | Boots Off Hostel & Camp-ground | Mail to Boots Off Hostel & Campground | 3 | |
| 470.7 | 0 | Damascus, VA | Mail to Post Office, M-F 8:30-1 & 2-4:30, Sa 9-11 or buy at Food City, 7 days | 5 | |
| 545.7 | 0 | Atkins, VA | Mail to Relax Inn. There is \$5 fee is you don't spend the night. | 4-5 | |
| 591.8 | 4 E | Bland, VA | Mail to Post Office, M-F 8:30-11:30 & 12-4, Sa 9 -11 or buy at Grants Supermarket, M-Sa 8-8, Su 10-6 | | |
| 610.2 | 0.5 W | Trents Grocery | Mail to Trents Grocery | 1 | |
| 625.4 | 0.5 E | Wood Hole Hostel Sugar Run Gap, VA | Mail to Woods Hole Hostel There is \$5 fee is you don't spend the night. | 5-6 | |
| 637.1 | 1.3 E | Pearisburg, VA | Mail to Post Office, M-F 9-4:30, Sa 10-12 or buy at Food Lion, 7-11 | | |
| 704.6 | 1 W | Catawba, VA | Buy at Catawba Grocery | 1-2 | |
| 730.3 | 0 | Daleville, VA | Buy at Kroger Grocery, 24 hr | 10-11 | 3-4 to Glasgow |
| 787.3 | 5.9 W | Glasgow, VA | Buy at Glasgow Grocery Express, M-Sa 6-11:30pm, Su 8-11:30pm | | 5 to Waynesboro |
| 864.3 | 3.7 W | Waynesboro, VA | Buy at Martin's, Wal-mat, Target | | 1-2 to Loft Mountain |
| 892.1 | 0 | Loft Mountain Camp-ground, VA | Buy at Campstore, Open May 4-Oct 30 | 2-3 | |
| 925.9 | 0 | Big Meadows, VA | Buy small resupplies at Big Meadows Wayside, Open Mar 25 - Nov 13 | 3 | |



Appalachian Trail, Resupply listing 2020

This listing is based off 15 mile hiking days on the Appalachian Trail.

Courtesy of WhiteBlaze Pages ©, A Complete Appalachian Trail Guidebook. www.whiteblazepages.com.

Updated:
22 September 2021 9:34 pm
Eastern Time

| NoBo Mile | Dist from Trail | Town or Buissness | Mail drop or where to buy | Next Town, Days Away | Other Town Options, More than 1 mile from AT |
|--------------|-----------------------|---|--|-------------------------------|---|
| 972.1 | 0.3E | Front Royal | Mail to Mountain Home or go into Front Royal (3.5W) to Martin's. | 2 | |
| 1005.6 | 0.2 E | Bears Den | Mail to Bears Den. Don't open the store until 5pm so you can't technically pick them up until 5. A lot of times we are on site all day so if that person let's us know that they have a drop we will open up and let them get it early. We stock the basics, tuna, pasta sides, instant potatoes, oatmeal, crackers, snick- ers, cliff bars etc | 1 | |
| 1019.8 | 0.3 E | Keys Gap | Mail to or buy at Sweet Springs Country Store, M-Sa 4am-11pm, Su 7am-11pm | 6 miles | |
| 1026.4 | 0 | Harpers Ferry, WV | Buy at General Store or The Outfitter | 6 | |
| 1057.0 | 1.5 W | Smithsburg, MD | Buy at Food Lion, daily 7-11 | | |
| 1067.1 | 1.2 E | Waynesboro, PA | Buy at Wal-mart and others | | |
| 1124.0 | 0 | Boiling Springs, PA | Buy at Karn's Quality Foods, Daily 7-10 | 1-2 | |
| 1132.0 | 5.0 E | Mechanicsburg, PA | But at Wal-mart 4.6E, Gaint Food 4.3E, Wegmans 5.4E | | |
| 1149.7 | 0 | Duncannon, PA | Buy at Mutzabaugh's Market, open 7 days 6am-10pm | 4-5 | |
| 1219.8 | 0 | Port Clinton, PA | Mail to Post Office, M-F 12:30-4:30, Sa 8-11 | 4 | |
| 1220.5 | 1.6 E | Hamburg, PA | Walmart Superstore, 24 hours | | |
| 1259.9 | 1.5 W | Palmerton, PA | Buy at Country Harvest, 8am-9pm 7 days | | |
| 1280.5 | 1.0 E | Wind Gap, PA | Buy at K-Mart, Gaint Food Store 24hr | 1 | |
| 1296.0 | 0 | Delaware Water Gap, PA | Mail via FedEx/UPS to Edge of the Woods Outfitters, Open 7 days | 2-3 | |
| 1338.9 | 0 | High Point State Park, NJ | Mail to High Point State Park Headquarters, open M-Sa 8-8 | 1 | |
| 1347.7 | 0.7 W | Unionville, NY | Buy at Horler's Store, M-Sa 6-8, Su 7-7 | 7-8 | 3-4 to Fort Montgomery |
| 1406.4 | 1.8 W | Fort Montgomery, NY | Mail to Post Office, M-F 8-1 & 2:30-5, Sa 9-12 | | 3 to AT Station |
| 1451.7 | 0 | Appalachian Trail Railroad Station, NY | Mail to Native Landscapes & Garden Center, Open daily 9-5 | 2-3 | |
| 1470.1 | 0.8 E | Kent CT | Buy at Davis IGA, M-Sa 8-7 Su 8-5 | 1 | |
| 1481.2 | 0.9E | Carmwall Bridge, CT | Mail to Post Office, M-F 8:30am-1pm & 2pm-5pm, Sa 9am-12pm | 1 | |
| 1495.1 | 0 | Falls Village, CT | Maile to Post Office, M-F 8:20-1pm & 2pm-5pm, Sa 8:30am-12pm | 1 | |
| 1502.8 | 0.8 W | Salisbury, CT | Buy at La Bonne Epicure Market, M-Sa 8-7, Su 8-6pm | 5-6 | |
| 1543.4 | 5 W | Lee, MA | Buy at Price Chopper Supermarket | | |
| 1580.9 | 0 | Cheshire, MA | Mail to Post Office, M-F 7:30-1 & 2-4:30, Sa 8:30-11:30 | 1 | |
| 1595.4 | 0.5W | Williamstown, MA | Buy at Stop & Shop | 7-8 | 1-2 to Bennington |
| 1613.8 | 5.1 W | Bennington, VT | Buy at Wal-mart, Price Chopper, Aldi | | 2-3 to Manchester |
| 1653.9 | 5.4 W | Manchester, VT | Buy at Price Chopper Supermarket | | 3-4 to Killington |
| 1707.3 | 0 | Killington, VT | Mail to Mountain Meadows Lodge | 1 | |
| 1729.9 | 1.0 E | South Pomfret, VT | Mail to Post Office, M-F 10am-2pm, Sa 8:30am-11:30am | 1-2 | |
| 1750.8 | 0 | Hanover, NH | Buy at Hanover Food Co-op, 8am-8pm, 7 days | 2-3 | |
| 1789.2 | 4 E | Warren, NH | Mail to Post Office, M-F 7:30-9:30 & 3-5, Sa 7:30-12 or buy at Tedeschi Food Shop, Open daily 5-11 | | |
| 1794.1 | 0 | Glenclyff, NH | Mail to Glenclyff Post Office, M-F 12-2, Sa 7-1 | 1-2 | |
| 1819.9 | 0.7 E | Franconia Notch, NH | Mail to Flume Visitor Center | 4-5 | |
| 1819.9 | 4.8 S | North Woodstock, NH | Buy at Wayne's Market, daily 5-10 | | |



Appalachian Trail, Resupply listing 2020

This listing is based off 15 mile hiking days on the Appalachian Trail.

Courtesy of WhiteBlaze Pages ©, A Complete Appalachian Trail Guidebook. www.whiteblazepages.com.

Updated:
22 September 2021 9:34 pm
Eastern Time

| NoBo Mile | Dist from Trail | Town or Buisness | Mail drop or where to buy | Next Town, Days Away | Other Town Options, More than 1 mile from AT |
|--------------|-----------------------|--|---|-------------------------------|---|
| 1894.5 | 0 | Rattle River Lodge & Hostel or go into Gorham, NH (3.6W) | Mail to White Mountains Lodge and Hostel, no requirement to stay but this is a great place. Or Mail to Post Office in Gorham or buy at Wal-mart which is 2.1 mile beyond Gorham, NH. | 7.5 | 2-3 to Andover 5-6 to Rangeley |
| 1936.1 | 8 E | Andover, ME, East B Hill Rd | Mail to Post Office, M-F 9:15-12 & 1-4:15, Sa 9-12 or buy at Andover General Store, M-Sa 5-8, Su 6-8 | | 2-3 to Rangeley 4-5 to Stratton |
| 1972.6 | 9 W | Rangeley, ME, route 4 | Buy at IGA Supermarket, 7 days 7-8 | | 2 to Stratton |
| 2004.8 | 5 W | Stratton, ME | Buy at Fotter's Market, M-Th 8-7, F-Sa 8-8, Su 9-5 | | 4-5 Monson |
| 2078.5 | 3.6 E | Monson, ME | Mail toPost Office, M-F 9:15-12:15 & 1:15-4:15 Sa 7:30-11 | | 6-7 to Abol Bridge |
| 2177.7 | 0 | Abol Bridge, ME | Buy at campstore, Store open May 15-Oct 15, hours 7-7. | | Buy here for Katahdin hike |