



## Appalachian Trail, Resupply listing

Updated: 4/4/18

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](http://www.whiteblazepages.com).

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	2	
31.1	0	Neels Gap, GA	Mail to Mountain Crossings	3	
52.3	9 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		
52.3	12 E	Hiawassee, GA	Mail to Post Office, M-F 8:30-5, Sa 8:30-12 or buy or shop Ingles		
69.0	0.5 W	Dicks Creek Gap, GA	Mail to Top of Georgia Hostel	5	
109.2	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		
136.5	0	Nantahala Outdoor Center, NC	Mail to NOC Outfitters	7	1-2 to Fantana Village
164.5	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
207.3	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
241.5	0.1 W	Standing Bear Farm, TN	Mail to Standing Bear Farm or small resupply choices available	2-3	
274.5	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	
290.8	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	
343.9	0	Erwin, TN	Mail to Uncle Johnny's Nolichucky Hostel	5	
419.5	0.3 W	Dennis Cove Rd	Mail to Kincora Hiking Hostel	3-4	
428.1	2.6 W	Hampton, TN	Buy at Browns Grocery, M-Sa 8-6, closed Sunday		
470.1	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	
545.1	0	Atkins, VA	Mail to Relax Inn. There is \$5 fee is you don't spend the night.	4-5	
591.2	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		
624.8	0.5 E	Sugar Run Gap, VA	Mail to Woods Hole Hostel There is \$5 fee is you don't spend the night.	1	
635.9	0.9 E	Pearisburg, VA	Mail to Post Office, M-F 9-4:30, Sa 10-12 or buy at Food Lion, 7-11	4-5	
703.5	1 W	Catawba, VA	Buy at Catawba Grocery	1-2	
729.2	0	Daleville, VA	Buy at Kroger Grocery, 24 hr	10-11	3-4 to lasgow
786.0	5.9 W	Glasgow, VA	Buy at Glasgow Grocery Express, M-Sa 6-11:30pm, Su 8-11:30pm		5 to Waynesboro
863.0	3.7 W	Waynesboro, VA	Buy at Martin's, Wal-mat, Target		1-2 to Loft Mountain
891.1	0	Loft Mountain Camp-ground, VA	Buy at Campstore, Open May 4-Oct 30	2-3	



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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
925.5	0	Big Meadows, VA	Buy small resupplies at Big Meadows Wayside, Open Mar 25 - Nov 13	4	
970.8	3.5 W	Front Royal	Buy at Food Lion, Martins		
1004.3	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, snickers, cliff bars etc	1	
1018.5	0.3 E	Keys Gap	Mail to or buy at Sweet Springs Country Store, M-Sa 4am-11pm, Su 7am-11pm	6 miles	
1024.1	0	Harpers Ferry, WV	Buy at General Store or The Outfitter	6	
1055.7	1.5 W	Smithsburg, MD	Buy at Food Lion, daily 7-11		
1065.5	1.2 E	Waynesboro, PA	Buy at Wal-mart and others		
1122.7	0	Boiling Springs, PA	Buy at Karn's Quality Foods, Daily 7-10	1-2	
1130.7	5.0 E	Mechanicsburg, PA	But at Wal-mart 4.6E, Gaint Food 4.3E, Wegmans 5.4E		
1148.4	0	Duncannon, PA	Buy at Mutzabaugh's Market, open 7 days 6am-10pm	4.5	
1218.5	0	Port Clinton, PA	Mail to Post Office, M-F 12:30-4:30, Sa 8-11	4	
1219.2	1.6 E	Hamburg, PA	Walmart Superstore, 24 hours		
1257.7	1.5 W	Palmerton, PA	Buy at Country Harvest, 8am-9pm 7 days		
1279.2	1.0 E	Wind Gap, PA	Buy at K-Mart, Gaint Food Store 24hr	1	
1294.7	0	Delaware Water Gap, PA	Mail via FedEx/UPS to Edge of the Woods Outfitters, Open 7 days	2-3	
1337.4	0	High Point State Park, NJ	Mail to High Point State Park Headquarters, open M-Sa 8-8	1	
1346.2	0.7 W	Unionville, NY	Buy at Horler's Store, M-Sa 6-8, Su 7-7	7-8	3-4 to Fort Montgomery
1404.9	1.8 W	Fort Montgomery, NY	Mail to Post Office, M-F 8-1 & 2:30-5, Sa 9-12		3 to AT Station
1450.0	0	Appalachian Trail Railroad Station, NY	Mail to Native Landscapes & Garden Center, Open daily 9-5	2-3	
1468.4	0.8 E	Kent CT	Buy at Davis IGA, M-Sa 8-7 Su 8-5	1-2	
1501.1	0.8 W	Salisbury, CT	Buy at La Bonne Epicure Market, M-Sa 8-7, Su 8-6pm	5-6	
1550.8	5 W	Lee, MA	Buy at Price Chopper Supermarket		
1578.8	0	Cheshire, MA	Mail to Post Office, M-F 7:30-1 & 2-4:30, Sa 8:30-11:30	8-9	1 to Williamstown
1593.3	2.6 W	Williamstown, MA	Buy at Stop & Shop		1-2 to Bennington
1611.7	5.1 W	Bennington, VT	Buy at Wal-mart, Price Chopper, Aldi		2-3 to Manchester
1651.8	5.4 W	Manchester, VT	Buy at Price Chopper Supermarket		3-4 to Killington
1705.4	0	Killington, VT	Mail to Mountain Meadows Lodge	2-3	
1748.7	0	Hanover, NH	Buy at Hanover Food Co-op, 8am-8pm, 7 days	2-3	
1787.1	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		
1792.0	0	Glencliff, NH	Mail to Glencliff Post Office, M-F 12-2, Sa 7-1	1-2	
1817.8	0.7 E	Franconia Notch, NH	Mail to Flume Visitor Center	4-5	
1817.8	4.8 S	North Woodstock, NH	Buy at Wayne's Market, daily 5-10		



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1892.4	0	White Mountin Lodge and 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 beyound Gorham, NH.	7.5	2-3 to Andover 5-6 to Rangeley
1934.0	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
1970.5	9 W	Rangeley, ME, route 4	Buy at IGA Supermarket, 7 days 7-8		2 to Stratton
2002.7	5 W	Stratton, ME	Buy at Fotter's Market, M-Th 8-7, F-Sa 8-8, Su 9-5		4-5 Monson
2076.4	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
2175.6	0	Abol Bridge, ME	Buy at campstore, Store open May 15-Oct 15, hours 7-7.		Buy here for Katahdin hike