

Backpacking Resupply Checklist

- Decide resupply locations.
- Calculate when to mail boxes for the estimated date of arrival.
- Research how to send packages UPS or USPS. Box or bucket?
- Plan out days of food needed for each box. Divide the amount of miles of a section by how many miles estimated to hike each day. For example: 80 mile section ÷ 20 miles estimated to hike each day = 4 days of food
- Plan how many breakfasts, lunches, dinners, snacks for each box.
- Shop for food.
- Make dinners or buy pre-made dinners.
- Layout all food organized by breakfast, snacks, lunch & dinner.
- Line up boxes/bucket labeled with how many breakfasts, lunches, and dinners.
- Load boxes with food.
 - Add travel size personal care items: toilet paper or baby wipes, ziplock potty bag, toothpaste, lotion, soap, contact solution, vitamins, medicines, first aid.
 - Add supplies: extra baggies, batteries, laundry soap, maps, guidebook pages.
 - Add personal items to use at resupply location: shampoo, extra lotion etc.
 - Add town treats, favorite cookies, chips, candy etc.
 - Add possible gear changes (socks, shoes, gear for changing conditions)
- Make address labels.
- Seal boxes with packing tape, write on all sides with a sharpie pen your first and last name and ETA.
- Send resupply boxes at USPS or UPS that are needed within the next couple of weeks. Organize the rest of the boxes for a good friend or relative to send as needed. Tip: Leave the boxes unsealed to allow for upcoming changes.