

Other items Hikers Buy

Cooking Fuels

Denatured Alcohol

White Gas (Coleman Fuel) Quarts

Esbit fuel tabs (12)

Butane-propane canisters

DEET- 1 oz. pump spray and High DEET content insect repellants.

Duct Tape-THIS IS A MUST-small rolls preferred

Blister pads-mostly large

Large Blister Gel Pads

Dr. Scholl's Mole Skin, Molefoam, and Blister Treatment

Sport tape

1" BandAid Strips as opposed to assortments.

liquid skin

Super glue

Vaseline-very small tubes

Alcohol swabs

Ibuprophen, acetaminophen, Advil, aspirin, 50-100 size

Chapstick, Blistex

Sun Screen

Small tubes of toothpaste

Phone cards

Film

Batteries-AA, AAA, and others

Hiking socks and sock liners

Shoe and boot laces

Shipping materials-boxes, tape

Pens and paper

Services

Motel accommodations

Hot Showers-hikers will pay for showers

Public Transportation

Medical Facilities

Emergency Dental Care

Internet and phone access

Gathering Areas

A hiker box- a place to leave unneeded gear and supplies for other hikers that might need them.

Laundry facilities, small boxes of soap

Postal services; USPS, FedEx, UPS, etc.

ATM's

Restaurants

Hikers eat LOTS of food and LOTS of high calorie foods.

Burgers, pizza, pastas, Mexican, steaks, fish, eggs, pancakes, salads, fresh vegetables, fresh fruits, lots of desserts, pies, ice cream, shakes, french fries, onion rings, and all kinds