Ally’s Resupply wish list

The following items are things I can 100% use on the trail in a resupply box. ☺ If you have other things you think may be useful or meaningful, feel free to send those along too. Just know, I can’t let my pack weight exceed 25 pounds, and ounces add up.

The best idea is not to send whole boxes of things, but to send a few from each pack and save the others for the next resupply. I’ve tried to estimate about how much of each item I may need in a resupply below. Feel free to send other things that I could enjoy immediately upon picking up my resupply box! I will **always** be hungry, so I’ll be happy to eat or drink anything too heavy to carry with me right then. If you are able to contact me before sending a bit of trail magic, I can be more specific regarding my current needs. Surprises are nice too. ☺ **Items in bold are things I will need every time I receive a resupply box because they come in large packages that I won’t be able to buy myself.** Plan to send a box at least 3-4 days ahead of my expected date of arrival. Just let me know any time you send something so I know to ask for it when I arrive.

I’ll send an email to everyone letting you know where I’ll be stopping in town and when and you guys can use the reply all function to coordinate who is sending things. Please never feel obligated. Thanks so much for your support and cheerleading as I begin the biggest adventure of my life! <3

Wet Ones antibacterial wipes (4-5 resealable packages or 15-20 individually wrapped)

Alcohol wipes (you have to ask the pharmacist for these – 10-20)

Hand sanitizer (tiny bottles only)

**Viva paper towels (½ roll or so at a time)**

**4-5 Ziplock bags of varying size (snack, sandwich, quart, and freezer)**

**Trash compactor bags (1 at a time…it waterproofs my pack and will need changing out every few weeks)**

Toothpaste (travel size)

**Floss (Cut “single use” sizes and send 10ish uses)**

**Q-tips (4-5 at a time)**

Bandaids (4-5 of different sizes)

Chewable toothpaste tablets (amazon.com – 15-20 individual tablets each resupply)

**Disposable razor (1 razor each resupply – a small can of shaving gel would be a nice treat too!)**

**Vitamins (10-15 vitamins)**

**Aleve (8-10 pills)**

Poptarts (a whole box is fine-Smores and Brown Sugar/Cinnamon are my favorite flavors.)

Little Debbie cakes (anything high calorie and light weight is good.)

Honeybuns (1-2)

Gummy bears/worms (sour stuff is good!)

Chocolate!!

Snickers bars

Fritos (you can crush them which is what I’ll do anyway when I receive them – One sandwich or snack size Ziploc of crushed chips will be plenty.)

Oreos (birthday cake, double stuffed, peanut butter are my favorites – The whole package is fine.)

Zone perfect bars (cashew pretzel, cookie dough, or chocolate peanut butter – a box is fine)

Trail mix

Mountain House dehydrated meals (found in sporting goods section – send as many as you can afford...cheapest at walmart) – BEST trail meal and easy clean-up. These are a treat!

Peanut butter or cheese Lance crackers

**¼ - ½ cup of olive oil (must be used when cooking with my camp stove…this would be VERY helpful at each resupply since I won’t be able to carry a whole bottle, so I won’t be able to purchase my own. Just put it in a container inside Ziploc bags to prevent leaks).**

Instant oatmeal packets (5-6)

5-hour energy shots (1-2)

Gatorade powder packs (5-6)

Hot cocoa packets (1-2)

Folgers singles (7-10 single coffee bags)

Small bug spray pumps

Batteries (AAA for headlamp)

**Homemade anything!! Please?? ☺**

**Travel sized shampoo/conditioner (color safe) –will need a bottle in every town stop**