Amos Bemis was born in Sudbury, MA, 24 Nov., 1762. He was married in Greenwich, Mass., Jan., 1786, to Lydia Goodenow of Petersham. Amos served as a volunteer from Winchendon. His name was on a list of men raised for the six months' service, and returned by Brigadier General Patterson of the Continental Brigade, as having passed muster, in a return dated Camp Totoway [New Jersey] 25 Oct., 1780. Amos also was a private in Captain Joseph Killam's Company, Colonel Rufus Putnam's 5th Regiment, where he was listed on the muster roll dated West Point, NY, 10 Jan., 1781. He enlisted for six months 9 July, 1780 and was discharged 9 Jan., 1781. Amos was serving at Fort West Point, NY, on the Hudson River, during the "Benedict Arnold" treason episode. On the 26th of October, a general review of the troops was given at Totoway, NJ for General George Washington, a number of other generals, and the French Ambassador. They were all on their return from Philadelphia. Amos Bemis was among the enlisted men at Camp Totoway who were reviewed.

Amos and his wife Lydia removed to Baltimore (Windsor County), Vermont, sometime before 1794, purchasing a small portion of land from his brother, Reuben "it being the southern half of Joseph Webster's right, bordering on the Chester line, of about 75 acres....". Amos built the first log cabin in the town of Baltimore and located on what was afterwards called 'the Hayward lot'. The 1800 census showed Amos with a family of three boys and one girl under the age of ten years and a boy and girl between the ages of ten and sixteen. He later built a frame house a little down the hill from the cabin. Amos was somewhat active in town affairs, he was elected 'tithing man', 'hayward' and 'highway surveyor' of the South District several times. In 1794, he served on a committee to divide the town into school districts, and was also elected to the office of town grand juror. Baltimore was set off as a separate town from Cavendish in 1793, mainly because of the barrier of Hawk's Mountain. There was a fire in Baltimore in the early 1830s which caused many of the town's records to be lost forever.

Amos applied for a survivor's pension (W23589) for his Revolutionary war service on 7 Aug., 1832 when he was 69 years old and living on his farm in Baltimore. He related in his affidavit that about 1797 he moved to Chester, VT where he lived for 2 years before settling at Baltimore. After his death, Widow Lydia applied for her widow's pension at the age of 85 on 25 May, 1846. Her daughter, Nancy Horton (aged 52 in 1846) stated in a supporting affidavit, that her father and mother had nine children of which four were older than she was. The youngest child was Lewis Bemis who was aged 38 in 1846. Her father's brother, Abel Bemis was aged 74 in 1846, and living in Winchendon, Massachusetts. Amos died at Baltimore, 31 Oct., 1835. (age 73).