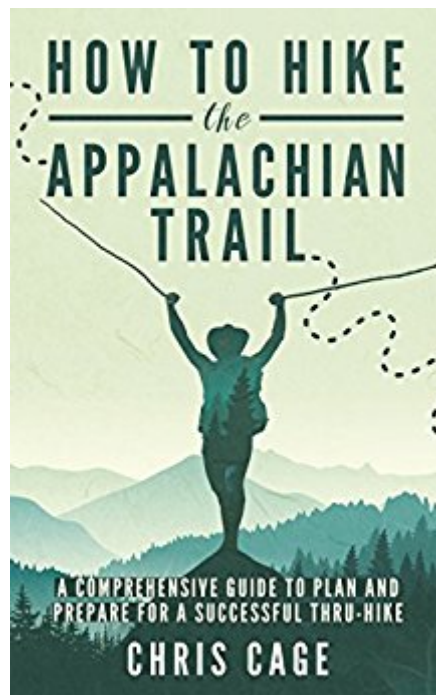


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# How To Hike The Appalachian Trail: A Comprehensive Guide To Plan And Prepare For A Successful Thru-Hike



## Synopsis

If you are planning on (or just thinking about) hiking the Appalachian Trail, this book is for you. Planning an Appalachian Trail thru-hike is overwhelming. I know. I spent months researching every question I could think of before starting the 6 month journey. Even after all of that research, there were countless mistakes I made. This book is everything I wish I would have known before starting. Inside is a step-by-step guide to efficiently plan for a successful thru-hike. Complete with personal tips and experiences. The goal of this guide is to help you complete the 2,185 mile long adventure, feel confident in your preparation and have a great time every step of the way. Learn how to budget wisely, save money and not waste cash. Know how to carve out 6 months from your family, job and home. Master a massive gear guide on everything from your spork to your tent. Understand clothing, layering and materials. Hear about what life is really like on the trail. Know which direction to go, when and why. Familiarize yourself with a state by state breakdown of the trail. Learn how to mentally prepare for the "I-wanna-quit-days". Understand the physical demands and methods to prevent injury. Prepare for the nutritional needs with favorite meals and food ideas. Know the real dangers on the AT. (Ladies) hear from AT record-holder Heather Anderson on "Female Needs". And a whole lot more... Hope you enjoy.

## Book Information

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## Customer Reviews

This is the best book I read on how to be a successful long distant hiker. I found the format refreshing. Less on the Appalachian experience and more on how to have a great experience on a long distant hike. The chapters on hydration, gear, clothing and food were particularly well researched and well written. I believe one of the most important items you covered is mental preparedness and a deep internal desire and passion to make such an arduous multi month journey a thru- hike entails. I have a few comments on items I found very important in long distant hiking. These were lessons I learned during several long distant section hikes on the PCT. I'm currently preparing for a Calendar Triple Crown in 2018. I'll be hiking nearly 8,000 miles in 10 months, or 3.6 times the distance of the Appalachian Trail. Lessons from a long distant hiker: 1. Mental preparedness is absolutely the number one item any long distant hiker needs to work on. You must be mentally prepared before venturing into the wilderness for several months. 2. Train with and wear calf high compression socks on all long distant hikes. I have used these for years and have never had any foot or leg swelling and these also prevented me from having any hotspots or blisters on my feet. I'm averaging 30 miles per day, starting on day one with No Pain! Look into socks made by CEP. 3. Hydration is often the most over looked and misunderstood fundamental of long distant hiking. I start off the morning at 4:00 AM drinking 32 oz. of water mixed with concentrated electrolyte solution (look into a product called LyteShow). I hike for two hours while drinking 32 oz. of electrolyte water, I then stop, find and purify two quarts of water. I add electrolyte solution and drink a quart of water and resume hiking while drinking the other quart of electrolyte water. At the end of my 12 hour hiking day I have consumed 12 quarts of electrolyte water. Dehydration reduces your energy and mental alertness by 30%. Most hikers have no idea how much water to drink or the importance that all their water needs to contain electrolytes. 4. Your chapter on food was excellent. I find that 99% of the long distant hikers I meet on the trails never carry sufficient calories for the hike they're doing. For my long distant hikes I carry 45 oz. of food per day, this gives me 6,050 calories, or 135 calories per oz. I have done 4 week section hikes averaging 180 miles per week and have lost only 1 lb. 5. The chapter on gear was well thought out. When I reviewed the pages of the equipment you took on your hike I didn't see a base wt. for your backpack and equipment. The base wt. for my backpack with the equipment that can handle 110 degree weather down to zero degrees comfortably is only 14 lbs. I carry 5 days of food at a time with a wt. of 14 lbs. (I'll be averaging 150

miles for each 5 day supply of food. When water supplies are good, I carry just one quart of water at a time. At the start of the PCT at the Mexican border, that increases to over a gallon of water and the food supply goes down to 3 days. The max wt. of my 40 liter pack never exceeds 30 lbs.6. One of the main reasons I can keep the base wt. of my backpack to 14 lbs and still comfortably handle zero degree weather with 50 mph winds is my ultra light weight Vapor Barrier Clothing. All the VB clothing I need to be comfortable at zero degrees weighs only 26 oz. This includes a VB cap, face guard, gloves, socks, jacket and pants. I used my VB clothing inside my 15 degree top quilt at minus 5 degrees and was very comfortable. Look into VB clothing made by RBH Designs. Long distant hikers will certainly learn and benefit from your book and the lessons you gained during your Appalachian thru-hike. As a long distant hiker I appreciate the effort and research you put into your book. I hope to meet you on the trail. Max Walker

This appears to be written as a "how to" hence it lacked some of the color of the hike. There are other books that talk more about the color and experience of the hike like "Becoming Odyessa" . But as a how to book it is good basic info.

This book finally covers the real down to earth questions dreamers like me have about equipment, food, bears, dangers, weather, preparation, how -tos, the trail, and so much more. Great read, and perfectly organised. I felt he was helping me prepare to walk my own trail. Thanks Chris, and God's speed.

Thanks Chris! I have read a few books about the thru-hiking process now, and this one ranks right up there with them. The book was nicely laid out and very informative. There is so much to a thru-hike, it can get overwhelming just thinking about it. This book kept things nice and simple, right to the point. I really enjoy books of this nature, hoping to find something to push myself over that edge and say, "why not, just do it." It is great to see people throwing the normal day to day lifestyle out the window, and chasing what makes them feel alive. As an individual struggling with life a little it is refreshing to know there are like minded people out there. Thanks once again for sharing your experience and knowledge. Happy trails to ya!

I'm a tough rater so 4 is pretty good. Particularly noteworthy is the addition of the female point of view in relevant sections. This book is a good overview of what is needed to do the AT both on your back and between the ears. There are many who start and few who finish. Chris, aka Smooth,

finished so read and take heed

I loved the line ( I maybe butchering it some lol)...There have probably been some tough things that have happened in the last 6 months of your life, but I bet there has been plenty of amazing stuff that has also happened in the last 6 months. I think it summed up the commitment of time personally and physically that the Appalachian Trail can take, however also all of the amazing benefits that can come to you from it. This book was inspirational and answered so many awesome questions of a thru hike. I loved the unique experiences so it doesn't read as a complete guidebook along with recommendations and personal preferences that just frankly make it an interesting read. Check it out!

Easy read with important details that everyone can learn from. I will revisit the food sections as I prepare for my thru-hike. I'm using a lot of these ideas to help my scouts prepare for smaller but just as important hikes.

I really enjoyed this book. Many of the books like this contain good information, but are not very well edited and frankly pretty much a slog to get through. This one was more entertaining than most and still contained a lot of useful information. I should point out that I am a section hiker and do not see that changing any time soon, but this book still held much of interest to me. Glad I read it and I recommend anyone with an interest in the AT consider adding it to their library.

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