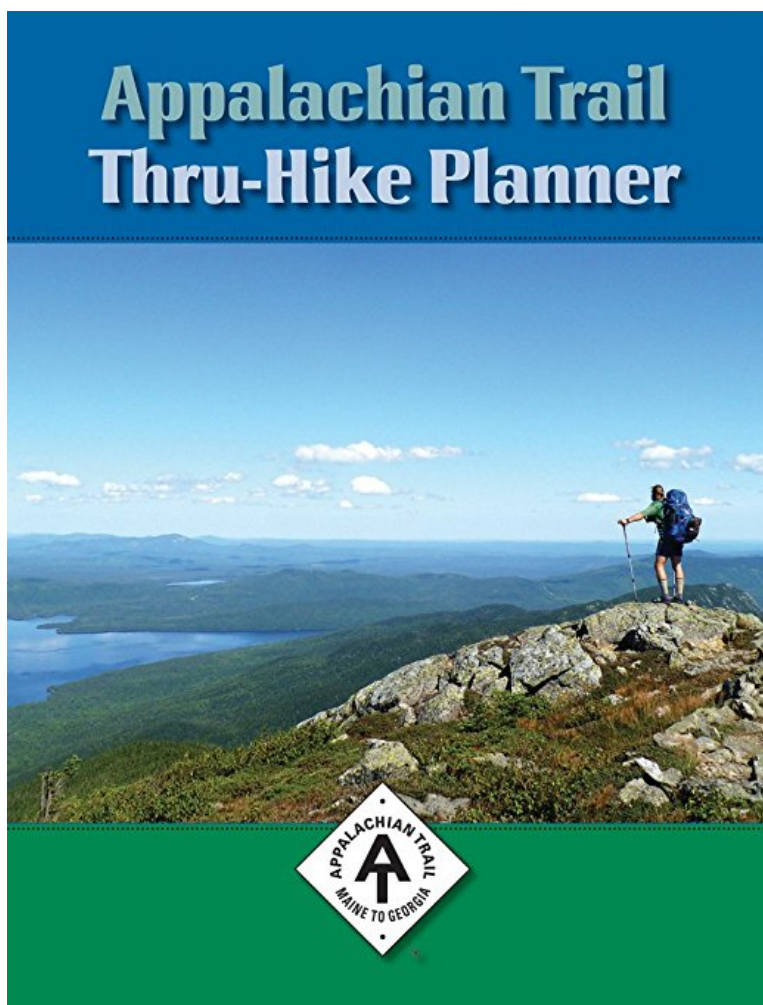


The book was found

# Appalachian Trail Thru-Hike Planner Guide Book



## Customer Reviews

This book contains basic information for a first time thru hiker. It contains good advice about timing a thru hike, things to carry, conditions to expect, etc. It is the size of a coloring book with pages and room for notes. It is a good place to begin, but definitely does not cover everything. I was hoping it would have more information about stops along the way. Such as the names, addresses, phone numbers, rates, etc of each stop. I think it would be great to list the hostels, groceries, eateries, etc along the way with their hours of operation. So that one could plan their stops.

**CHAPTER ONE**This first chapter discusses the itinerary, when to begin and which direction to go. It explains the most popular routes and times. It also explains how some hikers will flip/flop or leapfrog to avoid trail crowding and black flies.

**CHAPTER TWO**This second chapter discusses the costs involved in a thru hike and the way that this can vary depending on your style of hiking.

**CHAPTER THREE**This chapter covers the gear that you will need. The advice is pretty solid, not just giving a list, but adding info on purchasing choices. I didn't see any advice on hammock gear, just tents. Clothing, water filtering, cooking tools, backpacks, lighting, safety/first aid, hygiene, health supplies, tools/utility, storage, footwear, gear, insect repellents, maps, etc.

**CHAPTER FOUR**This chapter covers your food options and ways of cooking along the trail.

**CHAPTER FIVE**Chapter five covers your mail drops and re supply along the trail.

**CHAPTER SIX**This chapter is titled Health and Safety. It discusses fitness, trail hazards and first aid. Blisters, heat exhaustion, dehydration, chafing, stress fractures, sunburn, hypothermia, allergies, poison ivy, frostbite, insects, mice, snakes and bears.

**APPENDIX**Recommended reading and helpful websites.

**WORKSHEET**Topographic maps, trail terms, monthly calendars, shelters and towns, thru hike budget, gear check list, food check list, mail drop locations, sample resupply itinerary, emergency medical information and leave no trace.

**FINAL NOTE**While I feel this is an excellent book, my reason for giving it four stars instead of five is because they put the detailed notes on lodging, stores, restaurants, along the trail (including directions and contact information) in a separate book called the Appalachian Trail Thru-Hikers Companion. This guide must be purchased separately and is published annually. Maybe they separated this due to yearly updates, but I was hoping to have all of that information in this book, now I will have to buy another book and carry two books.

If you're hiking the AT trail, this is a great reference book. I have read 1/4 of the book and have taken many notes and it has helped me a lot for trip planning. You can find all of the information on line but the book is laid out logically and you don't have to book mark web pages.

I bought this book just to satisfy my interest in the subject it is well done and it keeps all the information in one place. but there is nothing in here that you could not get off the internet with a little digging . Probably worth the price for someone that is planning the hike .

Great planning book for a thru-hike. Lots of basic info with recommendations and ideas to make your trip successful.

Great book and has all of the being information to start to plan the trip.

Give you all the information and writing material to plan out your trip.

Outdated sites listed.

We are currently using this planner to help us plan our AT trip. Lots of useful information. Too big to bring along, but a great tool for helping us get ready.

[Download to continue reading...](#)

How to Hike the Appalachian Trail: A Comprehensive Guide to Plan and Prepare for a Successful Thru-Hike Appalachian Trail Thru-Hike Planner Guide Book Appalachian Trail Guide to New Hampshire-Vermont/With Maps (Appalachian Trail Guide Series) General Motors: Chevrolet Malibu (1997 thru 2003) Chevrolet Classic (2004 and 2005) Oldsmobile Alero (1999 thru 2003) Oldsmobile Cutlass (1997-2000) Pontiac Grand Am (1999 thru 2003) Appalachian Trail Guide to New Hampshire - Vermont (Appalachian Trail Guides) Appalachian Trail Guide to Tennessee-North Carolina, 11th Edition (Appalachian Trail Guides) Appalachian Trail Guide to Central Virginia with Map (Appalachian Trail Guides) A Walk in the Woods: Rediscovering America on the Appalachian Trail (Official Guides to the Appalachian Trail) The Appalachian Trail Food Planner: Second Edition: Recipes and Menus for a 2,000-Mile Hike Tennessee Trails: Hikes Along the Appalachian Trail, Trail of the Lonesome Pine, Cherokee National Forest Trail and Many Others Appalachian Trail Thru-Hikers' Companion (2017) Balancing on Blue : A Thru-Hiking Adventure on the Appalachian Trail Just Passin' Thru: A Vintage Store, the Appalachian Trail, and a Cast of Unforgettable Characters The Good Hike: A Story of the Appalachian Trail, Vietnam, PTSD and Love 2017-2018: 12 Month ( August2017 To July 2018 - Schedule Organizer and Journal Notebook - Academic Planner, Weekly Planner, Monthly Planner: 2017-2018 Planner (Volume 2) Subaru Legacy & Forester: Legacy 2000 thru 2009 - Forester 2000 thru 2008 - Includes Legacy Outback and Baja

(Haynes Repair Manual) VW New Beetle 1998 thru 2010: All gasoline engines - TDI diesel engine (1998 thru 2004) (Haynes Repair Manual) Ford Pick-ups 1997 thru 2003 & Expedition 1997 thru 2014: Full-size, F-150 & F-250, Gasoline Engines - Includes Lincoln Navigator and F-150 Heritage (Haynes Repair Manual) Ford Pick-ups & Bronco 1980 thru 1996 2WD & 4WD Full-Size, F-100 thru F-350 Gasoline Engines (Haynes Manuals) Honda Civic & CR-V - Acura Integra: Honda Civic - 1996 thru 2000 - Honda CR-V - 1997-2001 - Acura Integra 1994 thru 2000

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