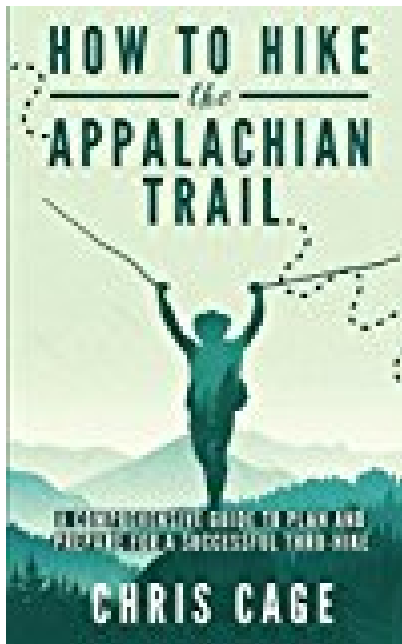


# How to Hike the Appalachian Trail A Comprehensive Guide to Plan and Prepare for a Successful Thru-Hike

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## BOOK DETAILS

- Author : Chris Cage
- Pages : 221 Pages
- Publisher : Independently published
- Language : English
- ISBN : 152030062X



## BOOK SYNOPSIS

Everything you need to know to complete your thru-hike. The AT is a life changing experience and an amazing accomplishment. Half of the battle is proper preparation. This book is everything I wish I would have known before setting off on my thru-hike. Complete with personal tips and experiences. -Learn how to budget wisely, save money and not waste cash. -Know how to allocate 6 months of your time and plan your exit. -Master your gear with a massive 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 an optimistic framework for the "I-wanna-quit-days". -Understand the physical demands and methods to prevent injury. -Prepare yourself for the nutritional needs with food ideas and favorite meal plans. -Know the REAL dangers on the AT. -"Female Needs" section from AT record-holder Heather Anish Anderson. And a whole lot more...

### **HOW TO HIKE THE APPALACHIAN TRAIL A COMPREHENSIVE GUIDE TO PLAN AND PREPARE FOR A SUCCESSFUL THRU-HIKE**

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