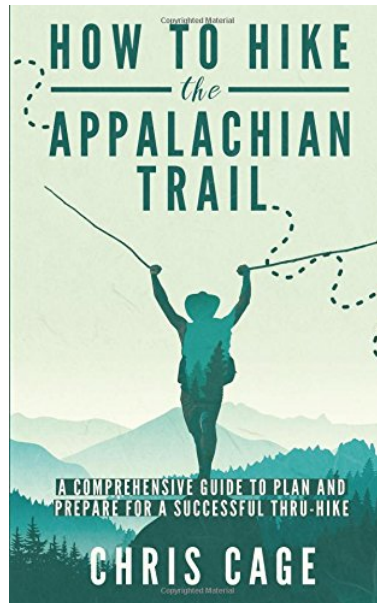


aLAJW [Free PDF File] How to Hike the Appalachian Trail: A Comprehensive Guide to Plan and Prepare for a Successful Thru-Hike



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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 danger on the AT. (Ladies) hear from AT record-holder Heather Anderson on "Female Needs". And a whole lot more... Hope you enjoy.

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