

Appalachian Trail Gear Guide

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Appalachian Trail Gear Guide

Appalachian Trail Guide Although some will deviate from the below gear list in one way or another, this serves as an excellent template for thru-hikers, with some products we recommend below.
Shelters

Appalachian Trail Thru-Hiker Gear List - The Trek

GEAR Internal frame pack or frameless rucksack (3,000 cu. in. or less, 2 lbs. or less) Down sleeping bag (preferably one for summer; one for colder months) Short sleeping pad (60", closed foam or uninsulated air mattress)

Appalachian Trail Thru-Hike Gear List - Backpacker

The Appalachian Trail thru-hike is equivalent to 16 climbs and descents of Mount Everest! But this isn't even the whole story about the AT. Geographically, the trail is divided into five sections. 1.

Appalachian Trail 101: The Complete Guide For Beginners

Welcome to How to Thru-Hike the Appalachian Trail: A 101 Guide! This resource is designed to help you understand everything you need to know about thru-hiking the Appalachian Trail. Here you will find information regarding the trail and the culture that surrounds it, gear talk, thru-hike preparation, hiking strategies, social etiquette, and much, much more.

How to Thru Hike the Appalachian Trail: A 101 Guide

My 2018 Appalachian Trail Thru-Hike Gear List. UPDATE: Want to see how ... myself included, decided to split the guide up into 4 sections in order to reduce weight, so I will start with a few hundred miles' worth and dispose of the pages as I hike through them while shipping the other sections in resupply boxes. ... The 2018 Appalachian Trail ...

My 2018 Appalachian Trail Thru-Hike Gear List | Fit For Miles

Even if you intend to overnight in the wooden shelters along the trail, you need to carry your own shelter as shelters may be full or unavailable. As a guide, both your shelter and sleeping bag should weigh less than three pounds each or less than six pounds total. 5-3a.

5. Gear for Your Appalachian Trail Hike ~ Section Hiking ...

For the Appalachian Trail, most hikers will need a pack that holds between 50 to 65 liters. If you are going lightweight with your gear, then you can get away with less. Recommended backpacks: Osprey , Granite Gear Crown

Appalachian Trail Gear List: Everything You Need | GORE ...

The A.T. Guide, a.k.a. "The Awol Guide," is the guidebook of choice for hikes of any length on the Appalachian Trail. The book contains thousands of landmarks such as campsites, water sources, summits and gaps. The trail's elevation profile is included and every landmark is aligned to the profile.

The A.T. Guide - A Handbook for Hiking the Appalachian Trail

Appalachian Trail Backpacking Gear List Bear precautions: Though grizzlies are not found here, the average thru hiker is likely to encounter a black bear at some point. The best defense against bears in camp is preparing and storing food properly. Use bear lockers at shelters that provide them and a canister where its use is mandated.

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