

The Appalachian Trail Backpacker is a one-stop guide to preparing for and hiking the A.T. Although primarily geared to prepare and sustain the intrepid thru hiker, the book is also a must-have for anyone who wishes to experience the A.T., whether for an hour or for six months.

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results Camping & Wilderness Survival: The Ultimate Outdoors Book The Appalachian Trail Backpacker: Trail-Proven Advice for Hikes of Any Length. An overly heavy pack with excess food can take the fun out of backpacking. When deciding how much food to carry for your trip, keep these tips in mind. book for details about what to carry, or that you talk to an experienced hiker. Don't as well as information on less common treatment methods that are not listed below.

AMC's Comprehensive Guide to Hiking Trails in Massachusetts. Author: John S. Burk Appalachian Trail Data Book. Author: David Appalachian Trail Hiker: Trail-Proven Advice for Hikes of Any Length Backpacker Magazine's Guide to the Appalachian Trail . Great Smoky Mountains is the Most Popular National Park. 40) Becoming Odyssea: Adventures on the Appalachian Trail by Jennifer .. Appalachian Trail Backpacker: Trail-Proven Advice for Hikes of Any.

Appalachian Trail Waypoints: (degrees minutes seconds - logged with a The Appalachian Trail Backpacker: Trail-Proven Advice for Hikes of Any Length - The gathered over , miles of AT experience into this common sense guide. this book considers the weight, cost and practicality for every item you need.

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