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Appalachian Trail Thru-Hike Planner

David Lauterborn, ed.

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Each year, nearly 2,000 men, women and, occasionally, children set out to hike the more than 2,185 miles of the Appalachian Trail from Georgia to Maine (or vice versa). Good preparation is often the key to whether they become part of the 25-28 percent who make it. For this adventure of a lifetime, the [i]Thru-Hike Planner[/i] will help you chart a course, work out a budget, choose gear, plan meals, get in shape and otherwise inspire. It comes with homework: charts and worksheets and checklists and forms, all designed to be ripped out and spread over the kitchen table and then stuck in your pack. Formerly the popular [i]Appalachian Trail Workbook for Planning Thru-hikes[/i], which went through six revisions between 1992 and 2003, this title itself underwent a total make-over in 2005, bringing together the up-to-date advice of recent hikers with the mileages and trends seen by the trail's managers. This fifth edition advances the mileages and shelters to 2012 status and includes new tips, including advice on smartphones, GPS, and other devices. The QR code on the back takes you right to the latest Trail conditions on the Appalachian Trail Conservancy Web site.

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