

# Appalachian Trail Gear Guide

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**Joy of Backpacking** Brian Beffort 2007-05-07 A comprehensive guide covering every aspect of how to backpack—from planning a first trip to advanced wilderness travel. For those new to the activity, longtime backpacker and author Brian Beffort covers the fundamentals, with sections on trip planning, gear, backcountry nutrition and cooking, navigation, and other essential wilderness skills. You will also learn what to expect on the trail and in camp, and how to stay safe with first aid, weather preparedness, and more. For experienced packers, this book is filled with practical tips and inspired ideas on how to update and refine your approach to backpacking based on trends in lightweight gear, high-tech gadgets, changing wilderness rules, and increasing opportunities for wilderness travel around the world.

**Hiking & Backpacking** Karen Berger 1995 A companion volume to the PBS-TV series "Trailside" discusses gear, safety, and trail courtesy Appalachian Trail Barbera Steinmeyer 2021-05-10 Thru-hiking the Appalachian Trail can be one of the most rewarding and powerful things you do in life. Overcoming the challenges of a thru-hike requires a lot of research, planning, and dedication, so we put together this guide to help get you started. Especially for women, who are weak gender and have to prepared carefully to deal with such as wild animal, ... Below, you'll find tips about choosing when and where to start, buying gear, what to expect on the trail, and so much more. In this book, the author gives you the answers you need to these (and more) questions: -Is it safe for women to do this alone? -What can I do to protect myself from dangerous animals or people? -How do I deal with my period (and other bodily functions) while camping? -I don't have a hiking partner - what if I get lonely or injured? -How can I keep my family from worrying or talking me out of it?

**Average People: Extraordinary Trail, Volume I - The Appalachian Trail** Mark Allen 2013-02 Average People, Extraordinary Trail is written for anyone that has an interest in the Appalachian Trail (A.T.), or hiking in general. You don't have to be an experienced hiker, or professional outdoorsman, to enjoy a day, or a year, on the A.T. Enjoy a "desk hike" while reading the author's daily journal entries from his 2009 A.T. thru-hike. Prepare for your own hike, or just learn a little about the Appalachian Trail. Each chapter has a planning section and an equipment section. Over 100 photographs are included.

**The Ultimate Hiker's Gear Guide** Andrew Skurka 2012-02-21 Supreme long-distance hiker Andrew Skurka shares his hard-earned knowledge in this essential guide to backpacking gear and skills. Described by National Geographic as "one of the best traveled and fastest hikers on the planet," and named "Adventurer of the Year" by Outside and "Person of the Year" by Backpacker, Skurka recounts what he's learned from more than 30,000 miles of long-distance adventures, most recently a 4,700-mile 6-month loop around Alaska and Canada's Yukon. Whether you're a first-time backpacker, an occasional weekend warrior or a seasoned long-distance trekker, you'll love this guide. Learn exactly what you need to carry - both on your back and between your ears - for all seasons and circumstances through a show-and-tell of clothing, footwear, backpacks, shelter and sleep systems, and more, as well as through detailed articles on foot care, campsite selection and hiking efficiency. Skurka's practical and priceless recommendations give you all the tools and techniques you'll need to hit the trail. From the Trade Paperback edition.

**A Woman's Guide to the Wild** Ruby McConnell 2016-03-15 For women who enjoy hiking, camping, backpacking, and other outdoor recreation or those inspired by Cheryl Strayed's Wild, this is the definitive guide to being a woman in the great outdoors. This friendly handbook covers the matters of most concern to women, from "feminine functions" in the wilderness to how to deal with condescending men, as well as the basics of wilderness survival tailored to women's unique needs. It includes gear lists in addition to advice for camp setup, fire building, food and water, safety, weather, and navigation.

**Backpacker** 2003-03 Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

**How to Hike the Appalachian Trail: A Comprehensive Guide to Plan and Prepare for a Successful Thru-Hike** Chris Cage 2017-01-03 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...

**Appalachian Trail** Freeland Sport 2018-06-27 You're About To Discover The #1 Secret To Appalachian Trail With This Comprehensive Guide to Thru-Hiking the Appalachian Trail! Every year, hundreds of thousands of people attempt a thru-hiking trip of the Appalachian Trail. However, only about 10% of these people complete the trip: about 90% just give up and go home after hiking a few miles. If you can complete the trip successfully, you are definitely a rare breed. The key to completing the trip lies in proper preparation. It has little to do with strength or energy; and everything to do with mental, physical, and financial preparation. Further, the best way to ensure you complete the hike is to seek advice from people who have actually been there and done that. In this book, I lay out some practical advice and tips drawn from my personal experiences hiking the Appalachian Trail. These tips will help you plan adequately so that you can successfully thru-hike the Appalachian Trail. Here's Just A Small Preview Of What You'll Learn... History of the Appalachian Trail Registration, Licenses and Permits Budgeting, Gear, Packing, and Pre-Hike Fitness Transportation, Arrival, and Starting Point Shelter and Accommodation Ultra-light Nutrition and Feeding And much, much more! When you purchase the "Appalachian Trail" today, you'll save \$3 off the regular price and get it for a limited time discount of only \$9.99! This discount is only available for a limited time! No questions asked, money back guarantee! Go to the top of the page and click the orange "Add To Cart" button on the right to order now! Tags: appalachian trail, appalachian trail tumbler, appalachian trail guide, appalachian trail map, the appalachian trail, appalachian trail, appalachian trail game, appalachian trail books, appalachian trail book, appalachian trail maps, appalachian trail shirt, appalachian trail running shirt, appalachian trail accessories, appalachian trail socks, appalachian trail backpack, appalachian trail jacket, appalachian trail sticker, appalachian trail gear, appalachian trail calendar 2018, appalachian trail dvd, appalachian trail tent, appalachian trail cup, appalachian trail guidebook, national geographic appalachian trail, appalachian trail coffee mug, appalachian trail calendar, appalachian trail hat, the appalachian trail guide, appalachian trail t shirt, appalachian trail mug, appalachian trail kids, appalachian trail map poster, appalachian trail hiking, appalachian trail guide book, appalachian trail poster, the appalachian trail game, appalachian trail patch, appalachian trail sign, the appalachian trail map, appalachian trail blanket, appalachian trail water bottle, appalachian trail pack, the appalachian trail book, appalachian trail guide 2017, appalachian trail decal, appalachian trail kit, appalachian trail series, appalachian trail knife, appalachian trail marker, awol appalachian trail, appalachian trail guide 2018, appalachian trail tshirt, appalachian trail board game, appalachian trail 2017, appalachian trail map puzzle, hiking appalachian trail, appalachian trail gps, appalachian trail trucker hat, appalachian trail clothing, appalachian trail necklace, appalachian trail shirt women, appalachian trail flag, appalachian trail ornament, georgia appalachian trail, appalachian trail video, appalachian trail audiobook, appalachian trail hoodie, appalachian trail map book, appalachian trail documentary, yeti appalachian trail, appalachian trail reader, appalachian trail puzzle, northbound appalachian trail, appalachian trail folding knife, appalachian trail coffee cups, mens appalachian trail shirt, appalachian trail handbook, appalachian trail art, appalachian trail map art, appalachian trail painting, appalachian trail for kids, appalachian trail shirts, appalachian trail picture frame, appalachian trail decor, 2018 appalachian trail, appalach

Exploring the Appalachian Trail: Hikes in the Mid-Atlantic States

Glenn Scherer 2013 41 day hikes and overnight trips in Maryland,

Pennsylvania, New Jersey, and New York Complete with elevation profiles, topographic maps, descriptions of terrain, and notes on landmarks, side trails, and shelters Includes directions to trailheads and information on available parking Completely revised and updated to reflect recent trail changes Indexes sort the hikes by difficulty and length 0 false 18 pt 18 pt 0 0 false false false /\* Style Definitions \*/ table.MsoNormalTable {mso-style-name:"Table Normal"; mso-tstyle-rowband-size:0; mso-tstyle-colband-size:0; mso-style-noshow:yes; mso-style-parent:""; mso-padding-alt:0in 5.4pt 0in 5.4pt; mso-para-margin:0in; mso-para-margin-bottom:0001pt; mso-pagination:widow-orphan; font-size:12.0pt; font-family:"Times New Roman"; mso-ascii-font-family:Calibri; mso-ascii-theme-font:minor-latin; mso-fareast-font-family:"Times New Roman"; mso-fareast-theme-font:minor-fareast; mso-hansi-font-family:Calibri; mso-hansi-theme-font:minor-latin;}

Exploring the Appalachian Trail: Hikes in the Virginias David Lillard 2013-10-01 46 day hikes and overnight trips in Virginia and West Virginia Complete with elevation profiles, topographic maps, descriptions of terrain, and notes on landmarks, side trails, and shelters Includes directions to trailheads and information on available parking Completely revised and updated to reflect recent trail changes Indexes sort the hikes by difficulty and length

The Appalachian Trail Hiker Victoria Logue 2013-05-15 The Appalachian Trail Hiker 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.

Exploring the Appalachian Trail: Hikes in Southern New England David Emblidge 2012-11-01 A guide to 27 great day hikes and overnight backpacking trips on the Appalachian Trail in Connecticut, Massachusetts, and Vermont.

Pacific Crest Trials Zach Davis 2017 Thru-hiking the Pacific Crest Trail is 90% mental. Each year, thousands of backpackers take to the Pacific Crest Trail with the intention of successfully thru-hiking the 2,650-mile footpath that extends from Mexico to Canada. Despite months of research, thousands of dollars poured into their gear, and countless hours dedicated to grinding away on the StairMaster, most hikers fall short of their goal. Why? They neglected to prepare for the most challenging element of a five month backpacking trip. While the PCT presents extraordinary physical challenges, it is the psychological and emotional struggles that drive people off the trail. Conquering these mental obstacles is the key to success. This groundbreaking book focuses on the most important and overlooked piece of equipment of all- the gear between one's ears. Filled with first-hand, touching yet humorous vignettes and down-to-earth advice that both instructs and inspires, Pacific Crest Trials gives readers the mental road map they'll need to hike from Mexico to Canada. Following up on his wildly popular guide to thru-hiking the Appalachian Trail in Appalachian Trials, Zach Davis has teamed up with 2015 PCT thru-hiker Carly Moree to bring readers the ultimate psychological and emotional guide to prepare for the Pacific Crest Trail. In Pacific Crest Trials readers will learn:- Goal setting techniques that will assure hikers reach Canada- The common early stage pitfalls and how to avoid them- How to beat "the Death of the Honeymoon"- The importance and meaning of "hiking your own hike"- How to adapt amongst drastically different terrains, weather patterns, gear and logistical needs- Five strategies for unwavering mental endurance- How to save money on gear purchases- Tips for enjoying rather than enduring each of the five million steps along the journey- Advice for staving off post-trail depression from one of the country's most respected trail angels- Nutritional guidance for avoiding post-trail weight gain Additionally, readers will receive an in-depth guide to choosing the right gear for their PCT thru-hike from Triple Crown, Liz "Snorkel" Thomas. In this chapter full of valuable insights, Snorkel walks readers through what features to look for in quality gear, how to save money, how to lessen the load without compromising on safety or comfort, and offers crucial advice on how to properly use and care for your gear. Furthermore, Thomas offers several specific product recommendations, giving readers a helpful head start on their shopping list. Note: This is an adaptation of Appalachian Trials. Although this book is written with the Pacific Crest Trail thru-hiker in mind, the principles are largely similar. If you own Appalachian Trials do not buy this book. Five percent of the proceeds of your purchase of Pacific Crest Trials will go to the Pacific Crest Trail Association, the non-profit that oversees and protects the Pacific Crest Trail.

Backpacker Magazine's Guide to the Appalachian Trail Jim Chase 2004-10-13 "[T]he definitive guide to the most famous footpath in the nation. Featuring the latest details on the Trail route and current conditions, this revised and updated edition tells you what terrain you can expect to find, where to go to avoid the crowds, and what to look for along the way."--Cover.

Discovering the Appalachian Trail Joshua Niven 2022-06-01 From beginners to thru-hikers, Discovering the Appalachian Trail has something for anyone that wants a connection with the nation's longest marked footpath at approximately 2,181 miles. Starting at Springer Mountain in Georgia and finishing far to the north in Maine's Mount Katahdin, the A.T. crosses 14 states, 6 national parks, and 8 national forests. Taking on the A.T. is a pilgrimage because of both its beauty and accessibility. Let Joshua Niven and Amber Adams guide you across the best trails that the Appalachian Trail has to offer. Complete with full-color photography, you'll also have hikes suited to every ability, mile-by-mile directional cues, sidebars, and maps.

Hellz Yeah Its Possible! A Journal and Guide to Thru-Hiking the Appalachian Trail Kevin Kiernan 2017-10-03 Thru Hiking the Appalachian Trail is an epic adventure, and yet one that is still within the reach of most people. It is a long journey, an escape, and a time of self-discovery. The author completed his own thru-hike of the Appalachian Trail in 2015. 'Hellz Yeah It's Possible' ('Possible' is the author's trail Name) is designed as a two part guide and aid to prospective thru-hikers, although those readers who are just looking for an adventure tale should not be disappointed. The first section is an account of the author's journey, the second section is a compilation of information useful to a prospective thru-hiker. It is entitled "If You Go". The journal is broken down day by day, tracking distances and landmarks along the way. It incorporates the physical, social, and mental aspects of the author's thru-hike. The physical aspect of the trail is real. It is an insane endurance event for a person's body. It can actually be started by someone with only moderate conditioning, because the Appalachian Trail itself is its own training ground. The hiker learns to listen to their body, learn how much they can do, what to eat, and how to take care of themselves. This is part of the journal: as the days pass the author learns what makes his body work, and what makes it falter. Aspects of diet and physical care are critical parts of his wellbeing as he copes with the environmental rigors of living outdoors on the move for an extended period of time. The Appalachian Trail is not just a path through the woods and an escape into nature. As with all human constructs, it is a social community, a gathering of people. That it is a moving stream of people makes it no less a social adventure. There is conflict and resolution, friendships are made and broken, and people become more of what they are under the physical and emotional stresses of the journey. Hiking the trail is an intense period in a person's life, and it fuels social impact and personal growth in a direct way at a greater rate than at other periods of a person's life. The narrative discusses the author's own personal interactions and his reactions to the trail community at large. The Appalachian trail is also a landmark, its history is woven into the land it travels through, and with each year's class of hikers the history grows just a little more. Significant trail events and location lore are woven onto the narrative. It is told from the hiker's perspective, from one with a historical bent who marvels at the point in time that is his journey. In "If You Go" The author creates lists of gear and food choices, and imparts his own lessons from hiking the trail that will be of interest to anyone considering a long distance hike. The author discusses his choices knowing that his way is just one way, and develops some ideas he didn't use but were used by other successful thru-hikers. Most of the knowledge here is already discussed in the journal narrative, but it is condensed so it is a useful reference for those planning their own adventures. The author encourages everyone to find their own space and way to adventure. We are not meant to live our entire lives working in cubicles and retiring to a couch in front of a television. There is a real world out there waiting for you to find it. Hellz Yeah Its Possible!

Exploring the Appalachian Trail: Hikes in the Southern Appalachians Doris Gove 2013-03-01 32 day hikes and overnight trips in Georgia, North Carolina, and Tennessee.

2021 the A.T. Guide David "Awol" Miller 2021 Since 2010, The A.T. Guide, a.k.a. "The Awol Guide," has been the guidebook of choice for hikers 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. Hikers using this guide know where they are on the trail, what views, streams and campsites are ahead, and whether they'll be hiking uphill or downhill to get there. The A.T. Guide answers all of your questions about how to get rides, where to stay, and where to get supplies. There are 94 maps of towns on or near the trail showing where to find these services and detailed listings for businesses. The A.T. Guide is the most innovative trail guidebook ever developed.

Advanced Backpacking Karen Berger 1998 A reference for advanced backpackers covers expedition planning and supplies

Wild Revival: Surviving the Appalachian Trail's 100 Mile Wilderness Mark Kelley 2015-02-06 The most rugged and challenging stretch of the Appalachian Trail, the 100 Mile Wilderness, pummels Will (aka Wayward) and the other hikers that pass through it, presenting death drop cliffs, lightning strikes, flooded rivers, and dangerous wildlife in the path.

Appalachian Trials Zach Davis 2012-02-08 "I really loved it...Appalachian Trials is full of specific tactical tips for mental preparation, which is key well beyond the A.T." - Tim Ferriss, author of New York Times Best Selling The 4-Hour Workweek and The 4-Hour Body Each year, it is estimated that more than 2,000 people set out to thru-hike the Appalachian Trail, yet seven in ten ultimately fall short of their goal. Given the countless number of how-to books and websites offering information about logistics, gear, and endurance training, one would think that more people would finish this 2,200 mile trek. Why then, do so many hikers quit prematurely? After successfully thru-hiking the AT in five months with zero prior backpacking experience, author, Zach Davis, is convinced he's discovered the answer. Aspiring thru-hikers, Davis tells readers, are preparing the wrong way- sweating on the StairMaster, meticulously plotting each re-supply box, or obsessing over the a

synthetic or down sleeping bag or perfect pair of socks. While the AT undoubtedly presents extraordinary physical challenges, it is the psychological and emotional struggles that drive people off the trail. Conquering these mental obstacles is the key to success. This groundbreaking book focuses on the most important and overlooked piece of equipment of all—the gear between one's ears. Filled with first-hand, touching yet humorous vignettes and down-to-earth advice that both instructs and inspires, Appalachian Trials gives readers the mental road map they'll need to hike from Springer Mountain to Mt. Katahdin. In Appalachian Trials readers will learn: Goal setting techniques that will assure hikers reach Mt. Katahdin The common early stage pitfalls and how to avoid them How to beat "the Virginia Blues" The importance of and meaning behind "hiking your own hike" 5 strategies for unwavering mental endurance The most common mistake made in the final stretch of the trail Tips for enjoying rather than enduring each of the five million steps along the journey Strategies for avoiding post-trail depression and weight gain In addition, the Bonus Section of Appalachian Trials includes: A thorough chapter on gear written by thru-hiker of the AT and Pacific Crest Trail, and professional backpack gear reviewer Information about the trail's greatest and most unknown risk and how to guard against it 9 tips for saving money before and during your thru-hike A thorough FAQ section including information ranging from how to obtain sponsorship, to the best stove for the trail, to avoiding chafing, and much more

More Everyday Wisdom Karen Berger 2002 Gathers practical advice, timesaving tips, and problem solving techniques ranging from planning and packing to field repairs and emergency improvisation.

Rough Guide Ultimate Adventures Rough Guides 2008-09-01 Ultimate Adventures: A Rough Guide to Adventure Travel features 30 different adventure sections and is jam-packed with breathtaking photography. There are adventures for all travellers, including "soft" experiences for those testing their bravery levels and extreme adventures for adrenalin junkies, each rated by physical, psychological, skill and wow factor! Whether your appetite for adrenalin takes you to arctic freezes, ocean depths or sweltering deserts, this book will tell you how, why and when to plan your ultimate adventure. Written by trekker extraordinaire Gregg Witt, who brings cultural sensitivity and humour, as well as concise practical information. You'll find maps and safety tips as well as advice on the best local guides, essential gear and safety tips. Make the most of your time on Earth with this spectacular foray into world adventures.

The Pacific Crest Trail: A Hiker's Companion (Second Edition) Karen Berger 2014-03-31 This book begins where basic trail guides and maps leave off. For each section of the trail, the authors describe the route in detail and recommend the best day hikes and short backpacks from each trailhead. They describe the plants and animals hikers will see, tell stories about local history, explain plate tectonics, and in a thousand other ways enrich your experience of the journey. For many people, the Pacific Crest Trail is the ultimate long-distance hiking trail. Beginning in the dry valleys of southern California, it follows the crest of the snow-capped Sierras and ends in the ancient forests of Washington's Cascades. Along the way, national treasures such as Yosemite, Crater Lake, and Mount Rainier make this trail one of the premier hiking destinations in the world. But hiking is about much more than getting from A to B. Berger and Smith draw on their tremendous experience—together they have logged more than 12,000 miles on the PCT—to give tested advice to long-distance hikers on trip planning, gear and safety, seasonal considerations, trailheads and resupplies, permits, and much more.

Backpacking Virginia Johnny Molloy 2019-03-27 Covering 40 of the best trips the state of Virginia has to offer, Backpacking Virginia provides all the information necessary for beginner and experienced backpackers alike to enjoy hiking destinations from Cumberland Gap in southwest Virginia to the New River Valley, the heart of the Blue Ridge, and Shenandoah National Park, and all the way out to the Atlantic coast. With expert guidance anyone can use, Johnny Molloy encourages a wide range of nature lovers to give backpacking a try, perhaps for the first time, in scenic natural settings. Molloy provides helpful tips for gear and enjoying life on the trail, "best-of" lists to help you choose an excursion, and detailed route information to guide you along the way. Backpacking Virginia has all the essentials for planning your trip, whether a quick overnight getaway or a multiday adventure: - More than 650 miles of trails for beginners and expert backpackers alike - Helpful overviews to introduce each route and its features - Gear and safety advice for year-round backpacking - Major points of interest highlighted on each trip - Family-friendly trails and easy bailouts for when backpacking with children - Canine-friendly trails for your furry companions - Detailed trail maps and GPS guidance for each trip - Estimated hike times, elevation change, and level of difficulty - Camping permit requirements

Peak Experiences Gary Fallesen 2000 Packed with pictures and maps, this informative guidebook will lead you on a new quest. Bag the highest point in each county of New York - all 62 of them! Some are barely molehills. Others are significant mountain peaks that require a full day's climb. All of them will deliver the exhilaration that comes in making new discoveries.

A Backpacker's Guide to Making Every Ounce Count Steven Lowe 2015-05-19 A Backpacker's Guide to Making Every Ounce Count was written by an avid outdoorsman, for those interested in knowing how a Gram Weenie thinks. If you are interested in lightening your pack a few ounces at a time, this book covers that very subject. Steven Lowe discusses how he used to pack for a trip and how he learned from the so-called "experts." After following their advice, he ended up with a very heavy pack and soon realized that there had to be a lighter way to backpack. A Backpacker's Guide to Making Every Ounce Count offers tips that may allow you to approach your pack from a different point of view, like cutting the tags from your clothes and cutting your toothbrush in half—all in the name of shaving a few ounces of weight. When planning a trip, you need to look at your gear and ask questions like, "How many ounces can I shave from this item?" This book offers some ideas on how to lighten a few ounces from any pack, reduce the weight on your Big Three, and help you define just what type of backpacker you are—a lightweight or an ultra-lightweight backpacker. There are sixteen ounces in a pound. If you can shave four ounces from four areas in your pack, you just shaved one pound from your pack. Every ounce truly does count. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Outdoor School: Hiking and Camping Jennifer Pharr Davis 2021-04-27 Outdoor School: Hiking & Camping is your go-to wilderness guide from Odd Dot, featuring sturdy, metal corners and more than 400 full-color, highly-illustrated pages from Alike Karkoulia. Jennifer Pharr Davis and Haley Blevins help you rewild your life with: - Immersive activities to get you exploring - Write-in sections to journal about experiences - Next-level adventures to challenge even seasoned nature lovers. No experience is required—only curiosity and courage. This interactive field guide to hiking and camping includes: -Planning Your Next Adventure -Essential Outdoor Gear -First Aid & Survival -Navigation -How to Handle Extreme Weather -Crossing Dangerous Terrain -Setting Up Camp -Building a Fire—In Rain or Shine -Games for the Trail -Finding and Filtering Water -Animal Tracks, Calls, and Sounds -Bird Watching -Plant Spotting -Rock Hunting -What to Do If You're Lost And so much more!

Trail Tested Justin Lichter 2013-05-21 Hundreds of valuable tips and advice based on Justin Lichter's more than 35,000 miles of hiking across the country and beyond. Whether you're a new hiker looking for expert advice, an experienced hiker looking to hone your skills, or a thru-hiker gearing up for a 6-month trip, this book is packed with priceless information to make your trip a successful and comfortable one.

AWOL on the Appalachian Trail David Miller 2011 "Makes you feel the pain and joy of an Appalachian Trail thru-hike . . . In vivid colors, David paints a picture of his memorable journey."—Larry Luxenberg, president of the Appalachian Trail Museum Society In 2003, David Miller left his job, family, and friends to fulfill a dream and hike the Appalachian Trail. AWOL on the Appalachian Trail is Miller's account of this thru-hike along the entire 2,172 miles from Georgia to Maine. On page after page, readers are treated to rich descriptions of the valleys and mountains, the isolation and reverie, the inspiration that fueled his quest, and the life-changing moments that can only be experienced when dreams are pursued. While this book abounds with introspection and perseverance, it also provides useful passages about safety and proper gear, showing a professional hiker's preparations and tenacity. This is not merely a travel guide, but a beautifully written and highly personal view into one man's adventure and what it means to make a lifelong vision come true.

Exploring the Appalachian Trail David Lillard 2013-10-01 46 day hikes and overnight trips in Virginia and West Virginia Complete with elevation profiles, topographic maps, descriptions of terrain, and notes on landmarks, side trails, and shelters Includes directions to trailheads and information on available parking Completely revised and updated to reflect recent trail changes Indexes sort the hikes by difficulty and length

Hellz Yeah It's Possible! Kevin Kiernan 2017-11-11 Thru Hiking the Appalachian Trail is an epic adventure, and yet one that is still within the reach of most people. It is a long journey, an escape, and a time of self-discovery. The author completed his own thru-hike of the Appalachian Trail in 2015. 'Hellz Yeah It's Possible' ('Possible' is the author's trail Name) is designed as a two part guide and aid to prospective thru-hikers, although those readers who are just looking for an adventure tale should not be disappointed. The first section is an account of the author's journey, the second section is a compilation of information useful to a prospective thru-hiker. It is entitled "If You Go". The journal is broken down day by day, tracking distances and landmarks along the way. It incorporates the physical, social, and mental aspects of the author's thru-hike. The physical aspect off the trail is real. It is an insane endurance event for a person's body. It can actually be started by someone with only moderate conditioning, because the Appalachian Trail itself is its own training ground. The hiker learns to listen to their body, learn how much they can do, what to eat, and how to take care of themselves. This is part of the journal; as the days pass the author learns what makes his body work, and what makes it falter. Aspects of diet and physical care are

critical parts of his wellbeing as he copes with the environmental rigors of living outdoors on the move for an extended period of time. The Appalachian Trail is not just a path through the woods and an escape into nature. As with all human constructs, it is a social community, a gathering of people. That it is a moving stream of people makes it no less a social adventure. There is conflict and resolution, friendships are made and broken, and people become more of what they are under the physical and emotional stresses of the journey. Hiking the trail is an intense period in a person's life, and it fuels social impact and personal growth in a direct way at a greater rate than at other periods of a person's life. The narrative discusses the author's own personal interactions and his reactions to the trail community at large. The Appalachian trail is also a landmark, its history is woven into the land it travels through, and with each year's class of hikers the history grows just a little more. Significant trail events and location lore are woven onto the narrative. It is told from the hiker's perspective, from one with a historical bent who marvels at the point in time that is his journey. In "If You Go" The author creates lists of gear and food choices, and imparts his own lessons from hiking the trail that will be of interest to anyone considering a long distance hike. The author discusses his choices knowing that his way is just one way, and develops some ideas he didn't use but were used by other successful thru-hikers. Most of the knowledge here is already discussed in the journal narrative, but it is condensed so it is a useful reference for those planning their own adventures. The author encourages everyone to find their own space and way to adventure. We are not meant to live our entire lives working in cubicles and retiring to a couch in front of a television. There is a real world out there waiting for you to find it. Hellz Yeah Its Possible!

**Ultralight Survival Kit** Justin Lichter 2014-02-01 Ultralight Survival Kit is the first book of backpacking tips that is itself ultralight! It focuses on all of the skills and techniques that hikers and backpackers would want at their fingertips while in the outdoors. Perfect for backpackers from beginner to advanced, this book contains: Worst-case-scenario advice you'd want handy if stuck in a precarious situation. Tips for the most common trail concerns, from lightning to blisters. Suggestions for keeping your pack light or ultralight without sacrificing the must-haves Topics like: how to identify/treat reactions to poisonous plants, how to handle animal encounters, how to identify animal tracks, how to build a fire, need-to-know essential knots, how to predict weather patterns, how to repair or replace gear with limited materials, and how to deal with the elements when you don't have a lot of gear on your back The book is formatted to make learning easy and user-friendly. This pocket-size book of tips is convenient to carry with you should you desire, but also includes advice you can easily digest ahead of time than add weight to your pack. The information is time tested in more than 35,000 miles of hiking experience. Readers will be able to adapt their surroundings to the techniques shown in the book and safely overcome challenges that may otherwise have turned them back.

**Hiking and Backpacking** Wilderness Education Association 2007-10-15  
**2022 the A.T. Guide** David "Awol" Miller 2022-01-15 Since 2010, The A.T. Guide, a.k.a. "The Awol Guide," has been the guidebook of choice for hikers 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. Hikers using this guide know where they are on the trail, what views, streams and campsites are ahead, and whether they'll be hiking uphill or downhill to get there. The A.T. Guide answers all of your questions about how to get rides, where to stay, and where to get supplies. There are 100 maps of towns on or near the trail showing where to find these services and detailed listings for businesses. The A.T. Guide is the most innovative trail guidebook ever developed.

**The Ultimate Hiker's Gear Guide, Second Edition** Andrew Skurka 2017-03-07 Whether you're a first-time backpacker, an occasional weekend warrior, or a seasoned long-distance trekker, this guide is a must for any backpacking, hiking, or camping trip. Supreme long-distance hiker Andrew Skurka—accomplished adventure athlete, speaker, guide, and writer—shares his knowledge in this essential guide to backpacking gear and skills. Skurka recounts what he's learned from more than 30,000 miles of long-distance hikes, including the Appalachian, Pacific Crest, and Continental Divide Trails, and the 4,700-mile Alaska-Yukon Expedition. A show-and-tell guide to clothing, footwear, backpacks, shelter and sleep systems, camp stoves, and more, as well as tips on foot care, campsite selection, and hiking efficiency, this single book contains all the knowledge you'll need to hit the trail. This second edition features 16 new pages (including food on the trail and other essentials), and updates all gear recommendations.

**Picknick mit Bären** Bill Bryson 2011-12-23 Bill Bryson will es seinen gehfaulen Landsleuten zeigen: Gemeinsam mit seinem Freund Katz, der aufgrund gewaltiger Leibesfülle und einer festverwurzelten Leidenschaft für Schokoriegel nicht gerade die besten Voraussetzungen dafür mitbringt, will er den längsten Fußweg der Welt, den "Appalachian Trail", bezwingen. Eine abenteuerliche Reise quer durch zwölf Bundesstaaten der USA beginnt... Ein Reisebericht der etwas anderen Art - humorvoll, selbstironisch und mit einem scharfen Blick für die Marotten von Menschen und Bären!

**The Appalachian Trail Backpacker** Victoria Logue 2001 Offers essential information on tents, sleeping gear, food and cooking, water purifiers, backpacks, boots, clothing, and stoves. Also features equipment checklists and suppliers/contact information for trail maintenance clubs.

**Thru-Hiking the Appalachian Trail** Jen Beck Seymour 2018-06-08 So, you want to hike the entire 2200 miles of the Appalachian Trail, which stretches across 14 states from Georgia to Maine? Bestselling authors Greg Seymour and Jen Beck Seymour, who completed the trail on their first attempt, share their insights and personal stories in this easy-to-use guide. Their 100 tips, tricks, traps, and facts tell you everything you need to know to plan a successful thru-hike. You will find the answers to questions such as: Why do most people quit and how can I avoid their mistakes? How do I do the doo in the middle of the woods? What animals should I worry about? What do zero, slack-packing and pink blazing mean? How do I plan and budget for a 5-7 month hiking trip? What permits will I need? How do I hike 2200 miles without destroying my feet? What gear do I need? Where should I NOT have sex when thru-hiking? This book also includes a full list of thru-hiker slang words, as well as four different hikers' gear lists for you to peruse. THRU-HIKING THE APPALACHIAN TRAIL is the perfect primer for anyone who wants to take this epic journey... and succeed.