



# How to Hike the A.T.: The Nitty-Gritty Details of a Long-Distance Trek

*Michelle Ray*

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# How to Hike the A.T.: The Nitty-Gritty Details of a Long-Distance Trek

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Expert advice from an experienced long-distance hiker along with useful information for any long-distance trek. Other Appalachian Trail guidebooks tell you about notable scenery, trail history, or changes in terrain. This one tells you exactly what you need to know to prepare for and complete a long-distance hike on the A.T. From determining a budget, preparing an itinerary, and packing gear to resupplying, using bounce boxes, and staying on schedule, this book will help any hiker make certain their long-distance trek is a success. You can hear an interview with Michelle Ray on how to prepare for your thru-hike if you [click here](#).

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