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# The Appalachian Trail Food Planner: Second Edition: Recipes And Menus For A 2,000-Mile Hike



## Synopsis

Appalachian Trail long-distance hikers do not diet. They need 4,000 or more calories a day, have to carry them all on their backs and still work all of them off and more! (Well, the guys tend to lose more weight than the women.) Lou Adsmond wanted to make it work for her husband and son and it did. Here are her schedules for "mail drops" of food, recipes for at-home advance cooking and directions for on-the-trail preparation and cooking-the latter are on small cut-out tabs that can be dropped inside those Ziploc bags full of ingredients. It's a 2,175-mile course of meals. The Appalachian Trail runs from Springer Mountain, GA to Katahdin, ME. Millions of day hikers and thru hikers (those who walk the entire trail) visit this National Scenic Trail. Everything you need to:-Plan varied meals-Schedule food drops-Keep hikers happy!

## Book Information

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## Customer Reviews

This book has helped me gain many ideas on both food and gear. It was a nice change to see it written by someone who was not hiking the trail, but supplying two men who were. This book tells not only what she shipped in each box but also the addresses of each mail drop. She talks about avoiding food fatigue as well as keeping the nutrition high. Highly recommended for anyone planning out their AT trip.

Appalachian Trail Food Planner by Lou Adsmond is a good addition to the literature of back country skills. It provides an experienced and sensible take on planning meals for a long hike. There are numerous recipes that offer ease of preparation, reasonable and reasonably tasty nutrition with

minimal weight, all essential to someone who is carrying their meals on their back. Recommended.

great planning for hikers even 3-4 day events. the receipts were great. charts are easy to read and understand. for beginners this book is a good start to have a great, trouble free hike. the more you know, the safer and happy you will be.

I first found this in the library and liked it so much I purchased it. Full of great ideas for hiking and camping trips, dehydrating, and recipes so you don't get bored. The author used his first-hand accounts of trail hiking to put what worked into the book. Well worth the money if you plan to hike the AT or any other long hiking adventure.

Sending packages sounded like a good idea but it is expensive. A few of the recipes are good, but they don't have some items in the market any more. Some of the recipes are for such vast amounts it is ridiculous. I am happy it worked for them and perhaps would work if you are sending more than one person out. My son found markets all along the trail and his desires changed as the trail changed. NOT sure this is the way to go anymore.

Recipes and planning ideas were very helpful.

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