

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

**By Lou Adsmond**

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their original plan in Instead of carrying a week s worth of food at a

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You should carry some kind of food and water on even the shortest Appalachian Trail hike, but anything longer than a short day-hike presents special considerations.