

Susan and Ralph Alcorn's PCT presentation handout

Online Resources

Mandatory Websites (must reads if you are going to do a PCT section)

- The water report: pctwater.com
- Halfmile's site – source of free maps and trail notes: pctmap.net
- Yogi's site yogisbooks.com/
- Pacific Crest Trail Association pcta.org
- PCT listserv mailman.backcountry.net/mailman/listinfo/pct-l
- Facebook PCT Group facebook.com/groups/PCNST/
- Facebook PCT Class of 2018 facebook.com/groups/PCT2018/
- Guthook's battery blog: guthookhikes.com/2015/04/getting-the-most-from-your-phones-battery
- Scott Parks' site – good maps bound into books as well as other pct info: postholer.com/maps/Pacific-Crest-Trail/1
- Craig's PCT Planner pctplanner.com/
- **Most useful list of resupply points and possible section start/ends:** planyourhike.com/planning/resupplypoints.php
- **Our show notes, handout and preshow video – you can also find these links on** backpack45.com/pctfaq.html:
backpack45.com/pdf/pctshowtext.pdf (also contains technical info that we couldn't squeeze into show)
backpack45.com/pdf/pctshowhandout.pdf and backpack45.com/pdf/pct2016preshow.mp4

Useful Websites

- Our website: backpack45.com/pct.html and Susan's Monthly Hiking Tales and Tips Newsletter – email her to get it.
- Ralph's blogpost on repackaging food: timecheck00.blogspot.com/2008/07/repackaging-backpacking-food-our-menu.html
- **Marcia Powers (Triple Crown + hiker) 2016 PCT Trail Journal – Read to June 23** trailjournals.com/GottaWalkPCT/
- A Sierra stream crossing video: youtube.com/watch?v=g577uUwBnjc
- Erik the Black's PCT Atlas: pctatlas.com
- Saufley's Agua Dulce site: hikerheaven.com
- **Lots of info** planyourhike.com
- Crow's site – good town guide pdf asthecrowflies.org/
- East side Sierra Shuttle services climber.org/data/shuttles.html
- West side shuttle service to VVR edisonlake.com/hikers/transportation

Books and Apps

What we would take out of books/apps below:

- Yogi's PCT Handbook – great place to start your info gathering
- Schaffer's guidebook series even though inaccurate mileage (you may take Cicerone or Erik the Black's guides)
- Halfmile's Trail Notes printed out (you should also)
- Scott Parks Map books (you could print Halfmile's maps or have Yogi print them instead)
- Halfmile's PCT app play.google.com/store/apps/details?id=net.tadteam.halfmilepct
itunes.apple.com/us/app/halfmiles-pct/id521937514
- Guthook's PCT Guide app play.google.com/store/apps/details?id=com.highsierraattitude.pctcomplete
itunes.apple.com/us/app/guthooks-pacific-crest-trail/id843792262

Guidebooks:

- Schaffer, et. al. The original three volume guidebook on the Pacific Crest Trail, and still by far the best descriptive guidebook. The only problem is that last update was 2003, and the data points are no longer accurate.
Southern California Pacific Crest Trail
Northern California Pacific Crest Trail
Oregon and Washington Pacific Crest Trail.
- Ben Go's Pacific Crest Trail Data Book – last published 2005, contains all the data points of the Schaffer guidebooks.
- Brian Johnson's Cicerone Guide – *The Pacific Crest Trail* published in 2010 – This is a complete guide, text and maps, but much less descriptive info than Schaffer.

- Erik the Black's Pacific Crest Trail Atlas. A multi volume series, 5 when we used it. Updated frequently. A complete guide with maps, but the very minimal amount of info needed. blackwoodspress.com/pacific-crest-trail/maps/atlas/
- Suggest looking at all of the guidebooks and taking at least one, torn up, with proper pages in resupply box.

Supplemental Books – try to look at a sample of all of these before buying

- Ray Jardine's *Trail Life* –The foundation of lightweight backpacking
- Laurence Gonzales - *Deep Survival: Who Lives, Who Dies and Why* good book on unintended risks.
- Yogi's PCT Handbook – a two part book, one for planning and one to carry. An excellent resource for towns, resupply, etc. strongly recommend you at least look at this. Yogisbooks.com
- Halfmile's maps and app: pctmap.net Free topo maps with route and trail info, print pdfs yourself or go to Yogi's site and print a set for a reasonable cost. *Be sure to print a copy of Halfmile's trail notes from his website.*
- Instead of Halfmile's maps, you can buy a set of Scott Parks Pacific Crest Trail Pocket Maps. This is a three book set. postholer.com/maps/Pacific-Crest-Trail/1
- Paul Bodnar's Pocket PCT, the companion book to Guthook's PCT Guide app , resupply info as well as trail profiles.

Apps

- Free: **Halfmile's PCT** has all his trail notes as well as your gps position, coordinated with the notes.
- **Guthook's PCT Guide:** Topo Map with route, as well as water and camp locations. This is a purchased app, about 7 sections to complete the PCT, and each section is about \$7. The first section from the Mexico border to Warner Springs is free, so you can load that to get a feel for the app.

Some things we thought were important but too detailed for a slide.

Resupply Shipping

We averaged 1 to 1 1/2 pounds of food per person per day

- Also shipping fuel, maps, guide book pages, batteries, so for a seven day resupply, about 20+ pounds for 2 people.
- Fuel must be shipped by ground, so parcel post with tracking and a special label.
- We assumed three weeks shipping time.
- Cost to ship: roughly a dollar per pound
- For details on fuel shipping see Ken and Marcia Powers site: gottawalk.com/planning/57-2/

Permits

- Anyone hiking 500 or more continuous miles on the PCT can get a thru-hiker permit
- Get a US Forest Service fire permit even with a PCT permit - it's easy, online preventwildfireca.org/Campfire-Permit/
- Under 500, you need a permit for wilderness areas. The easy way is to contact the first Federal park/forest that you will enter. They will issue you a permit for your entire trip, but you must have a plan with a start date and exit date.
- You need a special permit from the Canadian Government to cross into Canada. It takes several weeks to get and you can be denied for minor convictions. You can use email to send it in and get approved permit.
- pcta.org/discover-the-trail/permits/

Costs

- Town stops - food and motel rooms are a big variable. We spent \$75 to \$100 per person.
- Daily trail costs, including resupply boxes with fuel, food, and shipping \$20 per day.
- Travel to and from the trail - one or two days at each end. More if using public transportation - a big item for section hikers as they do it so many times over the years. For us, about \$100 per trip.
- Gear - including guide books and apps - you will have some of this but will want to lighten up. \$1500 to \$2000 if starting from zero. backpack, sleeping bag, tent - about \$1000, clothes - layers, rain gear, footwear \$500, Misc. - electronics, stove, water purification... \$500
- Estimate assuming 3 week sections at 15 miles per day, 9 trips to complete the 2650 mile PCT, 189 walking days at \$20 = \$3780, travel 9 trips at \$100 = \$900, plus 18 town stops at \$100 = \$1800 for a total of \$6480, excluding gear.

Contact Susan and Ralph

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Susan's books: *Healing Miles: Gifts from the Caminos Norte and Primitivo*, *Patagonia Chronicle*, *Camino Chronicle*, *We're in the Mountains*, *Not Over the Hill* on Amazon