

YOGI'S CDT HANDBOOK - PLANNING GUIDE

TABLE OF CONTENTS

THE MYSTERIOUS DIVIDE	Page 7
One Trail Or Three, Not Two.....	Page 7
The Continental Divide Trail.....	Page 7
Who Are These People?.....	Page 8
RESOURCES	Page 19
CDTS - Continental Divide Trail Society.....	Page 19
CDTA - Continental Divide Trail Alliance.....	Page 19
CDT Mailing List (CDT-L).....	Page 19
CDT Movie "The Walkumentary".....	Page 19
Websites.....	Page 20
CDT IMPRESSIONS	Page 23
PCT vs CDT.....	Page 23
Wildlife.....	Page 25
Bears.....	Page 26
Cows.....	Page 28
Pre-hike Notions and Fears.....	Page 29
Lessons Learned On Other Hikes.....	Page 31
Trail Community.....	Page 33
Embrace The Brutality.....	Page 35
How Tough Is The CDT?.....	Page 37
STATE BY STATE	Page 39
Montana - Idaho.....	Page 39
Wyoming.....	Page 40
Colorado.....	Page 41
New Mexico.....	Page 42
NORTHBOUND, SOUTHBOUND, OR SOMETHING ELSE	Page 44
Northern Terminus.....	Page 44
Travel To and From The Northern Terminus.....	Page 44
Northbound Hikers: Getting Home From The Northern Terminus.....	Page 46
Southbound Hikers: Getting To The Northern Terminus.....	Page 46
Southern Terminus.....	Page 47
Travel To and From The Southern Terminus.....	Page 47
Northbound Hikers: Getting To The Southern Terminus.....	Page 47
Southbound Hikers: Getting Home From The Southern Terminus.....	Page 49
Northbound Thru-Hike.....	Page 49
Starting Northbound.....	Page 50
Ideal Northbound Start Date.....	Page 52
Finishing Northbound.....	Page 52
Ideal Northbound Finish Date.....	Page 53
Would You Have Preferred A Southbound Hike?.....	Page 53
Southbound Thru-Hike.....	Page 53
Starting Southbound.....	Page 54
Ideal Southbound Start Date.....	Page 55
Finishing Southbound.....	Page 55
Ideal Southbound Finish Date.....	Page 56
Would You Have Preferred A Northbound Hike?.....	Page 56
Flip-Flop Hike.....	Page 56
Section/Chunk-Hiking.....	Page 57

ROUTE CHOICES	Page 60
Anaconda Route or Butte Route.....	Page 60
Butte Super Cut-Off.....	Page 62
Henrys Lake Route or Mack's Inn Route.....	Page 63
Great Divide Basin Route or Ferris Mountains Route.....	Page 64
Rocky Mountain National Park Loop.....	Page 65
Silverthorne Route or Grays-Torreys Peaks Route.....	Page 65
San Juan Route or Creede Route.....	Page 67
Other Routes.....	Page 69
GUIDEBOOKS AND MAPS	Page 71
CDTA Guidebooks and Mapbooks.....	Page 71
Jim Wolf Books.....	Page 71
Jonathan Ley Maps.....	Page 73
DeLorme Maps.....	Page 75
Other Maps.....	Page 76
Getting Your Maps.....	Page 78
Maps Cross-Referenced.....	Page 78
Southern New Mexico Ley Map Layout - 2011.....	Page 83
PERMITS AND IDENTIFICATION	Page 84
Glacier National Park.....	Page 84
Yellowstone National Park.....	Page 86
Rocky Mountain National Park.....	Page 89
CORSAR Card.....	Page 90
Identification.....	Page 90
NAVIGATION	Page 92
PCT Navigation vs CDT Navigation.....	Page 92
Lost or Misplaced.....	Page 94
Compass.....	Page 96
Orienteering Training.....	Page 97
GPS.....	Page 98
GPS Options, November 2011.....	Page 99
PRE-HIKE CONSIDERATIONS	Page 102
Hiker Events.....	Page 102
Starting The Trail Alone or With Others.....	Page 102
Hiking Alone or With Others.....	Page 104
Hiking As A Couple.....	Page 106
Illegal Immigrants.....	Page 107
Internet and Email.....	Page 108
Journal.....	Page 108
Online Journaling Tips.....	Page 109
Electronics.....	Page 110
Camera.....	Page 113
Training.....	Page 113
Cost of Thru-Hike.....	Page 115
ULTRALIGHT HIKING	Page 116
Dirt Bagging by Mags.....	Page 116
Lightweight Gear.....	Page 118
Ultralight Shelters and Backpacks.....	Page 119

GEAR	Page 121
Base Weight.....	Page 121
What's In Your Pack?.....	Page 121
Backpack.....	Page 122
Shelter.....	Page 124
Sleeping Bag.....	Page 125
Sleeping Pad and Ground Cloth.....	Page 126
Sleeping Clothes.....	Page 127
Sleeping System.....	Page 127
Tricks To Sleep Warmer.....	Page 129
Water Treatment.....	Page 130
Water Containers and Capacity.....	Page 134
Alcohol Stoves.....	Page 136
Cook System.....	Page 137
Cooking Dinner.....	Page 138
Overnight Food Storage.....	Page 140
Trekking Poles.....	Page 141
Pack Cover.....	Page 142
Favorite Gear.....	Page 142
Luxury Items.....	Page 143
Unique Gear.....	Page 143
Gear Changes From PCT To CDT.....	Page 144
CLOTHING AND FOOTWEAR	Page 145
Clothing.....	Page 145
Warm Top.....	Page 147
Rain Gear.....	Page 147
Clothing Changes From PCT To CDT.....	Page 148
Footwear.....	Page 149
Camp Shoes.....	Page 151
Gaiters.....	Page 152
PERSONAL CARE	Page 153
First Aid.....	Page 153
Hygiene.....	Page 154
Deodorant.....	Page 155
Chafe.....	Page 155
Toilet Paper.....	Page 156
Menstruation.....	Page 156
Contacts and Glasses.....	Page 157
Poison Oak and Ticks.....	Page 157
THE DESERT	Page 158
Desert Hiking Advice.....	Page 158
Sunscreen.....	Page 159
Sunglasses.....	Page 160
Sun Hat.....	Page 161
THE SNOW	Page 162
Snow Websites.....	Page 162
Snow Hiking Advice.....	Page 162
Where Did You Encounter Snow?.....	Page 164
Snow Training.....	Page 165
Ice Axe or Crampons.....	Page 166
Glissading.....	Page 167
Fording Streams.....	Page 168

OTHER CONSIDERATIONS	Page 170
Choosing A Campsite.....	Page 170
Mosquitos.....	Page 171
If I Hiked The CDT Again, This Is What I'd Do Differently.....	Page 172
Random Tips.....	Page 173
Triple Crown Recognition.....	Page 173
TRAIL TOWNS	Page 174
Hitchhiking.....	Page 174
Zero Days.....	Page 176
Nero Days.....	Page 177
Good Places For Zeros.....	Page 177
Hiker Behavior.....	Page 179
Trail Angels.....	Page 179
Didn't Like These Towns.....	Page 180
Favorite Towns.....	Page 180
Town Bus Services.....	Page 181
TRAIL FOOD	Page 182
Pack Light, Eat Right.....	Page 182
Food Hints.....	Page 182
Favorite Trail Food.....	Page 183
Trail Food Choices.....	Page 184
Got Sick Of This Trail Food.....	Page 187
Unique Trail Food.....	Page 187
Food Changes For Next Hike.....	Page 187
Couples Sharing Food.....	Page 188
Vegetarian Advice.....	Page 188
MAILDROPS AND RESUPPLY	Page 190
Maildrops.....	Page 190
USPS Click-n-Ship.....	Page 190
USPS Priority Mail.....	Page 190
USPS Flat Rate Priority Mail.....	Page 191
USPS Regional Rate Priority Mail.....	Page 191
Signature Mail Services.....	Page 191
USPS Express Mail.....	Page 192
Shipping Fuel.....	Page 192
Care Packages.....	Page 192
Gear Left At Home.....	Page 193
Bounce Boxes.....	Page 193
Don't Send Your Bounce Box Here.....	Page 194
Resupply As You Go.....	Page 195
Essential Places For Food Maildrops.....	Page 195
Send Yourself Extra Groceries.....	Page 196
Other Hiker Resupply Strategies.....	Page 196
Resupply Planning Data.....	Page 198
Mileage and Data Between Resupply Points - 2011.....	Page 199
Resupply Options: Buy or Mail.....	Page 207
If I Hiked the CDT Again, This Is How I Would Resupply.....	Page 214
Town Services.....	Page 219
Landmarks and Towns In Southbound Order.....	Page 221
Landmarks and Towns In Alphabetical Order.....	Page 222
POST-HIKE THOUGHTS	Page 223
How Did You Handle Re-Entry Into This "Civilized" World After Your Hike Ended?.....	Page 223
Did You Learn Anything About Yourself During Your Hike?.....	Page 224
How Did The Hike Change You?.....	Page 224
Was There Anything About The Hike That Surprised You?.....	Page 225
What Are Your Future Hiking Plans?.....	Page 225
Final Thoughts.....	Page 226