Welcome to the A.T. Summer Bucket List!

Use this checklist to track your progress as you explore, learn, and give back to the Trail. **Complete at least 25 items by September 1 to be eligible for the grand prize drawing!** You will receive an email with a form to submit your completed bucket list items on August 15.

A.T. Summer Bucket List
BY ATC x Altra

Follow the Appalachian Trail Conservancy (ATC) on Instagram (@appalachiantrail) and Facebook (@ATHike) to learn about mystery items and mini challenges.

Learn about the A.T.

- ◯ Plan an adventure with the Appalachian Trail Conservancy's Hiker Resource Library.
- ◯ Check out a book about the Appalachian Trail from your local library.
- ◯ Plan a trip with a map or guidebook from the ATC Trail Store.
- ◯ Take our A.T. trivia quiz.
- ◯ Watch one of the ATC's short films about conservation.
- ◯ Download the iNaturalist Seek app and catalogue species you find on the Trail.
- ◯ Visit the Harpers Ferry Visitor Center.
- ◯ Visit the Damascus Trail Center.
- ◯ Visit the Monson Visitor Center.
- ◯ Learn about the history of the Trail at the Appalachian Trail Museum in Pennsylvania.
- ◯ Learn to purify water using a filter or chemical treatment.
- ◯ Learn how to do a PCT hang.
- ◯ Learn how to use a bear canister.
- ◯ Get WFA/WFR certified.
- ◯ Follow the ATC on social media.
- ◯ Listen to an episode of the Green Tunnel podcast about A.T. history.
- ◯ Read *The Appalachian Trail: A Biography*.
- ◯ Read *The Appalachian Trail Thru-Hiker's Companion*.
- ◯ Stop by a national park visitor center to learn about the local landscape.
- ◯ Stop by the Roan Mountain State Park Visitor Center for high-elevation ecology.
- ◯ Check out the Virginia Creeper Trail exhibits on rail-to-trail history.
- ◯ Take a birdwatching hike with a local Audubon chapter or an ATC Visitor Center.
- ◯ Follow the footsteps of history—visit sections of the Trail that cross Civil War battlefields.
- ◯ Read Benton MacKaye's original Appalachian Trail proposal.
- ◯ Identify 5 different species on a hike.
- ◯ Have a conversation with a Trail maintainer or Trail Crew member who builds and repairs sections of the A.T.
- ◯ Share a meal with someone who has completed a thru-hike and hear their story.
- ◯ Learn about the native lands the A.T. passes through.
- ◯ Learn about A.T. history at keepthetrailalive.org.
- ◯ Visit USGS.gov to learn about the geology of the Appalachian Mountains.
- ◯ Find a USGS A.T. survey marker.

Experience the A.T.

- ◯ Take a photo of a white blaze.
- ◯ Hike to an A.T. shelter and sign the shelter logbook.
- ◯ Use the "A.T. Vistas" layer of the Appalachian Trail Conservancy's interactive map to find one of the Trail's stunning vistas.
- ◯ Watch the sunrise from the Trail. Don't forget to take a photo!
- ◯ Take a partner, friend, or family member with you on a hike to experience the Trail together.
- ◯ Take the McAfee Knob shuttle to hike to one of the most photographed spots on the A.T.
- ◯ Visit the A.T.'s southern terminus at Springer Mountain.
- ◯ Visit the stone arch at Amicalola Falls State Park.
- ◯ Hike to the A.T.'s northern terminus at Katahdin.
- ◯ Visit the A.T.'s psychological halfway point at Harpers Ferry.
- ◯ Send a postcard with an A.T. stamp.
- ◯ Summit a 4,000+ foot peak.

- ◯ Visit an A.T. Community and have a meal at a local restaurant.
- ◯ Write your own trail story or poem.
- ◯ Hike a full state section of the Trail.
- ◯ Hike in all 14 Trail states.
- ◯ Write a confession in the logbook at the Priest Shelter.
- ◯ Cover distance in a new way by trail running or aqua blazing.
- ◯ Say hello to a Ridgerunner.
- ◯ Visit one of the six National Park Service units along the A.T.
- ◯ Become a Junior Ranger (open to all ages).
- ◯ Make a piece of art inspired by the A.T. and share it on social media with the hashtag #ATInspired.
- ◯ Follow a blue blaze trail.
- ◯ Take public transportation to the Trail.
- ◯ Make a playlist inspired by the Trail.
- ◯ Cross the James River Footbridge—the longest footbridge on the A.T.
- ◯ Collect A.T. passport stamps along the Trail.
- ◯ Stay in a hiker hostel or A.T.-friendly accommodation.
- ◯ Attend an Appalachian Trail festival in a Trail town.
- ◯ Hike a portion of the Trail completely solo to deepen your connection with nature.
- ◯ Listen to live music in an A.T. Community.
- ◯ Visit an old fire tower along the Trail and learn about its history.
- ◯ Hike the "Triple Crown" of Virginia: McAfee Knob, Tinker Cliffs, and Dragon's Tooth.
- ◯ Eat all (or some) of a half-gallon of ice cream at Pine Grove Furnace State Park.
- ◯ Mail yourself a care package to an A.T. post office and pick it up mid-hike.
- ◯ Write a journal entry from the Trail.
- ◯ Find your Trail name.
- ◯ Spot an original Trail marker. Look for a metal diamond with the A.T. symbol and the words "Maine to Georgia."
- ◯ Ride the Kennebec River ferry.
- ◯ Hike to the summit of Kuwohi, the highest point on the A.T.
- ◯ Hike to a waterfall.
- ◯ Take photos of your adventure with a disposable or film camera.
- ◯ Cook a meal on a camp stove.
- ◯ Hike in silence to truly listen to nature.

Protect the A.T.

- ◯ Identify and learn about your local Trail Club.
- ◯ Sign up for a volunteer event and spend a day doing essential Trail maintenance.
- ◯ Brush up on your Leave No Trace knowledge with the ATC's online resources.
- ◯ Become a member of the ATC to support ongoing conservation work.
- ◯ Pick up litter on a hike.
- ◯ Gift a membership to a friend or family member.
- ◯ Leave a legacy gift to the A.T. in your will
- ◯ Advocate for the Trail with your members of Congress.
- ◯ Become an A.T. Hero.
- ◯ Donate to the ATC help protect the Trail experience for future generations.
- ◯ Ask your employer to match your donation to the ATC.
- ◯ Organize a fundraiser on Facebook or Instagram for the ATC.
- ◯ Join a Trail Crew.
- ◯ Participate in an invasive species removal workday.
- ◯ Take a Leave No Trace training course.
- ◯ Register your upcoming A.T. trips on ATCamp.org to help reduce crowding on the Trail.
- ◯ Contribute to the Hurricane Helene recovery effort.
- ◯ Participate in National Trails Day activities.
- ◯ Report graffiti, vandalism, or dumping via the ATC's incident report form.
- ◯ Remove litter from A.T. waterways.
- ◯ Take the long-distance hiker pledge.
- ◯ Tell a partner, friend, or family member about why the A.T. is meaningful to you.

Mystery Items

Throughout the summer, we'll be revealing surprise mystery items. These will only be announced on social media, so be sure to follow us on Instagram (@AppalachianTrail) and Facebook (@ATHike) to catch each reveal and complete them in time!

- ◯ Mystery item #1
- ◯ Mystery item #2
- ◯ Mystery item #3

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No purchase necessary. For sweepstakes rules, please visit appalachiantrail.org/sweepstakes.