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講師のスカイプチャットにテキスト名を送って下さい

Your teacher can send you the complete material.

Please ask them to send the complete version of this material before the lesson.

1. What is “Backpacking”?

Backpacking is....

2. Have you ever been backpacking?

Yes, I have been.../ No, I haven't been...

3. Do you think backpacking is done only by those with little money?

Yes, I think... / No, I don't think...

4. What are the advantages of backpacking?

The advantages of backpacking are...

5. Is it better to go backpacking alone or with friends?

I think it is better to....

Extended Questions

1. **What are the negative points or dangers of backpacking?**
The negative points/dangers of backpacking are...
2. **What are the essential items to put in a backpack?**
The essential items to put in a backpack are...
3. **Would you like to go backpacking around your own country?**
Yes, I'd like to... / No, I wouldn't like to...

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1. altitude sickness

(noun) an illness caused from being at high elevations

Ex.: People who do not go backpacking a lot may experience altitude sickness.

2. Canteen /kan'tēn/

(noun) a container used for carrying drinking water

Ex.: We need to bring a canteen when we go backpacking.

3. Dehydration /dee-hahy-drey-shuhn/

(noun) a physical condition caused by not drinking enough water; having the water removed from something

Ex.: Hydrating ourselves on a very hot day prevents dehydration.

4. Gear /gɪr/

(noun) equipment used for a particular purpose (camping, sports, fishing, etc).

Ex.: Preparing hiking gears is a must before hiking.

5. Hiking /'haɪkɪŋ/

(verb) to go on a walk through nature for pleasure or exercise

Ex. Hiking is my favorite outdoor activity.

6. Permit /'pɜːmɪt/

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national park

Ex.: Tom always thought he'd like to become a forest ranger.

9. Trails /trāɪl/

(noun) a path (through forest, grass, sand) created when many people or animals walk back and forth over the same area

Ex.: The trail was not clearly marked.

10. Trekged /trek/

(verb) to travel by foot over a great distance

Ex.: They trekked back down the hallway to the family room and then into a spacious kitchen.

Useful expressions

1. take a hike - *tv.* to leave; to beat it

Ex.: Get out! It's time for you to take a walk.

2. hike (something) up – to raise something like prices, interest rates, goods and etc.

Ex.: The grocery store is always hiking prices up.

3. Lead the pack - to be first or best of a group

Ex.: He leads the pack in music.

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EXERCISE

Choose the correct words to complete the dialogue.

altitude sickness canteen dehydration gear hiking
permit porter ranger trails trekked

Todd: How was your trip to the Grand Canyon, Françoise?

Françoise: It was excellent! We spent five days _____ along the Colorado River and exploring the side canyons. It was great to get out of the city and get back to nature.

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to do. They talked to us about where we wanted to go and how long we wanted to stay. They are really just trying to make sure that you know what you are doing and that you have the proper _____. They also give you information on the various _____ through the park and educate you about wildlife and park conditions. From what I understand, every year tourists get sick or die from _____. The park officials want to make sure that you have a good _____ full of water before you leave.

Todd: I know what you mean. People often try to do these things without first educating themselves about the dangers. Last year, I went to Nepal with some friends. We _____ to the base of Mount Everest. I had read that _____ was a real problem, so I hired a local _____ to help carry things to the higher elevations. Despite the thin air, one of my friends tried to carry his stuff by himself, and he ended up getting really sick. I guess it pays to know what you are doing.