

SOME TIPS FOR HIKING

Hiking or Trekking is an outdoor activity which consists of walking in natural environments, often on hiking trails.



place

PREPARING TO WALK.

Before walking you should take into account several things.

- ✓ Route information. Take all the information you need about the that you'll visit.
- ✓ Assess our health and fitness.
- ✓ Safety first. You must copy an emergency telephone number.
- ✓ Checking the weather forecast.

WHAT TO WEAR.

- ✓ Footwear. If you have boots take it with you. If you haven't you can take your trainers.
- ✓ Socks.
- ✓ Trousers. The must be comfortable.
- ✓ T-shirt.
- ✓ Cover. For keeping you cold, take a pullover.
- ✓ Waterproof clothing. Although the forecast is dry you should carry it.
- ✓ Hat or cap.
- ✓ Sunglasses.

WHAT TO TAKE.

- ✓ Pack. Choose a small light pack for one day.
- ✓ Drink. Water is essential any kind of exercise and of course for walking. Take unless one litre and a half.
- ✓ Food. You can take sandwich, an orange or an apple, some dried fruits and some chocolate if you want.
- ✓ Sweets.
- ✓ Sun block.
- ✓ Writing equipment. Pen and notebook.
- ✓ First aid kit. If you have an specific treatment you should take with you the necessary medicaments.
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HIKING VOCABULARY

IMAGE	ENGLISH	SPANISH
	BOOTS	BOTAS
	CAP	GORRA
	SOCKS	CALCETINES
	PULLOVER	PULOVER
	WATERPROOF CLOTHING	ROPA DE LLUVIA
	PACK/ BACKPACK	MOCHILA
	SUNGLASSES	GAFAS DE SOL
	SUNBLOCK	PROTECCION SOLAR
	FIRST AID KIT	KIT DE PRIMEROS AUXILIOS