

Quick Check

Hiking the Appalachian Trail

Name _____ Date _____

Instructions: Read each question carefully and choose the best answer.

1. What does **summited** mean?
 - Ⓐ made something ready
 - Ⓑ returned to one's normal state of health
 - Ⓒ reached the highest point
 - Ⓓ moved through or across an area
2. Which of the following lessons did Ben learn after completing his hike?
 - Ⓐ Help others and they will return the favor one day.
 - Ⓑ You can accomplish any goal you set your mind to.
 - Ⓒ Friendships can get you through the tough times.
 - Ⓓ Family is the most important thing in the world.
3. What makes the Appalachian Trail unique compared to other trails?
 - Ⓐ It is the world's longest hiking-only footpath.
 - Ⓑ It is the world's oldest thru-hiking trail.
 - Ⓒ It is the world's highest peak to climb.
 - Ⓓ It is the world's most expensive hike to complete.
4. Which of the following helped prevent Ben from feeling homesick while he was away?
 - Ⓐ staying in touch with loved ones
 - Ⓑ having his gear fully stocked and organized
 - Ⓒ finding shelter on rainy days
 - Ⓓ meeting new hikers on the trail

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5. Read this sentence from the book: *My body and mind had to **acclimate** to the daily challenges of hiking.* What is another word for **acclimate**?
 - Ⓐ summit
 - Ⓑ prepare
 - Ⓒ adjust
 - Ⓓ traverse
6. Which of the following best describes why Ben decided to complete the Appalachian Trail in 2016?
 - Ⓐ He was recovering from a tragedy in his life.
 - Ⓑ He was bored in his regular life and wanted an adventure.
 - Ⓒ He signed up to complete it with his best friend.
 - Ⓓ He felt overwhelmed with his job and decided to take break to fulfill a childhood dream.
7. What is the main idea of the section "The Trail Community"?
 - Ⓐ Ben felt lonely hiking the Appalachian Trail alone.
 - Ⓑ There are many different kinds of people who hike the Appalachian Trail each year.
 - Ⓒ The Appalachian Trail community is unwelcoming to new hikers.
 - Ⓓ Only people who have prepared for months will hike the Appalachian Trail.
8. What did Ben do every few days while on the trail?
 - Ⓐ He found a group of hikers to walk with.
 - Ⓑ He went into a nearby town to replenish his supplies.
 - Ⓒ He found shelter to sleep in.
 - Ⓓ He went fishing and enjoyed a fresh dinner.

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9. Why might hikers prefer foods that are easy to prepare?
- Ⓐ They don't have access to a kitchen to cook meals.
 - Ⓑ They can get sick eating heavy foods.
 - Ⓒ They need easy-to-prepare foods to satisfy their cravings.
 - Ⓓ They like the taste of those foods best.

10. Read this sentence from the book: *My fondest memories were those times when a challenge that seemed **insurmountable** turned into something beautiful.* What is a synonym for **insurmountable**?

- Ⓐ easy
- Ⓑ adventure
- Ⓒ possible
- Ⓓ impossible

11. **Extended Response:** Why did Ben state that staying in touch with loved ones was important for both safety and addressing homesickness?

12. **Extended Response:** Would you hike the Appalachian Trail? Why or why not? Use evidence from the text to support your reasoning.

Quick Check Answer Sheet

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Main Comprehension Skill: Make Inferences / Draw Conclusions

1. Ⓒ Vocabulary
2. Ⓑ Make Inferences / Draw Conclusions
3. Ⓐ Compare and Contrast
4. Ⓐ Make Inferences / Draw Conclusions
5. Ⓒ Vocabulary
6. Ⓓ Cause and Effect
7. Ⓑ Main Idea and Details
8. Ⓑ Sequence Events
9. Ⓐ Make Inferences / Draw Conclusions
10. Ⓓ Vocabulary
11. Answers will vary. Sample: *Ben said this because being in the woods alone for days and months at a time can make someone feel very sad. Keeping in touch with his family and friends kept him feeling motivated and encouraged him to continue. He could also tell his loved ones where he was and how he was feeling so that if there was an emergency they could find him and get him the help he needed.*
12. Answers will vary but should include a valid reason as to why the student would or would not want to hike the Appalachian Trail, citing specific evidence from the text.