**Hiking**

**survival ,minor, entails, precautions, enjoyable**

Outdoor recreation, such as hiking, camping, canoeing, cycling, or skiing, ................................. risks, even if participants do not recklessly place themselves in harm's way. In some circumstances, such as being in remote locations or in extreme weather conditions, even a .............................. accident may create a dangerous situation that requires .................................. skills. However, with correct ................................., even fairly adventurous outdoor recreation can be ........................................ and safe.

**ailment , safety, various**

Every hazard has its own ..................................... measure, and every ailment a particular ................................... A standard precaution for all back country activities is carrying the "ten essentials", a collection of tools chosen for their utility in preventing or reacting to .......................................... emergencies.[1]

**Put words in the correct form**

The common practice of traveling in a group ..................................(improve) safety in all regards. If one person is .................................(injure) , group members can administer first aid or .................................(seek) help. A group can avoid poor decisions that a lone traveler might make. If an emergency ........................................(occur) , a group can pool its muscle power, brain power, and body heat.

Another precaution is informing people outside of the group of the itinerary and expected return time (expected hiking time can be estimated using Naismith's rule). A....................................................... (communicate) device, such as a cell phone or a satellite phone, may help in the case of an emergency. However, with the ....................................(except) of mountain tops that are in line-of-sight to ...............................................(populate) areas, cell phone ..............................(cover) in wilderness areas is often quite poor. In the wilderness one should always be prepared to hike out for help, if necessary.

**Hazards**

**previously, campsite, collectively**

Other mass movements include icefalls, landslides, and rockfalls. When choosing a ...................................... care must be taken to avoid those along with dead trees, snags, trees with large dead branches, or trees that have ................................. been through a forest fire. ..............................., these are called "widowmakers" by experienced campers.

Slips may occur:

**Put words in proper form**

On wet rocks or logs.

When .................................................(cross) streams, rivers, lakes, and other bodies of water, which can be dangerous due to poor .......................................( visible), uneven surfaces, smooth and algae or moss-covered rocks, and strong currents. The tops of waterfalls are especially dangerous because of fast moving water and smooth, slanted rocks. (Caution) ............................. include being aware of the danger, using hiking poles, loosening packs straps to lower gravity and in case of becoming submerged, and crossing with other people linked arm to arm or using a rope.

Because of loose material. Loose gravel or scree on top of smooth rock might pose a thyreat . Precautions include (spot).................................. the situation ahead, keeping knees bent and weight forward, using hiking sticks, and (brush)................................... aside the gravel where possible.

**way , out, trails**

Travelers may become lost, either if a group cannot find its way or if an individual becomes separated from the party and cannot find it again. Lost hikers who cannot find their way to their destination on time may run ............................ of food and water, or experience a change in weather. The absence of clearly marked ................................ increases the risk of losing one's.......................................[9]

If a group splits up into several subgroups moving at different speeds, one of the subgroups may take a wrong turn at a trail junction. A common procedure to avoid this is for the leaders to stop at junctions and wait for the others. Keeping the group together is important in the wilderness, especially when visibility is blocked due to weather, rocks, or trees.[9]

**backtrack , mark , invaluable, decrease, inhibited, maintain**

Carrying a map and compass, and knowing how to use them, will ............................... the risk of getting lost.[9] Likewise, a Global Positioning System may prove .................................., as it can pinpoint a traveler's location, revealing his exact position and the direction to roads, services, and ..................................... areas.[9] Most GPS devices can also be designed to ..................................... one's path on a map, making it easy to ................................ Family Radio Service, General Mobile Radio Service, and amateur radios operating on the "2 meters" band may help ................................... communication. Flashing lights, signal mirrors, and whistles are low-tech emergency signals.

Dehydration : can rapidly .................................(capacity) an adventurer, especially in warm weather. In conditions of low .............................................(humid), sweat evaporates so quickly that a person may not notice the water loss. Carrying and drinking an adequate amount of water helps avoid dehydration.[3]:103 Depending on conditions, two liters of water may be enough for a day hike, but under hot conditions (such as hiking the Grand Canyon in summer), one liter per hour may be required. Naturally occurring water is often unfit to drink (see Potability of backcountry water).

Sweating removes not only water, but also salt. This may result in a ..................................(deficient) of sodium (hyponatremia). Eating salty snacks together with drinking water helps to avoid this problem.

**undernourished, deprived, minimize**

If ............................. of food for several days, travelers may become ............................................ Malnutrition takes several weeks to kill a person, but because it impairs judgment, it can cause problems much sooner. Low blood sugar may have a similar effect, especially for those with diabetes. Carrying extra food will ................................... risk to the hiker.

**sufficient , fatal, altitude, impaired, absorb,**

Hypothermia is a potentially ..................................... drop in core body temperature. It occurs most easily in cold weather and when wet. Wet or damp clothing (due to rain, sweat, stream crossings, etc.) can bring it on even in relatively warm air, particularly at high ......................................., windy conditions, or at low humidity. Even if hypothermia does not kill the victim directly it causes confusion, irrationality and ................................. judgment, increasing the risk of other injuries................................ clothing helps prevent hypothermia, but some materials (especially cotton) are discouraged because they . and hold water.

**dehydrated, exhaustion, life-threatening**

Heat .................................................., possibly developing into heatstroke, can occur in hot weather, particularly if one is ................................... or dressed too warmly. The risk of heatstroke can be minimized by avoiding direct sun, and staying wet when possible. This is a .......................................... condition: a victim must be cooled off and transported to a hospital immediately.

Altitude ........................................(sick) results from climbing rapidly to elevations beyond 2,500 metres (approximately 8,000 feet). The process of..................................... (acclimate) generally takes several days, but may be helped by drugs, such as Diamox.

Topical injuries

**exposed , bare,**

Frostbite can occur when ........................................... skin is exposed to very low temperatures. In very cold weather, clothing should be arranged to minimize the amount of ....................................... skin. Maintaining good circulation is very important. Frostbitten tissue should not be re-warmed in the field.

**reflected, neglected**

Sunburn, which may occur in hot or cold conditions. In snowy conditions special care must be taken to protect areas affected by ..................................... sunlight. In hot conditions, all skin should be covered from direct sunlight. Some areas, like the back of the knees, back of the neck, back of the ears, and bottom of the nose, are often .......................................................when sunscreen is applied.

**rash , overturned, barbed**

Burns can occur when dealing with camp stoves. Boiling pots are ................................, hot metal is touched with bare skin. Burns are also caused by campfires, cookfires and bonfires.

Lacerations may be caused by careless use of knives or axes, or contact with sharp rocks or ..................................... wire, infections can result.

Poisonous plants cause ....................................

**Animals**

**rabies, noisemakers, unsuspecting, predatory, encounter, reach, hazardous**

Harmful ...................................... between animals and people can occur when animals try to get human food. Above a Black Bear is unsuccessful getting into backpacks because they are hung out of ...................................... Proper food storage protects both people and animals.

In many areas, adventurers may encounter large .................................. animals such as bears or cougars. These animals rarely seek out humans as food, but they will attack under some conditions. Some ....................................... encounters occur when animals raid human property for food. Additionally, if travelers come upon an ................................. animal and surprise it, it may attack. Regularly making loud noise, such as by clapping or yelling, reduces the risk of surprising an animal. Some people use bear bells as ........................................, but these are usually too quiet to be heard from far away. Any mammal infected with rabies may behave unexpectedly, even aggressively, and could infect a human with ................................ by biting.

**infectious, venomous,**

...................................... animals, including snakes, scorpions, spiders and bees, may cause harm either directly or through anaphylactic shock. Overall, the greatest danger is often from insects, such as mosquitoes, ticks and fleas, which carry ..................................diseases

**Internal injuries**

When combined with lack of proper physical conditioning, cumbersome backpacks increase the risk of missteps and falls, particularly on difficult terrain. Poor judgment due to exhaustion or inattention on steep or slippery slopes can also lead to injury.

Ankle sprain is a common injury. Proper hiking boots can help prevent it.

Foot blisters are caused by friction and..................................... (irritate) of the skin. Wet socks and poorly fitting shoes ...............................................(strength) the occurrence of blisters. Two layers of socks (using liner socks) help prevent blisters.

Back injury may result from packing more than one can carry or not having a proper backpack. A pack for backpacking should be bought from a .........................................(recreate) store, and as a rule of thumb, a person who is not ...........................(weight )can comfortably carry up to one third of his or her body weight; however a backpack weighing more than 50 pounds (23 kg) should be avoided. Hiking poles may also reduce the likelihood of back injuries by spreading the load across multiple points. Care should be taken to lift and put on the pack with the least strain.