

# SPEAKING SUPPLEMENTS

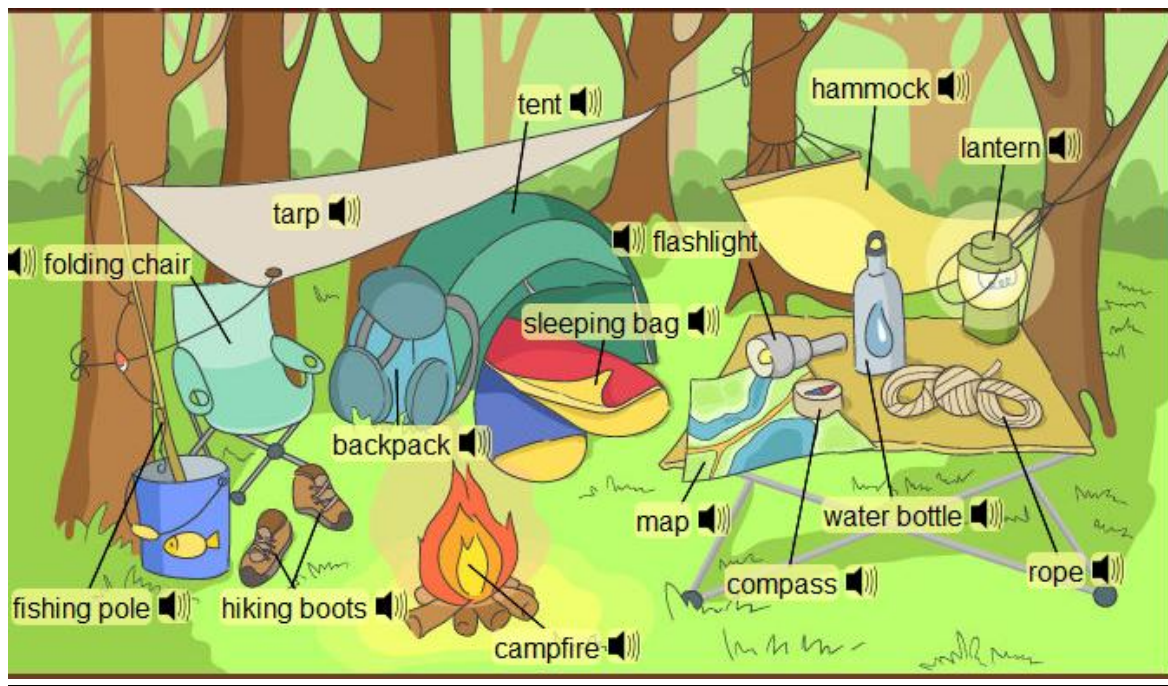
## TIPS FOR CAMPING

### PART I. RELATED QUESTIONS - ANSWERS

1. Have you ever been camping before? If not, would you like to try it in the future?
2. If you could pick a camping place, where would it be?
3. Is camping popular in your country?
4. What kinds of problems would people have while camping?
5. What kinds of preparation do people need to do for camping?
6. Is camping only for young people? Should older people go camping?
7. Should parents bring their children on a camping trip?
8. What problems would humans cause to nature while they're camping? How to prevent it?

### PART II. VOCABULARY





- bug spray = insect repellent
- compass = equipment for navigation
- backpack = a bag which you carry on your back
- air mattress = a bed mattress that is filled with air
- hat = for protection against weather, particular the sun or rain
- raincoat = a jacket which is waterproof
- wildlife = wild animals
- campground = the place for camping
- path = a track or way to walk (people follow paths in the forest)
- firewood = wood used for campfires
- cramped = not enough space, too small
- being close to nature = spending time near wildlife and in natural areas
- camping gear = a collection of camping equipment

## **PART III. RELATED READING**

### **READING 1**

#### ***Know Before You Go: 18 Tips for Foolproof Camping***

Every year, more than 30 million Americans leave the comfort of their homes to sleep in a tent, RV, or simply under the stars. **There are lots of reasons to rough it on a good-old fashioned camping trip, from physical health benefits to stress relief.** (Who needs a Tempur-Pedic mattress when there's a sleeping bag?) In order for a safe, comfortable, and exciting experience with Mother Nature, learn all the camping dos and don'ts to fully enjoy the Great Outdoors!

1. **Gear up:** Figure out what to bring based on how much room you have and how long you'll be gone. If hiking to the campsite, be mindful about weight and bulk — nobody wants to schlep a 50-pound pack up a mountain! Stick to absolute essentials and leave the fancy extras for car camping.

2. **Pick your pack:** Choose a backpack based on how long the trek will be. The volume of the pack is measured in liters. Multi-day packs are 60 to 80 liters and are perfect for two- to five-day hikes. If you're driving in and doing day hikes from one base camp location, a small day pack is large enough for daily provisions and supplies.
3. **Sleep well:** Don't forget the tent, sleeping bag, sleeping pad (for extra cushion!), and pillow. The size of the tent depends on how many people are squeezing in. And make sure that thing's weather resistant. A light-weight "three-season" tent is made for spring, summer, and fall conditions — designed to keep people dry during light snow or rain while keeping the bugs out! If camping in the winter, go with a mountaineering tent that can withstand harsher weather conditions.
4. **Fire up:** Unless you're planning to subsist on PB&J sandwiches alone, bring along some charcoal (for campsite grills), fire starters, wood, newspaper, matches, propane stove, skillet, pot, utensils, and cups/bowls/plates. Always check to see if the site allows campfires, and use fire rings if available. Keep sand and water nearby in case the fire needs to be put out quickly.
5. **Chow down:** Granola bars, peanut butter, beef jerky, canned beans and soup, trail mix, drink powders, and coffee and tea are all great camping food options. They're perfect for pack, won't spoil, and don't require any cooking. Keep an empty water bottle on hand, too. Use the tap provided at the campsite to fill 'er up — or boil and/or use purification tablets if collecting from a fresh body of water. Try to drink at least 16 ounces of water every hour while doing high-intensity outdoor activities.
6. **Dress for success:** Cotton is great for staying cool in the 'burbs, but it's not your friend in the woods. Instead, choose moisture-wicking clothes and synthetic or wool socks to keep the bod dry and sweat-free. Don't forget to pack raingear, a sun hat, hiking boots, and a swimsuit just in case.

7. **Grab the gadgets:** No, we're not talking about video games. A flashlight (or headlamp or lantern), extra batteries, a multi-tool, and phone charger (for emergencies) all make camping much safer and easier.
8. **Keep clean:** Obviously you're going to get dirty in the woods, but bring soap, toothbrush, toothpaste, and toilet paper to stay as clean as possible. Bonus tips: Use baby wipes to get rid of dirt, always carry hand sanitizer, try soap to wash hair, and bring garbage bags to separate clean and dirty clothes!
9. **Stay safe:** Safety is no joke, especially if camping in a remote area. Every camping group should bring along a well-stocked first-aid kit, creams for blisters, After Bite, sunscreen, and any other personal medications.
10. **Add some extras:** Bringing along a camera, set of binoculars, maps, books, folding chair, cooler, and chapstick makes any trip in the woods much more enjoyable. For even more ideas, check out these expert suggestions!
11. **Pick a place:** After everything's packed up, the next step is figuring out where to park that tent! There are tons of campgrounds to choose from, like national parks, state parks, and other campsites around the country. Find out what amenities are provided; most sites have grills, and some have showers and even wifi! Remember to call ahead and reserve a spot, especially in the summer. Ask about wildlife (I want to spot a chipmunk, but not a bear, please!) and watch out for campgrounds that are at high altitudes — this may cause altitude sickness.
12. **Set up camp:** Once at the campsite, find level ground to pitch the tent. Set it up (some extra hands will help!) and make sure to use a tent cover in case of rain. Pick a place that's close enough to running water for easy access when cleaning dishes, showering, and filling up water bottles. And remember: Keep food out of the tent! Place it in bear food boxes or hanging bear bags if the campsite recommends doing so.

13. **Play it safe:** Following the tips listed above should make any camping experience smooth sailing, but remember that it's best to camp with others so someone can always call for help in an emergency. With common sense, the right equipment, and a positive attitude, Mother Nature will quickly become your second home.
14. **Proceed with caution:** Camping often involves some rough terrain, so make sure to wear good hiking boots to avoid sprains and strains. Slip on the right socks and shoes to avoid blisters, and keep a first-aid kit on hand incase there are some cuts and scrapes along the way.
15. **Stay safe in the sun:** Slather on the sunscreen, and wear a hat and sunglasses to keep the sun out. Drink plenty of water to avoid dehydration, too.
16. **Avoid ticks:** Wear high socks, use insect repellent, and avoid high grass to keep ticks away. If a tick attacks, carefully pull it out with tweezers, making sure not to squeeze or crush the bug. Disinfect the area with soap and wash your hands immediately after!
17. **Beware of bears:** As for fending off our furry friends, make sure the campsite's clean and remove all food from the tent. Keep in mind most bears don't actually attack. In the unlikely event a black bear enters a campsite, remember they are generally timid, so be aggressive and make noise, or fight back with sticks and rocks if it attacks. Grizzly bears perceive humans as a threat, so do not make any sudden movements. Curl up in the fetal position and play dead.
18. **Break it down:** Most importantly, leave the campsite as you found it! Throw away any trash (that might mean bringing it home with you), make sure the fire is out, and pack your gear into a backpack, trunk, or RV.

Now you're all set to hit the trails as a happy camper!

**READING 2**

## Prepare for a Mountain Climbing Trip

Mountain climbing is not the same as a lot of other fun activities we have available. A mountain climbing trip requires a lot of preparations and you really have to make sure that you are both physically and mentally ready before the trek, since there's no easy way out once you start hiking. To make sure that you will enjoy your adventure, here are a few steps and tips on how to prepare before you go on a mountain hike adventure.

**1. Research about the summit that you are attempting to reach.**

Make sure to do your research and find out the most basic and important information about the summit. Find out how tall the mountain is, how long it should take you to reach the peak, and if the way is steep, etc. This is to prepare yourself for the challenges that are ahead of you.

**2. Ask Yourself.**

Once you have obtained the information about the summit you are attempting to climb, ask yourself if you really can do it and if you are physically and emotionally ready for it. This is the best time to pinpoint your weaknesses and see if you can strengthen them before your hike.

**3. Find out if you need to attend an orientation.**

Many developed summits that are open for mountaineers do orientations to prepare them for what's ahead. Attending one before your climb is important so that you will have an idea of the Do's and Don'ts. This is also the best time to ask questions, tips and advice from the organizers who have obviously made the climb many times.

**4. Start preparing yourself physically for your climb.**

Running, swimming, aerobics and regular hiking will all help. These few exercises will strengthen your muscles and increase your heart rate. But make sure to not over exert yourself before your climb. Also, consulting your physician would be best before considering this activity. Mountain climbing is not advisable for those

who suffers from cardiac and pulmonary issues, or those who have had such problems in the past.

**5. Take care in preparing your hiking kit.**

Make sure that you have the appropriate and necessary hiking gear and clothing. Double check each item to make sure that they are still in good condition and are working properly. Failure to wear and bring the necessary things for mountain climbing could end your hike much earlier than what you expected. And also, make sure to select only what's necessary for you. Over packing results in a heavy pack, which is not something fun, especially if you are climbing and doing a lot of walking.

**6. Do not forget to ready an emergency kit.**

Remember to bring needed medicines, lotions, bandages, and other necessary things that will help you get by during your travel, and can help you treat any incidents, such as poisoning or injury.

## Possible Consequences Of Poor Preparation

**1. Getting tired easily.**

Walking while carrying your heavy load can overwhelm your body, especially if you did not prepare yourself physically for it. This is why it is very advisable that you exercise regularly beforehand to strengthen your muscles, and do some short hikes before your major trip.

**2. Getting injured.**

The hike might be a little too much, especially if it's a really steep climb. A small wrong move can cause you an injury or even cost your life.

**3. Getting lost.**

Choosing a wrong path and not bringing a map can cause you to get lost, or might make you take you longer to get to the peak. Also, make sure you actually know how to read a map before taking your trip.

**4. Overwhelmed with the altitude.**



Pay attention to your body's reaction during the hike. Do not ignore nausea, headaches, dizziness or shortness of breath. If you start to experience any of these things, then go back! Do not jeopardize your own health. You can always go back.

## Things To Avoid

### **1. Hiking alone.**

It's definitely not the best idea to do a mountain climb alone. A buddy system is always best, especially if you are going to enter a certain area that you are not familiar with.

### **2. Ignoring marked trails.**

Marked trails are made for you to follow. If you end up not following them and decide to take a different path, your "shortcut" might lead you to getting lost, or it will make your hike a little, or a lot longer than you originally planned.

### **3. Do not climb in waterfalls.**

We all know that waterfalls are one of the world's best creations, but it's really not a good idea to try and jump from one during a hike. There have been a lot of fatal accident and deaths recorded because of this, so make sure not to let the view entice you to do something unsafe.

### **4. Not wearing proper attire.**

The altitude of the surroundings changes quickly the closer you get to the top. Make sure to not wear cotton clothing! Make sure to wear layers of clothing to help your body with the temperature. Also, wear clothes that are resistant to moisture and can dry quickly. Also, avoid wearing camouflage and instead choose brightly colored clothing. This will help you and your hiking buddies to make sure that no one gets lost or goes missing. This can also help you to be found more easily if you get lost in the wilderness.

## OUTLINE FOR QUESTIONS 9

FOCUS ON THE QUESTION: “*Your friend wants to go camping in the mountains by himself for a week. He’s never gone camping before. What advice would you give him?*”

⇒ **INTRODUCTION:** Talk about camping in general (2-3 sentences, not too long) and talk about your own experience (2-3 sentences, again, not too much)

⇒ **REFER TO YOUR FRIEND:**

If I have to give him some advice, I would suggest the following things. OR

As an experienced camper myself, I think he should spend a lot of time preparing for his camping trip. OR

I’m not very keen on camping and not really experienced in this area (I’m a rookie), but I think he should follow these tips.

⇒ **MAIN TALK:** GROUP YOUR ADVICE INTO CATEGORIES:

- BEFORE THE TRIP  
- DURING THE TRIP  
- AFTER THE TRIP

- KNOWLEDGE  
- EQUIPMENT  
- SKILLS

USE SOME RELEVANT STRUCTURES:

It’s a good idea for him to

It’s a must. He must/ need to/ should/ ought to

If ... (not), it can be very dangerous because he may/can/could ...

What he needs to do before the trip is

During the trip, what he should not forget to do is

I I were him, I would ...

⇒ **CONCLUSION:** I think it is still dangerous because he has never gone camping before and now he wants to do it by himself. But if he follows all these tips, I think it’s unlikely that there will not be any serious problems.