



# BACKPACKING

## Discussion

### Basic questions

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...*
4. **Is it OK for old people to go backpacking?**  
*I think it's.....*
5. **Who would you choose to go backpacking with?**  
*I would go backpacking with...*

## **VOCABULARY**

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 /gir/**

**(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 /'pɜːrmit/**

**(noun)** written permission from a government office or other organization to do something

*Ex.: We need to obtain a permit before entering this place.*

**7. Porter /pawr-ter/**

**(noun)** a person who carries gear and supplies on a trek

*Ex.: Let a porter carry your baggage.*

**8. Ranger /rānjər/**

**(noun)** a person who is employed to take care of a state park or a national park

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

**9. Trails /trāl/**

**(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**

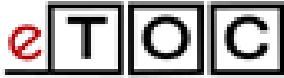
*Ex.: He leads the pack in music.*

**4. A pack rat – someone who collects things that are not needed.**

*Ex.: She is as worse as a pack rat.*

**5. pack of lies – A number of false statements made to deliberately hide the truth.**

*Ex.: They were telling a pack of lies.*



English Teachers On Call

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ESP (English speaking Practice)-INTERMEDIATE-BACKPACKING

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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.

**Todd:** I have only been to the Grand Canyon on a day trip. Did you need to make any special preparations to camp at the bottom of the canyon?

**Françoise:** We wanted to get into the backcountry away from the tourists, so we had to get a wilderness \_\_\_\_\_.

**Todd:** Was that difficult?

**Françoise:** No. We just went to the \_\_\_\_\_ station and told them what we wanted 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.