

## Hiking for Health



head	hike	map	help	bears
tent	backpack	containers	water	ground

1. The man is looking at a \_\_\_\_\_ on the bulletin board.
2. He is wearing a hat on his \_\_\_\_\_.
3. He is carrying a \_\_\_\_\_ on his back.
4. Some people like to hike and sleep outside in a \_\_\_\_\_.
5. Wear comfortable shoes when you \_\_\_\_\_.
6. Drink plenty of \_\_\_\_\_ when you hike for many miles.
7. Do not feed the \_\_\_\_\_. They might attack you.
8. Keep your food in \_\_\_\_\_ that have lids.
9. Bring a cell phone in case you need \_\_\_\_\_.
10. Do not put litter on the \_\_\_\_\_.

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