The last time I went on an adventure trip, I did almost every sport possible !

But I didn´t have all of the equipment with me:

Did you know that you have to wear when you go ?

When , you need both a and a because the water is normally quite cold. You should also wear on your feet. In case you´re not an amphibian, I recommend an so you can stay underwater for a longer time and not having to swim to the water surface to breathe. If you don´t dare to go that deep underwater, you can stay close to the surface and swim with a that lets you get air while looking into the water. Sometimes, before you jump into the water, you go until you reach the spot where you start this underwater experience. I also did that and it was a lot of fun! The owner of the yacht gave to me and the rest oft he group and told us to always fasten the while the boat is moving. If you go (starts with „r") or (starts with „c"), to steer (dirigir) the boat, you use a . What I didn´t do on my trip was (starts with „s") because there are a lot of places where you can do that in any city. I´m also not a fan of climbing mountains, so I decided not to go (starts with „m") nor (starts with „a"). My trip was in summer, so there was no way I could go .

Well, at the end of my trip I had to decide if I wanted to go (starts with „p") or (starts with „j"), both sports in which you have to be in the air for some moments and you have to get into a and tie a to your back, but in the first I mentioned, you also have a above your head.

abseiling snowboarding parachuting bungee jumping rope paddle skateboarding parachute goggles skydiving scubadiving mask dry suit flippers oxygen tank snorkel mountaineering yachting life jackets seat belts rafting canoeing harness

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