



Match the titles (1-5) to the texts (A-D). There is one extra title.

1. Protection from Insects
2. Good for Health
3. The Right Footwear
4. Watch Your Step
5. Company Is Better

- A.** Rattlesnakes are very seldom seen. They can feel our vibrations from our walking and then they hide, often behind rocks, logs or in thick brush. If you don't want to get a snake bite, be careful when you walk. Look in front of or behind logs and rocks. Before you sit down or pick up something from the ground, look around the area carefully. Watch where you put your hands and feet. Most importantly, enjoy snakes at a distance and do not disturb them.
- B.** One of my favorite hobbies is hiking with friends. It's great because you don't need to carry all the things alone. We usually decide who takes what. For example, I carry a compass, a map, a tent, and GPS unit to navigate our position. Kate takes a repellent, sunscreen cream and some medicines. Others bring some food and tools. It's more fun to hike together and it's safer of course.
- C.** Hiking is a great way to enjoy nature and stay healthy, but it can be dangerous, too. For example, mosquitoes, spiders and other bugs can spoil even the best outdoor holiday. So, it's really important to wear long-sleeved shirts and long trousers, and a hat. I also recommend to hike during the morning and early afternoon. Always pack a repellent and spray it on your clothes and open parts of the body.
- D.** Buying a pair of hiking shoes is a very serious thing. This is not like "they fit okay, they look cool, and I'll take them." Hiking boots should be light and comfortable. They should keep your feet dry, warm, and protected. When you have a good pair of boots on your feet, your hiking experience becomes more exciting and enjoyable. If your feet aren't happy, you can't be happy, either.

A	B	C	D

