

# My Climbing Trips

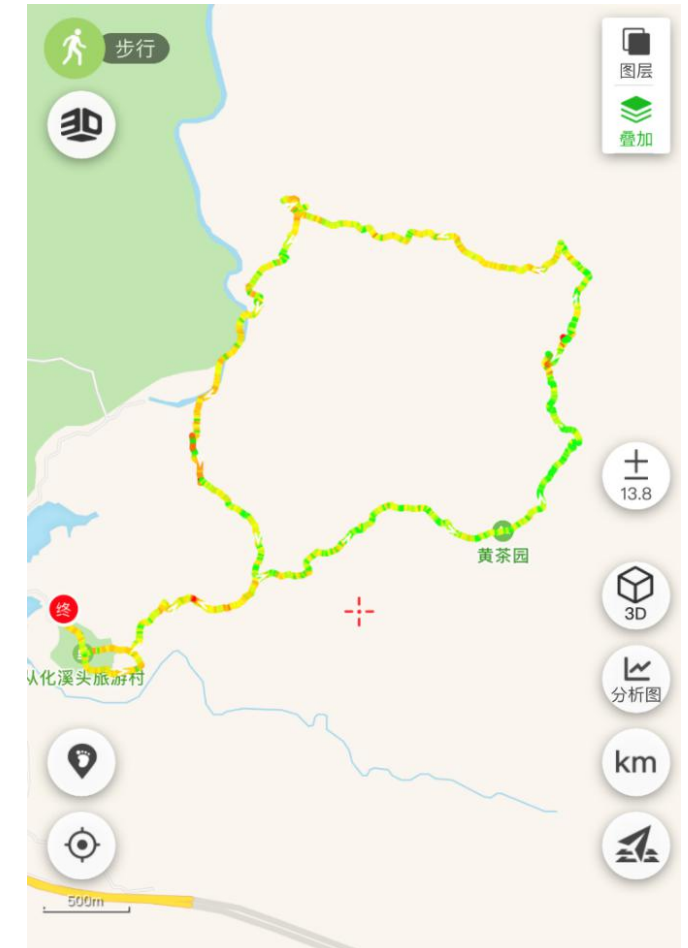
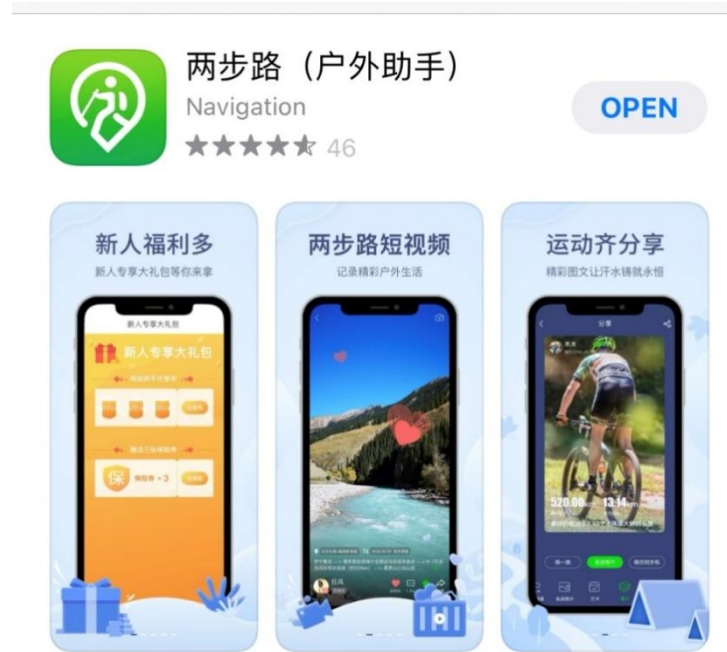
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# How to prepare a climbing trip

**Firstly, we need to download the map because there is no internet or 4G in the mountains. It is very important, otherwise you will be lost.**



05:03:07  
⌚ 运动耗时  
1135 m  
▲ 最高海拔  
2.9 km/h  
⌚ 运动均速  
997 m  
⌚ 累计爬升  
14.62 km



# How to prepare a climbing trip

## ➤ Backpack

### 1. Water/Drinks



Secondly, we have to prepare enough water and drinks you like.

# How to prepare a climbing trip

## ➤ Backpack

### 1. Water/Drinks



### 2. Food



We have to take enough food to get energy, such as beef, chocolate, chips and so on.

# How to prepare a climbing trip

## ➤ Backpack

1. Water/Drinks

2. Food

3. Medicine



We also need some medicine just in case.



# Keys for a wonderful climbing trip

- **We need to relax our muscles firstly.**





# Keys for a wonderful climbing trip

- The most important thing is to be cautious all the time, sometimes it is very dangerous. ★ ★ ★ ★ ★





# What we can learn from a climbing trip

- We can see wonderful views.





# What we can learn from a climbing trip

- We can find beautiful plants.





# What we can learn from a climbing trip

- We can also see amazing animals, cows, horses, butterflies, dragonflies and so on.





# What we can learn from a climbing trip

- It is good for health, and we can have a wonderful time with family and friends.



# Live our home & Protect our earth

★ **Tips: Please take trash bag and keep our earth clean**

If you are interested in climbing,  
welcome to join my family climbing club!

**Let's take  
adventures  
together!**





Thank you !

