

Chapter - 17
Spirit of adventure
Worksheet – 2

Q.1 Fill in the blanks:

1. Get proper _____ and have _____ on how to climb mountains.
2. Get your medical tests done to check the level of _____.
3. Learn to deal with high _____ sickness.
4. Follow a _____ rich diet.
5. Train and exercise to build your physical _____.

Q.2 True false:

1. The game of paragliding is not very adventurous.
2. Paragliding is a very risky sport.
3. Himachal Pradesh is the home of paragliding in India.
4. Most of the professionals do mountain climbing without any harness.
5. One small mistake can flip the raft.

Q.3 Subjective questions:

1. Enlist equipment that mountaineers require.
2. Write down things that should be kept in mind before going for mountaineering.
3. What is a paraglider?
4. Write a note on rock climbing.
5. Write a note on river rafting.