

Tips on How to Plan for a BackPacking Tour

VOCABULARY WORDS

1. Backpack (Verb) /'bæk,pæk/ to travel while carrying all your belongings in a backpack
Example: She wants to spend the summer backpacking around Europe.
2. Hostel (Noun) /hɒstəl/ an inexpensive place to stay, often with shared rooms
Example: He stayed the night at a youth hostel.
3. Layer (Noun) /'leɪər/ a sheet, amount, etc. of a material that covers a surface or sits between surfaces
Example: I hate being cold, so I wear about four layers of clothes when I go skiing.
4. Explore (Verb) /ɪk'splɔːr/ to travel to or around an area to learn more about it
Example: I think two weeks should be long enough to explore Barcelona and the areas around it.
5. Destination (Noun) /,destə'neɪʃən/ a place where a person or thing is going or being sent
Example: Bali has become one of the most popular destinations for surfers in the world.
6. pocket-sized (Adjective) /pɒkɪt saɪzd/ small enough to carry in your pocket
Example: Smart-phones are essentially pocket-sized computers.



How do you pack for a backpacking tour? Depending on where, when, how far and even how high you're going, the weather and temperature could be very different at any part of your journey.

So what should you bring?

For many backpacking experts, the answer starts with several layers of light clothing and, if you have enough money, the most lightweight equipment.

(Comprehension Question 1)

Whether you plan to backpack for a day trip or for long-term travel, here are some questions you could ask yourself:

How long is your trip?

For trips of more than a few days, plan to wash clothes. This also means leaving jeans at home, because they can be heavy and dry slowly.

(Comprehension Question 2)

What type of trip is it?

For a round-the-world backpacking tour, you'll probably be using things like planes and buses to travel between cities, and stay in places like hostels at night. For this type of tour, you'll probably want a big main backpack and a smaller one for exploring the city during the day.

But if you'll be doing a long-distance, multi-day hike, you'll probably just need one big backpack to carry things like a tent, food and a small stove. And make sure it's comfortable!

(Comprehension Question 3)

What type of weather do you expect?

If you can't answer this question, prepare for both sun and rain, and warmer and cooler weather. That means taking multi-use clothing. A pocket-sized jacket is useful if you are traveling in summer.

But if it's a short trip and you know what weather to expect, don't bring any clothing you won't likely need — it will just make your bag heavier!

(Comprehension Question 4)

What can you leave at home?

Is your bag still too heavy? Can you take shorts instead of trousers? Do you really need two books? Could you buy some things at your destination? Anything that can be left behind will save weight!

(Comprehension Question 5)

DISCUSSION

1. Did you find the advice in the article useful?
2. Have you done any backpacking? If so, how many countries did you visit? If not, would you like to?
3. Do you tend to take a lot with you when you travel?
4. Do you have any advice of your own for packing for a vacation?
5. Do you know anyone who has taken a round-the-world trip?