

Part 2

You are going to read an article about first-aid kits for travellers. Seven sentences have been removed from the article. Choose from the sentences A-H the one which fits each gap (9-15). There is one extra sentence which you do not need to use.

First Aid for Travellers

Whatever kind of traveller you are, a backpacker exploring Europe, a sun-seeker heading for a tropical beach or an adventurer heading into the depths of the rainforest, one thing you should definitely find a place for in your luggage is a good first-aid kit. This is essential in case you encounter medical problems or have an accident. But deciding how extensive your kit should be, and exactly what items you should take, needs some careful thought.

Although you may choose to put together your own kit, it is also possible to buy them ready-made. 9 ----- They range from general travel kits which you can buy at the supermarket, to kits specially put together to suit your own needs by specialist companies. The more unfamiliar or distant your destination, the more necessary this kind of help becomes.

Obviously, the destinations you're planning to visit and the duration of the trip will influence the choice of contents, and this is where the experts can help. They will be aware of the particular dangers to health in any given region, and also how available medical supplies are there. 10 ----- For example, any medications you have taken in the recent past might be worth taking in case symptoms should return.

It's a really good idea to visit a specialist travel health centre when your trip is still at the planning stage. There you'll get expert advice on the essential items to include in your kit for a given destination. 11 ----- Because there's nothing worse than carrying around unnecessary supplies, especially if you're carrying all your stuff round with you in a backpack. It is also a good opportunity to be thinking about any vaccinations that you need to have.

Once it is prepared, get to know your first-aid kit. If you do become ill or have an accident during your trip, you need to know whether you've got the right items in your kit to deal with the situation or not. 12-----A short basic first-aid course can be useful in this respect.

If you're travelling in a group, let your fellow travellers know where your first-aid kit is, just in case you're the one in need of help. But don't assume that if somebody else has a first-aid then you don't need to take one. 13 ----- Basically, you should have your own kit and carry it with you at all times, because you never know when you're going to need it.

And don't forget your teeth, because these have a habit of giving people trouble at the very worst possible moment. 14 ----- It could also save you a lot of money, as this kind of emergency treatment can prove expensive when you're away from home.

Then, once you've used up any of the items in your first-aid kit during the trip, replace it as soon as you can. But do make sure that any medicine you buy is clearly labelled in a language you understand. 15 ----- In other words, if you're not one- hundred percent sure what a medicine is, don't take it.

So, a good first-aid kit is one way of ensuring that your trip goes smoothly, and if anything does go wrong that you're equipped to deal with. It's worth spending some time and money on getting it right.

*ALLA FINE DEL TEST PRIMA DI INVIARE LE RISPOSTE COMPILARE I CAMPI NEL SEGUENTE MODO:

Nome: Mario

Cognome: Rossi /Scuola di appartenenza (esempio: Rossi/LiceoBanfi)

Email: mario.rossi@libero.it

I test con dati identificativi incompleti non verranno presi in considerazione.

Grazie!!! Buon lavoro.