

# MOUNT EVEREST



VIRTUAL field trip

**Hiking for the Day**

A good hiker should have a good backpack. Here is a list of the equipment and gear.

**Hiking boots**  
Hiking boots are made of leather or synthetic material. They are designed to provide support and protection for your feet on uneven terrain.

**Hiking socks**  
Hiking socks are made of wool or synthetic material. They are designed to provide cushioning and moisture-wicking properties to keep your feet dry and comfortable.

**Hiking gloves**  
Hiking gloves are made of leather or synthetic material. They are designed to provide grip and protection for your hands while hiking.

**Hiking pants**  
Hiking pants are made of lightweight, durable material. They are designed to provide comfort and protection for your legs while hiking.

**Hiking shirt**  
Hiking shirts are made of lightweight, breathable material. They are designed to provide comfort and protection for your torso while hiking.

**Hiking hat**  
Hiking hats are made of straw or synthetic material. They are designed to provide shade and protection for your head and face from the sun.

**Hiking belt**  
Hiking belts are made of leather or synthetic material. They are designed to provide support and stability for your lower back while hiking.

**Hiking bag**  
Hiking bags are made of durable material. They are designed to provide storage and organization for your hiking gear and supplies.

**Hiking shoes**  
Hiking shoes are made of leather or synthetic material. They are designed to provide support and protection for your feet on uneven terrain.

**Hiking socks**  
Hiking socks are made of wool or synthetic material. They are designed to provide cushioning and moisture-wicking properties to keep your feet dry and comfortable.

**Hiking gloves**  
Hiking gloves are made of leather or synthetic material. They are designed to provide grip and protection for your hands while hiking.

**Hiking pants**  
Hiking pants are made of lightweight, durable material. They are designed to provide comfort and protection for your legs while hiking.

**Hiking shirt**  
Hiking shirts are made of lightweight, breathable material. They are designed to provide comfort and protection for your torso while hiking.

**Hiking hat**  
Hiking hats are made of straw or synthetic material. They are designed to provide shade and protection for your head and face from the sun.

**Hiking belt**  
Hiking belts are made of leather or synthetic material. They are designed to provide support and stability for your lower back while hiking.

**Hiking bag**  
Hiking bags are made of durable material. They are designed to provide storage and organization for your hiking gear and supplies.

**Backpack**  
A backpack is a bag with two straps that go over your shoulders. It is used to carry your hiking gear and supplies.

**Water bottle**  
A water bottle is a container for holding water. It is used to keep you hydrated while hiking.

**Map**  
A map is a drawing of a geographical area. It is used to show you the way to your destination.

**Compass**  
A compass is a tool used to determine direction. It is used to help you find your way.

**First aid kit**  
A first aid kit is a collection of supplies used to treat injuries. It is used to help you if you get hurt while hiking.

**Hiking stick**  
A hiking stick is a long, thin pole. It is used to provide extra support and stability while hiking.

**Hiking shoes**  
Hiking shoes are made of leather or synthetic material. They are designed to provide support and protection for your feet on uneven terrain.

**Hiking socks**  
Hiking socks are made of wool or synthetic material. They are designed to provide cushioning and moisture-wicking properties to keep your feet dry and comfortable.

**Hiking gloves**  
Hiking gloves are made of leather or synthetic material. They are designed to provide grip and protection for your hands while hiking.

**Hiking pants**  
Hiking pants are made of lightweight, durable material. They are designed to provide comfort and protection for your legs while hiking.

**Hiking shirt**  
Hiking shirts are made of lightweight, breathable material. They are designed to provide comfort and protection for your torso while hiking.

**Hiking hat**  
Hiking hats are made of straw or synthetic material. They are designed to provide shade and protection for your head and face from the sun.

**Hiking belt**  
Hiking belts are made of leather or synthetic material. They are designed to provide support and stability for your lower back while hiking.

**Hiking bag**  
Hiking bags are made of durable material. They are designed to provide storage and organization for your hiking gear and supplies.

Mount Everest was named after the British leader of the mapping expedition that set out to measure the mountain. George Everest didn't have access to the land, but it is his name that is used when referring to the mountain. People in Nepal and Tibet, however, who had been living near the great mountain forever, already had sacred names for it. What do you think of this?



©CMLL 1998

Develop a deeper understanding of Mount Everest and learn the history how it was named.





## The Other Side of the Story

*The people who choose to climb Mt. Everest are very brave and courageous in the face of such a dangerous adventure. The people who try, the people who succeed, and even the people who die trying are viewed with wonder and amazement. Mount Everest itself is viewed with the same admiration. There is another side of the story, however, that isn't as well known to many people. It is an important side, though.*

There are many villages in the Himalayas. Nepalese people and families have lived in those villages for many, many years. They treat the Himalayas as gods, with respect, gratitude, and protection. Mt. Everest is known as "Mother Goddess". For the most part, the people living in the villages don't have access to high-paying jobs or education. They must do whatever they can to make a living.

When people started climbing Mt. Everest (by choice), the climbers realized that they could use the help of locals who knew the area and the weather patterns well. So, people from all over the world started paying men and boys in the villages to help them reach the top. The men and boys who do this are called Sherpas, or porters, and there are hundreds of them who spend spring and summer on Mt. Everest. They risk their lives and leave their homes to make very little money to bring home. For many people, this is the only opportunity they have to support their family.

This exchange has become very regular, and it leads to the death of many Sherpas and porters each year. The dangers of Mt. Everest do not only threaten the climbers who make the choice to climb the mountain, but also the Sherpas and porters who do not have the choice. When people from around the world decide to pay for Sherpas' help, they don't always consider the risk to that person or the fact that it may be the only way they can make money for their families. It has become a system that works against the people and families in the Nepalese villages in the Himalayas. And, worse, climbers leave *several* tons of trash on the sacred mountain each and every year.

©Tulle 'Pictor

# INTEGRATES READING

Short reading passages  
build background and  
introduce key vocabulary.

# INTERACTIVE SCRAPBOOK

Watch read alouds, read passages, and complete interactive questions and activities to show what you learn along the way.



## Climbing Mt. Everest

As you learn about Mt. Everest, gather hiking equipment to help you make it to the top of the mountain.

Copy (Ctrl+C) and paste (Ctrl+V) the equipment onto your location on the mountain!





# ENGAGING & EDUCATIONAL MEDIA

Videos incorporate social studies and reading skills. Includes standards-based interactive activities.



## More Than a Mountain

*The Top of the World: Climbing Mount Everest* is a book authored and illustrated by Steve Jenkins. Read along with this page of the book to learn more about Mt. Everest's location.



1. Mount Everest is on the border between what two places?

A large, empty rectangular box with a green border, intended for the student's answer to question 1.

2. How do the people of those two places think of Mount Everest?

A large, empty rectangular box with a green border, intended for the student's answer to question 2.

# CRITICAL THINKING SKILLS

Students dive deep into this engaging topic and learn to draw conclusions and make judgements.



## Emergency!

What number do you call  
if there is an emergency?  
Put the smiley face on the  
right number.



1-2-3

1-1-9

9-1-1



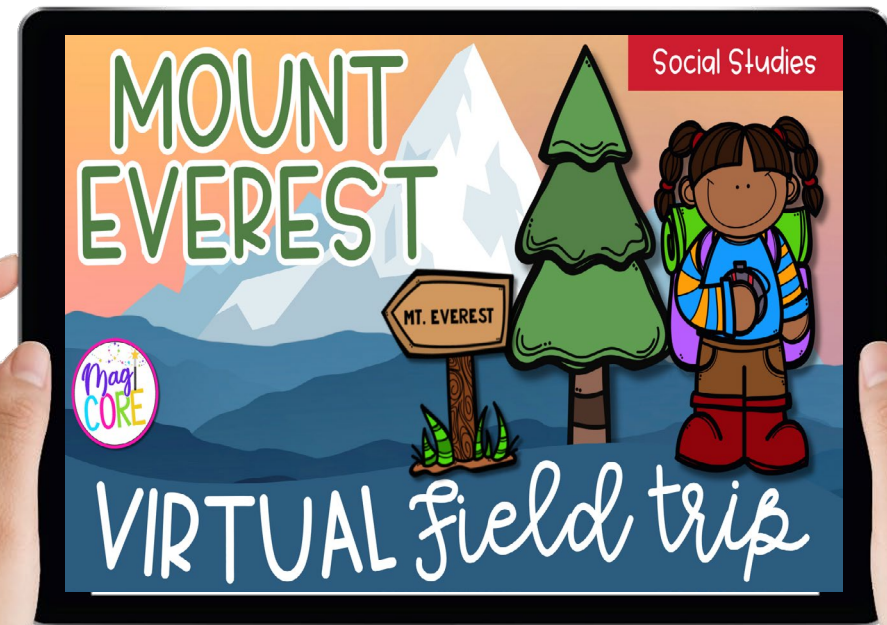
# SAFETY EDUCATION

reduce the risk of accidents,  
injuries, and emergencies by  
fostering a culture of  
awareness, responsibility, and  
preparedness.

## Suggested Uses

- Assign in Google Classroom or SeeSaw
- Whole Class Activity
- Small groups or center
- Early Finisher
- Incentive or Fun Friday

## Google Slides and SeeSaw





# Looking for More? Save with our Social Studies Bundle!

Visit Salem, MA,  
The Titanic,  
Washington, DC,  
...and more!



Click the picture  
to preview!