

Today, there is a wide (1) ... of holidays available for all tastes and pockets. Once considered somewhat conventional as a choice of holiday, backpacking (*новый туризм*) has grown dramatically in (2) ... in recent years, especially among budget-conscious travellers who are looking for a more economic way of seeing the world. However, backpacking can be dangerous for your health. Packing your bag (3) ... can lead to injuries to your neck and spine. So you should (4) ... the load by putting bigger items close to your back. Aim for no more than 30 percent of your body weight; less is always better.

Прочитайте текст. Выберите подходящее по смыслу слово из предложенных. В ответ запишите слово в той форме, в которой оно должно стоять в предложении. Помните, что каждое слово может быть использовано только один раз и что заданную форму слова необходимо изменить. Заполните пропуск (3).

POPULAR, LIGHT, VARY, CARE