

Climbing Everest and walking up a mountain in Scotland may seem like completely (1) ... activity, but both require (2) ... preparation. (3) ... injury and even death can occur, even on an apparently easy route if a few basic guidelines are not followed. Firstly, and perhaps most importantly, (4) ... the weather forecast before you (5) ... If you have any doubts at all, (6) ... your trip until conditions improve. Ensure that you have the proper equipment. Your list should (7) ... a good pair of walking boots, a thick jumper and a good (8) ... waterproof jacket. Be sure to take food supplies in case you (9) ... against problems on the mountainside and (10) ... having to spend the night there.

Прочитайте текст. Выберите один из предложенных вариантов ответа. Заполните пропуск (7).

- 1) involve      2) include      3) entail      4) insert