Physical Fitness

M – Make sure that you are wearing a safety gear.

O – Orient the others of what is your plan.

U – Use maps and navigations for directions.

N – Never forget to bring essentials.

T – Take an action for emergency.

A – Ask for help to the tour guide whenever you have a problem.

I – Invest a time to do a stretching before going up to the mountain.

N - Never disregard your safety so be aware on what you are stepping.

 $m{E}$ - Educate yourself about the mountain you are going to hike.

 $m{E}$ - Ensuring that you tell someone that you are going to hike.

Ready yourself for exhausted yet exciting climbing.

 $m{I}$ - Important to know what is the weather of the day you will climb.

N – Not going to the path you did not know.

G - Get an enough thing to pack that you can bought

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