

# Trapped



**Sacrifice - to give up something that is valuable to you in order to help another person**

- **remote (adj): far away from towns, cities and other people**
- **canyon (n): a long narrow valley with steep sides**
- **crack (n): a long narrow space between two parts of sth**
- **trap (v): to block your way or prevent you from moving**
- **canyon wall (n): the side of the canyon**

- blunt penknife (phr): a small pocket knife that folds up that is not sharp
- be missing (phr): to have disappeared
- live life to the fullest (phr): to get the most out of life and enjoy every moment



# Utah canyon





climbing gear (n): equipment needed for climbing such as ropes and hooks





**first aid kit (n): a small box with  
medical supplies**





**crack (n): a long narrow space  
between two parts of sth**





**disaster struck (phr): sth bad happened suddenly**









**struggle (v): to try very hard  
to achieve sth**





**get free (phr): to escape**





chip away at (phr v): to break small pieces off sth using sth else





exhaustion (n): extreme tiredness



dehydration (n): the state of extreme thirst





delirious (adj): unable to think clearly  
because you are unwell





administer first aid (phr): to give  
medical assistance





notify authorities (phr): to contact the police or health services





rescue crew (n): trained emergency service personnel





prosthetic arm (n): a false arm that replaces a missing one





*disabled athlete (phr): a sportsperson who has a physical disability*





*troubled teenager (phr): a young person who has problems*









