The Journal of Sacagawea a Great Explorer

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Think of kayaking in the raging waters. Imagine climbing the one and only Rocky Mountains. Now imagine doing all that with a baby, swaddled in old dirty cloth on your back. Sacagawea had to do all of that while trying to take care of about 33 men. Sacagawea helped in the Lewis and Clark expedition. She translated most of the languages Lewis, Clark and the other men didn’t know, she also helped cross the Rocky Mountains by using her smart thinking and kept the team healthy during the expedition.

First, Sacagawea helped in the Lewis and Clark expedition because she translated most of the 55 languages they came across during the expedition. And why this was important was because if they came across a trader that did not[[1]](#footnote-32601) speak English they would need to find a way to communicate with them. that way was Sacagawea this would also be an assistance by if they were in need of medical supplies. about four of the men got a fever they had just left one of the many tribes they came across and they happen to have a medic. Another thing the book said that she picked up some medic tips so with the very little supplies they had she made some medicine and soon after the men were up and strong.

Second, how Sacagawea helped get through the Rocky Mountains is her smart thinking for example when they were in the mountains and they came across a great problem all of the food was gone and Sacagawea found berries that helped with the pain and was a nice healthy snack. How Sacagawea found the non harmful berries is from her life as a Indian girl who would always be out side playing in the fields. Another example she helped is when they came across raging rivers she had the great idea to make cuneus out of rope and tree bark which safely got the down the deadly river the only down fall was one of the boats had hit a rock and had a hole and four men along with Sacagawea all fell out of the boat luckily all of the men and Sacagawea got out but pomp ( Sacagawea's baby son.) got out but did get a fever from not being protected enough the only protection pomp had was ripped old cloth and a small wooden cradle.

Third, Sacagawea helped in the Lewis and Clark expedition by keeping the team healthy for example around winter time half of the men got fevers and Sacagawea was there to take care of them by making medicine for them with berries, tree bark, water and leaves. She knew how to make it because of the medic in the last village they came across. Also one thing I talked about was how she would spend her time in the fields as a child. She also had some of the knowledge of what's good and what's not like berries, leaves, grasses and animals and why that list is important is that maybe one animal has meat that could make the men feel better then Sacagawea knew she could give it to them.

In conclusion Sacagawea helped in the Lewis and Clark expedition by translating languages, helping the expedition team cross the rocky mountains she also kept them healthy during the trip and those are the three main details on how Sacagawea helped in the Lewis and Clark expedition. Think, did Sacagawea inspire you to go out and explore places you personally haven't been and did this text inspire you to learn more about history of even more about Sacagawea.

1. [↑](#footnote-ref-32601)