

SPRING HIKING IN THE WHITE MOUNTAINS



Did you know winter can last in the White Mountains all the way through May? Don't let our trailheads fool you - the conditions you see at the start of a hike are NOT what you will encounter as you go up in elevation. Ice, snow, winter storms, below freezing temperatures, and more are all dangerous and very real possibilities this time of year.

In other words? **Pack and prepare like it's still winter** even if you're in a spring state of mind. Review our Best Practices and 10 Essentials of Hiking, **check the Higher Summits forecast often**, and purchase a NH Hike Safe Card before hitting the trail.

To access the Mount Washington Observatory's **higher summits forecast**, text "weather forecast" to 603-356-2137.

NH HIKE SAFE CARD

Hiking in the White Mountains is a challenging, life-changing experience. It also has its inherent risks.

Prepare for the worst case scenario, and **purchase a NH Hike Safe Card prior to enjoying the great outdoors.**

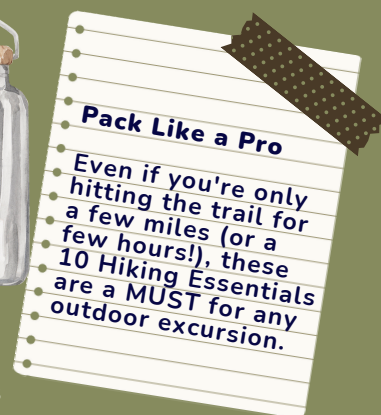
In addition to helping fund Search & Rescue efforts throughout the White Mountains, this card might help cover the costs of your own rescue in the event of injury.

To learn more, visit [HikeSafe.com](https://www.hikesafe.com).



10 ESSENTIALS HIKING GEAR CHECKLIST

- | | |
|--------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Navigation | <input type="checkbox"/> Fire Starter |
| <input type="checkbox"/> Headlamp | <input type="checkbox"/> Shelter |
| <input type="checkbox"/> Sun Protection | <input type="checkbox"/> Food |
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Water |
| <input type="checkbox"/> Knife/ Multi Tool | <input type="checkbox"/> Rain Gear/ Warm Layers |



PLUS...

☐ Proper Footwear



BEST HIKING PRACTICES

- Always file your hiking plan with a friend or family member.
- Study your route ahead of time.
- **DO NOT** rely on your cell phone for communication, navigation, illumination, or rescue. Service can be limited or nonexistent.
- **Check the forecast OFTEN.**
- Always pack the 10 Essentials.
- To-die-for photos are not worth dying over. Avoid precarious spots.
- Remember: sometimes, rescue isn't an option. **Hike sensibly.**

ADD FOR WINTER & SHOULDER SEASONS

- | | | |
|-------------------------------------------------------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Extra warm clothing (insulated parka, extra mittens) | | |
| <input type="checkbox"/> Balaclava/Facemask | <input type="checkbox"/> Overmitts | <input type="checkbox"/> Snowshoes |
| <input type="checkbox"/> Traction devices for boots (microspikes, crampons) | | |

Scan the QR Code for additional info, including hiking tips and trip ideas, local outfitters and guide services, and digital resources to share with your crew.



Disclaimer: The information provided in this flyer serves as general recommendations for visitors to the White Mountains region. The White Mountains Attractions Association and its employees are not experts or professionals in the outdoor recreation field, and are not liable for any accident, injury, or fatality resulting from outdoor recreation.

SCAN ME!



SCAN ME!



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