



HIKING IN THE WHITE MOUNTAINS

Winter in the White Mountains is beautiful. Fewer crowds and snow-covered trails can make for an enjoyable traverse on bluebird days. Tempting as it sounds though, remember: winter can be deadly for casual and regular hikers alike.

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

Unless you have significant experience in the outdoors in the wintertime or have booked with a professional guide service, **DO NOT ATTEMPT** to hike our higher peaks during this season. Every year, visitors have died or faced serious, life-altering injury due to the complex nature of hiking in the winter, a lack of expertise and planning, and the harrowing, deadly weather regularly found above and below tree line.

DON'T SLIP! STAY EQUIPPED

No matter the terrain, traction is a must during wintry weather! **Wear microspikes for your lower elevation excursions (including walking around town).**

Snowshoes are a minimum for hiking in the mountains, and **crampons and an ice ax** are nonnegotiable above treeline.



10 ESSENTIALS HIKING GEAR CHECKLIST

- Navigation
- Headlamp
- Sun Protection
- First Aid Kit
- Knife/ Multi Tool
- Fire Starter
- Shelter
- Food
- Water
- Rain Gear/ Warm Layers



Pack Like a Pro
Even if you're only hitting the trail for a few miles (or a few hours!), these 10 Hiking Essentials are a **MUST** for any outdoor excursion.

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, always.**

PLUS...

Proper Footwear



ADD FOR WINTER...

- Extra warm clothing (insulated parka, extra mittens)
- Balaclava/Facemask
- Overmitts
- Snowshoes
- Traction devices for boots (microspikes, crampons)

Scan the QR Code for additional winter essentials (including gear for above treeline & for avalanche terrain), and outdoor outfitters in the White Mountains.



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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