

Search and Rescue in the White Mountains: A Comprehensive Guide

The White Mountains of New Hampshire are a popular destination for hikers, climbers, and skiers. However, the mountains can also be dangerous, and search and rescue teams are often called upon to help people who have become lost, injured, or stranded.

In this article, we will provide a comprehensive guide to search and rescue in the White Mountains. We will cover topics such as:

- What to do if you need help
- How to prepare for a search and rescue mission
- What to expect during a search and rescue mission
- How to help search and rescue teams

If you find yourself lost, injured, or stranded in the White Mountains, it is important to stay calm and take the following steps:



Critical Hours: Search and Rescue in the White Mountains by Sandy Stott

★★★★☆ 4.5 out of 5

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Screen Reader : Supported
Enhanced typesetting: Enabled
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1. **Call 911.** This is the quickest way to get help from search and rescue teams.
2. **Stay put.** Do not try to hike out on your own, as this could make it more difficult for search and rescue teams to find you.
3. **Make yourself visible.** If possible, wave a brightly colored object or use a whistle to attract attention.
4. **Conserve your energy.** Do not exert yourself unnecessarily.

If you are planning a trip to the White Mountains, there are several things you can do to prepare for a search and rescue mission:

- **Carry a map and compass.** This will help you stay oriented and find your way back to safety if you get lost.
- **Let someone know your itinerary.** Tell a friend or family member where you are going and when you expect to return.
- **Pack for the weather.** The weather in the White Mountains can change quickly, so be sure to pack layers of clothing and rain gear.
- **Bring a whistle.** This can be used to attract attention if you get lost.
- **Carry a first-aid kit.** This will be helpful if you get injured.

If you are involved in a search and rescue mission, you can expect the following:

- **Search and rescue teams will be dispatched to your location.** The type of team that is dispatched will depend on the nature of your situation.
- **Search and rescue teams will use a variety of techniques to find you.** These techniques may include hiking, skiing, snowshoeing, and helicopter searches.
- **Search and rescue teams will provide you with medical care.** If you are injured, search and rescue teams will provide you with first aid and transport you to a hospital.

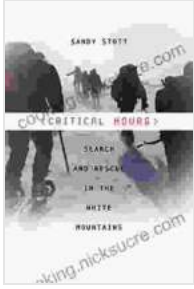
There are several ways that you can help search and rescue teams:

- **Donate to search and rescue organizations.** Search and rescue organizations rely on donations to purchase equipment and training.
- **Volunteer your time.** Search and rescue organizations often need volunteers to help with tasks such as staffing trailheads and providing administrative support.
- **Educate yourself about search and rescue.** The more you know about search and rescue, the better prepared you will be if you ever need help.

Search and rescue teams play a vital role in keeping people safe in the White Mountains. By following the tips in this article, you can help search and rescue teams find you quickly and safely if you ever need help.

- [New Hampshire Fish and Game Department](#)
- [Mount Washington Avalanche Center](#)

- [Appalachian Mountain Club](#)

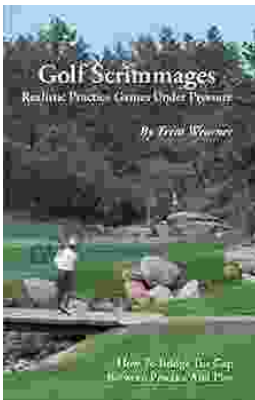


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