

Guide to spring adventures in the Upper Valley

Use this guide to help plan your spring adventure. All gear is available from Dartmouth Outdoor Rentals.

Featured trails:

Short jaunt - Zebedee Wetland in Thetford, Vermont. This Upper Valley Land Trust property is a wonderful place to see amphibians, ephemeral wildflowers, and returning migratory birds. [Click here for a trail map.](#)

Day hike - Moose Mountain in Etna, New Hampshire. A four-mile roundtrip hike on trails maintained by the Dartmouth Outing Club. [Click here for a detailed description.](#)

Overnight -

HIKING & DAY TRIPS

Day pack — 20–30L, great for a day out on the trails
40–50L Backpack — for slightly longer days or extra layers
Hiking boots — trails can be muddy and wet in spring
Trekking poles — collapsible, great for muddy or uneven terrain
Rain jacket — spring showers are common in the Upper Valley
Rain pants — waterproof with side zipper
Ankle gaiters — keeps mud and snow-melt out of your boots
Headlamp — always good to have on longer hikes
Compass — for navigation off-trail

OVERNIGHT & CAMPING

1 person tent — for solo trips
4 person tent — for group outings
50–60L Backpack — good for 2–3 night trips
20 degree sleeping bag — spring nights in NH can be cold
Sleeping pad — closed-cell foam for warmth and comfort
Sleeping bag liner — adds extra warmth on cold nights
Rain tarp — shelter in case of rain, ask for parachute cord
Ground tarp — all-purpose waterproof base layer
BearVault — required in many backcountry areas
Emergency bivvy — always worth packing

PADDLING

Dry bag — roll-top, keeps gear dry on the Connecticut River
Water bottle 1L — stay hydrated on the water
Bugnet — black flies are out in spring — protect yourself

COOKING & WATER

Trangia stove kit — includes nesting pots and fuel, great for small groups

Coleman 2-burner stove — for car camping or base camping

8/12L Nesting pot — set of two

12" frying pan

Chef knife — lightweight all-purpose backcountry knife

Cutting board — small folding

Cooking utensils — spatulas, ladles, serving spoons

Bowl

Spork

Water filter — snowmelt streams need filtering

Water bottle 1L

Aquamira — lightweight backup water treatment

TIPS FOR SPRING

- *Mud season is real — waterproof boots and gaiters are worth it even on day hikes.*
- *Snow can linger on higher elevations through May. Check trail conditions before you go.*
- *Black flies peak in late May/early June. Pack a bugnet and consider long sleeves.*
- *Layer up: mornings are cold, afternoons warm up fast.*