

Guide to Summer Adventures in the Upper Valley

Whether you're camping under the stars, paddling the Connecticut, or day hiking in the Whites, summer in the Upper Valley has it all. Use this guide to help plan your summer adventure. All gear is available from Dartmouth Outdoor Rentals.

Featured trails:

Short jaunt - Eshqua Bog Natural Area in Hartland, Vermont. This Nature Conservancy property has an elevated boardwalk allowing visitors to explore the unique and fragile bog environment. [Click here for more information and maps.](#)

Day hike - Mt. Cube via the Cross Rivendell Trail in Orford, NH. One of several mountains on the 50 miles of Appalachian Trail maintained by the Dartmouth Outing Club features rocky ledges, wild blueberries, and stunning views. [Click here for information.](#)

Overnight - Kinsman Pond via Lonesome Lake in the White Mountains National Forest, NH. An 8.3 mile round trip with optional 3 mile round trip extension to summit North and South Kinsman. Begin at the Lonesome Lake Trailhead and take the Lonesome Lake Trail -> Fishin Jimmy Trail to stay at the Kinsman Pond Shelter. Option to continue to North and South Kinsman before settling into camp for the night. Return home via the Kinsman Pond Trail ->Lonesome lake trail. [Click for trail map.](#)

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 — good traction on rocky/wet trails
Trekking poles — collapsible, great for muddy or uneven terrain
Rain jacket — nice to have on mountain summits to block wind
Rain pants — useful even in summer as an emergency layer
Headlamp — sunsets come late but hikes can run long
Compass — for navigation off-trail
Bugnet — mosquitoes are active through July

OVERNIGHT & CAMPING

1 person tent — for solo trips
4 person tent — for group outings
50–60L Backpack — good for 2–3 night trips
60–70L Backpack — longer outings
20 degree sleeping bag — summer nights in NH can still be chilly
Sleeping pad — closed-cell foam for warmth and comfort
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
Hammock — perfect for summer camping, add a rain tarp and sleeping pad

Lantern — for campsite lighting

PADDLING

Dry bag — roll-top, keeps gear dry on the Connecticut River

Water bottle 1L — stay hydrated on the water

Bugnet — mosquitoes are out in summer — protect yourself

COOKING & WATER

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

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

8/12L Nesting pot — set of two pots for large groups

12" frying pan - for large groups

Chef knife — lightweight all-purpose backcountry knife

Cutting board — small folding

Cooking utensils — spatulas, ladles, serving spoons

Bowl

Spork

Water filter — summer streams need filtering

Water bottle 1L

Aquamira — lightweight backup water treatment

Cooler — for car camping or river trips

TIPS FOR SUMMER

- Long days mean long adventures — always carry a headlamp even if you don't expect to need it.
- Afternoon thunderstorms are common in the White Mountains. Watch the sky and carry a rain layer.
- The Connecticut River is ideal for paddling all summer. Stop by Ledyard Canoe Club to gear up.
- A hammock + tarp setup is lightweight and perfect for summer forest camping.
- Hydration matters more than you think. Carry at least 2L and use a filter on backcountry water sources.