Packing List: Zion National Park (Nov 5–9)

Hiking Gear

- Hiking boots or Hiking shoes/trail runners (2 of the 3 days, your shoes will be wet, consider bringing a spare if you have them)
- 3–4 pairs of Merino wool or synthetic socks (no cotton).
- Daypack (15 L- 30 L recommended with hip belt, sternum strap, and side water bottle pockets)
- Dry bag or waterproof stuff sack
- Daypack rain cover

Clothing

- Insulating jacket (down/synthetic puffy or fleece)
- Rain jacket or shell (lightweight, packable, waterproof)
- 2–3 moisture-wicking shirts (short or long sleeve)
- 1 base layer top
- 1-2 pairs of hiking pants (lightweight, quick-dry)
- 1–2 pairs hiking shorts
- Evening/casual clothing
- Warm hat/beanie
- Hat with brim or cap
- Gloves (lightweight or liner gloves)

Misc.

- Sunglasses (with UV protection)
- Sunscreen (high SPF)
- Lip balm (with SPF)
- Headlamp
- Journal or notebook
- Pen or pencil

Hydration & Nutrition

- 2 water bottles (2-3L recommended) (Mandatory)
    - Bladder (optional)
- Electrolyte mix/tablets
- Snacks/lunches for each day on the trail (you will have the option to buy these during the trip)

Toiletries & Essentials

- Toothbrush, toothpaste, deodorant
- Quick-dry towel (small)
- Wet wipes / baby wipes
- Travel-size hand sanitizer
- Travel-size foot powder or anti-blister balm
- Any personal medications
- Small first aid kit (your guide will have a larger one)
- Ziplock bags for trash or storing wet clothes

Documents

- Valid photo ID
- Flight confirmation details
- Spending money for lunches or anything other than what is covered in the itinerary.

Do Not Bring

- Cotton clothing for hiking (retains moisture)
- Heavy/bulky gear unless needed
- Expensive jewelry or valuables
- Anything you don’t want dusty, wet, or scratched