Zion National Park Packing List for Families

DAY ITEMS & WATER

Example trip: three days, two adults and two school-age children, staying in a hotel and taking ordinary day walks. Quantities are a starting point, including what you wear on arrival. This is not a camping, backpacking or Narrows equipment list.

1. Wear or carry: one set per person

- ☐ **Walking or trail shoes - 1 familiar pair each.** Choose grip and support for your route.
- ☐ **Sun hat - 1 each.**
- ☐ **Sunglasses - 1 pair each.**
- ☐ **Activity clothes - 1 outfit each, worn.** Count this within the three-day clothing totals below.
- ☐ **Water bottle or reservoir - personal access for everyone, plus sufficient total capacity.** Four bottles alone do not establish an adequate supply.
- ☐ **Weather layers - 1 appropriate set each.** Wear or pack; use the same layers throughout the trip.
- ☐ **Personal medication - prescribed supplies for the outing and possible delays.** Keep accessible with the responsible adult where appropriate.

Water comes before bag size. Zion NPS advises carrying at least one gallon per person per day, approximately 3.8 liters. Adults should plan and distribute the load; this is not a requirement for a young child to carry that amount. Account for your route, heat and delays before leaving.

Use verified potable refill points. Do not treat water left in the car as water available on the trail. NPS warns against drinking river or stream water: ordinary recreational filtration and disinfection do not remove cyanotoxins.

2. Pack the day bag: shared supplies

Tick each item when it is actually in the bag. Share the load between adults; choose enough pack capacity for water and equipment rather than forcing everything into one small bag.

- ☐ **Food - meals for your time out, familiar snacks, and extra food for delays.** For four people, four lunches means four meal portions, not four snack bars.
- ☐ **Sunscreen - an accessible container with enough for everyone and reapplication as directed.** Keep a refill supply at lodging if useful.
- ☐ **First-aid pouch - 1 per group staying together.** Include dressings and blister supplies; check contents before departure.
- ☐ **Navigation - downloaded route/map plus a paper backup.** Carry navigation equipment appropriate to the route and know how to use it.
- ☐ **Phone power - 1 charged power bank and compatible cables per group.**
- ☐ **Lighting - 1 working headlamp per person, plus spare batteries or suitable backup power.**
- ☐ **Emergency shelter - compact emergency blankets or a shelter sized for the whole group.**
- ☐ **Repair kit - 1 adult-managed kit**, such as repair tape and an appropriate small multi-tool.
- ☐ **Emergency fire supplies - 1 adult-managed kit**, carried and used only in accordance with current restrictions.
- ☐ **Tissues and hand hygiene supplies - 1 small shared kit.**
- ☐ **Trash bags - 1 in use plus a spare.** Carry out food packaging and used wipes.
- ☐ **Trip documents - entry pass if using one, required ID, reservations and emergency contacts.**

This checklist incorporates the NPS Ten Essentials. Adjust equipment for the route and conditions. Groups splitting up each need their own essentials.

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THREE-DAY CLOTHES, CONDITIONAL EXTRAS & DEPARTURE

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3. Three-day clothing: keep spares at lodging

These are **total trip quantities, including worn items**, assuming no laundry. Move the day's needed layers into your pack; do not pack them twice.

- ☐ **Activity tops** - each: 3; family of four: 12.
- ☐ **Activity bottoms** - each: 2; family of four: 8.
- ☐ **Underwear** - each: 4; family of four: 16.
- ☐ **Socks** - each: 4 pairs; family of four: 16 pairs.
- ☐ **Sleepwear** - each: 1 set; family of four: 4 sets.
- ☐ **Warm layer** - each: 1, adjusted to forecast; family of four: 4.
- ☐ **Rain/wind shell** - each: 1 appropriate to conditions; family of four: Up to 4.
- ☐ **Walking/trail shoes** - each: 1 pair, already counted; family of four: 4 pairs.

Also pack:

- ☐ **Toothbrush - 1 each; toothpaste and toiletries - shared as practical.**
- ☐ **Wall charger and cables - enough for your devices.**
- ☐ **Laundry bag - 1 shared.**
- ☐ **Spare child outfit - 1 per child who needs one.** Carry it during the day if accidents or spills are likely.
- ☐ **Swimwear - 1 each, only if using a pool.**
- ☐ **Breakfast - arrange it before an early departure.** Four people over three mornings need 12 breakfast portions if you supply all breakfasts yourself.

Use the three-day itinerary to decide which meals and layers must travel with you.

4. Add only what your family needs

Babies and younger children

- ☐ Diapers or pull-ups for the outing plus delays, wipes, changing mat and sealable waste bags.
- ☐ Feeding supplies and familiar food appropriate to your child.
- ☐ One complete spare outfit and a small comfort item.
- ☐ A properly fitted carrier you already know how to use, if needed.

Adults carry the essential supplies. Older children can carry a comfortable share, but their bag is not extra storage for everyone else. See Zion with kids for planning around age and energy.

Hot days

- ☐ Sufficient additional drinking-water capacity for the actual outing.
- ☐ Sun-covering clothing, counted within your outfits.
- ☐ Food that travels well in the expected heat.

Plan shade and a shorter outing when needed. Extra equipment cannot make an unsuitable hot-weather itinerary suitable.

Cold or wet conditions

- ☐ Insulated jacket, warm hat and gloves for each person as conditions require.
- ☐ Suitable weather shell and dry spare socks.
- ☐ Route-specific traction if warranted by conditions and your ability to use it.

Choose from the actual forecast, elevation and trail status, not just the month.

Glamping

- ☐ Confirm bedding, towels, lighting, charging and bathroom arrangements.
- ☐ Add missing overnight supplies and suitable night layers.
- ☐ Pack slip-on shoes if useful for bathroom trips.

Your headlamp is already counted. Compare Zion glamping options before duplicating supplies.

The Narrows

The standard list above is not a river-hiking kit. Review NPS Narrows guidance, current closures and flood forecasts before deciding whether to go. NPS identifies closed-toe shoes, a walking stick and suitable non-cotton clothing among preparation needs. Water temperature and conditions may require additional equipment. Gear does not override a closure or make flood conditions safe.

5. Optional: a small memory kit

- ☐ One journal per interested child, especially older children who want their own record.
- ☐ One pencil or pen each.
- ☐ One small envelope for tickets or keepsakes.

The Southwest & Desert Journal is an optional way to keep those memories. It is not part of the safety essentials.

6. Five-minute check before leaving

- ☐ Check the official conditions, forecast and route.
- ☐ Check today's shuttle timetable and your return plan.
- ☐ Fill water containers and confirm the next reliable potable refill.
- ☐ Put food, medication, sunscreen and layers where you can reach them.
- ☐ Check phone, power bank and headlamp batteries.
- ☐ Tell someone your route and expected return time.

Put the checked bag by the door. Leave the spare clothes at lodging. Recheck the water and food each morning.