AMBER BEACH
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PACKING LIST: Zion National Park 2027

Gear you must bring (not optional)

- ☐ Headlamp (fully charged when you arrive or bring extra batteries)
- ☐ Daypack (20L to 30L)
- ☐ Water bottles or camelbak - enough to carry 3L with you

Clothing

Dressing in layers is crucial. My formula for March in Zion is usually:

- Tank or tee + flannel or fleece + puffy jacket + warm hat in the morning
- Take off the puffy jacket before we get to the hike
- Eventually take off the flannel or fleece and tie it around your waist or put it in your pack during the sunniest part of the day, switch to a hat with a brim
- Late afternoon, put back on the fleece and warm hat
- Evening, put back on the puffy jacket

- ☐ Long hiking pants
  I highly recommend Thicket hiking pants*. I am an official partner with Thicket *(a woman-owned small biz)* and think they are an amazing piece of outdoor gear worth investing in. *Read my review here*.
- ☐ Short sleeve shirts or tank tops. If you are sensitive to the sun, you may want a lightweight sun shirt layer* as well.
- ☐ Hoodie, flannel shirt, or fleece
- ☐ Puffy jacket or other jacket you like to wear from 35-60 degrees
- ☐ Underwear
- ☐ Hiking socks (I recommend wool, Darn Tough hiking socks* are my favorite and they will last you for years)
- ☐ Hiking boots or shoes (grippy bottoms are a must, no smooth sneakers). La Sportiva Bushido trail running shoes* are my absolute favorites.
- ☐ Grippy gardening gloves* (for hot or slippery railings, to protect your hands if you need to grab onto rocks)
- ☐ Hats - 1 hat with a brim, 1 beanie
- ☐ Raincoat or poncho (just in case)
- ☐ Swimsuit, robe or cover up, and flip flops or other slip on shoes for hot springs
- ☐ Casual clothes & comfortable shoes for your time at the hotel or dinners out

Personal items

- [ ] Sunglasses
- [ ] Bandana or buff
- [ ] Portable battery pack
- [ ] Charger cables
- [ ] Earbuds or headphones
- [ ] Sunscreen & lip screen
- [ ] Personal first aid kit (bandaids, neosporin, Advil, etc.)
- [ ] Toiletries (deodorant, toothbrush, toothpaste, period products, hand sanitizer, soap, shampoo, lotion)
- [ ] Anti-chafing solution
- [ ] Hairbrush, hairties
- [ ] Earplugs
- [ ] Notebook or journal & pen
- [ ] Wet wipes
- [ ] Personal medication
- [ ] Personal snacks you can't live without
- [ ] Electrolyte drink packets

Optional for comfort or fun

- [ ] Trekking poles
- [ ] Book or kindle
- [ ] Cards or small games to share
- [ ] Binoculars

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