

Zion day-pack and Narrows checklist

Before you leave town

- ☐ Park pass or money for one (needed even to drive through)
- ☐ Current conditions, closures, and the flash flood forecast
- ☐ Shuttle schedule — note the last bus out of the Temple of Sinawava
- ☐ Angels Landing permit saved offline, if you have one (no same-day permits)
- ☐ Official park map downloaded — no cell service in most areas
- ☐ Someone knows your route and return time

Day pack

- ☐ Water: at least one gallon per person per day
- ☐ Food and salty snacks (eat as well as drink in the heat)
- ☐ Hat, sunscreen, sun layer
- ☐ Sturdy closed-toe shoes
- ☐ Headlamp or flashlight
- ☐ Small first-aid kit
- ☐ Capped water bottle for the shuttle (no eating on the bus)

The Narrows (bottom-up day hike)

- ☐ Flow under 150 cfs and no Flash Flood Warning (otherwise it is closed)
- ☐ Closed-toe shoes that can get wet — no sandals, Crocs, or bare feet
- ☐ Hiking poles or a sturdy stick
- ☐ Wool or synthetic layers — no cotton
- ☐ Extra warm layer in a dry bag
- ☐ Small resealable bags for phone and keys
- ☐ Neoprene in early spring, late fall, and winter, per NPS

☐ Use the trailhead restroom — there is none in The Narrows

☐ Fill water at the Temple of Sinawava — do not drink the river

Source: NPS Zion pages ([nps.gov/zion: safety](https://nps.gov/zion/safety), [The Narrows](https://nps.gov/zion/the-narrows), [Narrows safety](https://nps.gov/zion/narrows-safety), [shuttle](https://nps.gov/zion/shuttle), [fees](https://nps.gov/zion/fees)). Last checked Oct 2026. zioncanyontours.com

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