

# PACKING LIST - UTAH

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Zion and Bryce. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

### Dress for the Weather

Zion Ponderosa Ranch is located in the mountains, and it is cold in the mornings and evenings. You'll want to dress in layers as the weather is unpredictable. We recommend bringing either an extra pair of hiking shoes or water shoes, as your shoes will get wet when you are in the Narrows in Zion. You may also want to wear older clothing for canyoneering. On that day, you'll be rubbing against rocks and dust and may land in big mud puddles. You will get dirty!!

**note:** There are laundry facilities in your accommodations, but you may want to bring some detergent or you can purchase some in the gift shop.

### Luggage

**IMPORTANT:** You will be traveling in a 12-15 passenger van, and there is not a lot of room for luggage! It is imperative that you do not bring a large suitcase or duffel bag. Your duffel bag should be no larger than 30" x 14" x 14". It can have wheels. Your carry-on bag should be your daypack, which you will need to carry for most of your activities during the day. It should be able to fit under the seats in the van (the size that would fit under an airline seat).

## PACKING CHECKLIST

### Clothing & Gear

- Duffel bag or small suitcase
- Daypack with rain cover or plastic bag liner
- Medium-weight waterproof hiking boots or shoes (make sure they are broken in)
- 1 pair water shoes and neoprene socks for the Narrows OR rental gear (see below)
- Comfortable shoes for evenings
- 1 Gore-Tex/waterproof jacket and pants
- 1 medium-weight fleece, sweater, or puffy to layer under rain shell
- 2-3 t-shirts (quick-dry recommended)
- 1-2 long-sleeve shirts (quick dry recommended)
- 2-3 pairs of pants (zip-offs or legging-style)
- 1 pair of shorts
- 1 warm hat (e.g., wool or fleece)
- 1 pair warm gloves (e.g., fleece)
- Bathing suit
- Underwear and sports bras
- Sleepwear
- 1-2 Buffs or bandanas
- 4-5 pairs hiking socks that wick moisture (wool suggested)
- 1-2 sets of casual clothing for evenings
- Nalgene or other reusable water bottle - 1 liter suggested
- Hiking poles (optional; personal preference)
- Sunscreen and lip balm with SPF
- Hand sanitizer
- Snacks - your accommodation has a full kitchen with a standard coffeemaker, so if you want to bring extra coffee or snacks, feel

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free. You will be stopping at a store on the way to the ranch, and can purchase items there, too.

- National Parks pass - if you have any national parks pass, please bring it with you

## AdventureWomen Essentials

Note: some of the following are personal preferences. Please use your discretion and ask if you have any questions!

- Travel documents (identification documents, airline tickets/itinerary, money)
- Write down or print out your travel insurance number
- Locks for your luggage if desired
- Travel alarm clock (or phone)
- Headlamp or small flashlight with spare batteries
- Binoculars (optional) - 8x40/42 center focus model suggested
- Digital camera, memory cards, battery charger as desired
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Toiletries: soap, shampoo, and conditioner (may be provided at certain hotels); toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Earplugs - optional. We recommend silicone earplugs if you are a light sleeper.
- Assortment of stuff sacks and bags (optional) - good for organizing gear. Please consider bringing reusable stuff sacks or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens
- Masks/ face coverings

- Prescription medicine you usually take (in original containers)
- Person epi pen - if you need one, don't forget to pack it!
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets - helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins
- At Home COVID tests

Reminder: Layers are key for unpredictable weather in the mountains!

## RENTAL GEAR FOR THE NARROWS:

For information on renting gear for the Narrows, please visit

<https://www.zionguru.com/narrows-rental-equipment>. We suggest the

Footwear Package. If you are interested, please rent it for DAY 3 of your trip, with pick-up on DAY 2.

*Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.*

## Personal First Aid Kit