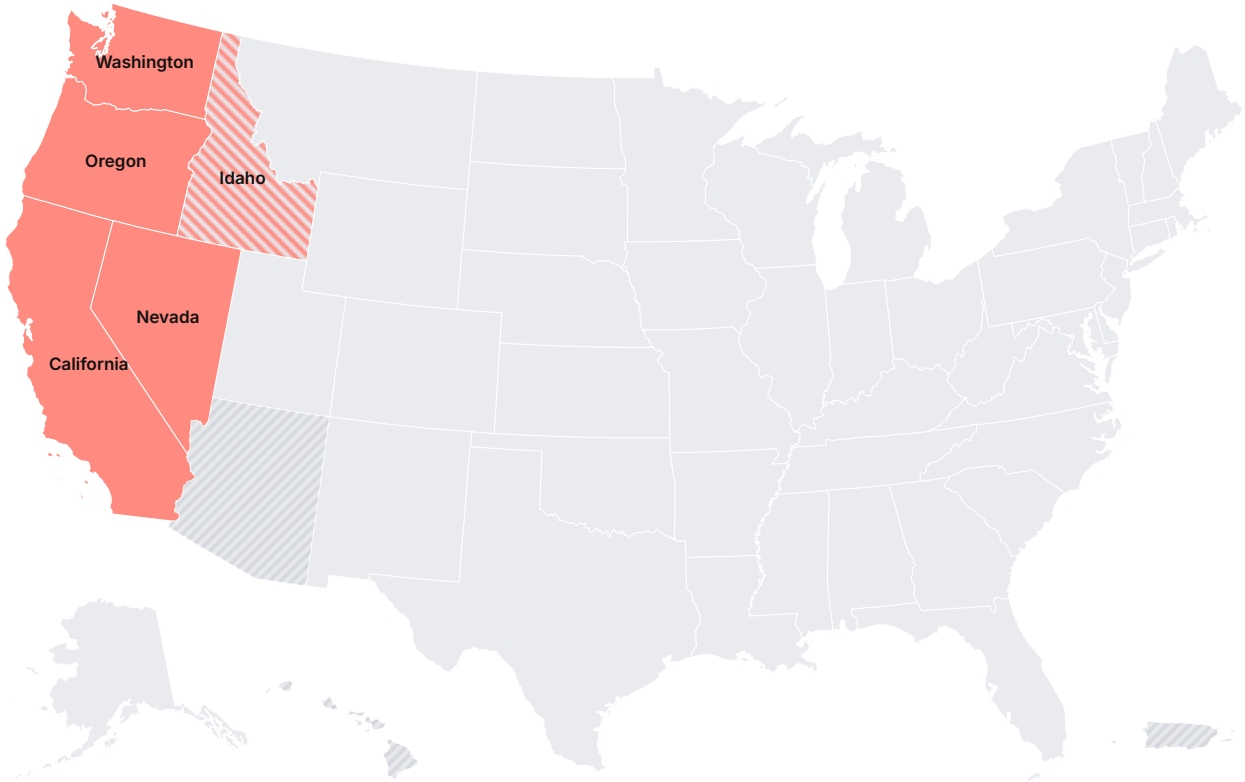
States in the Pacific Time Zone

Pacific UTC−8 · DST UTC−7 **Mountain** UTC−7 · DST UTC−6 **Central** UTC−6 · DST UTC−5 **Eastern** UTC−5 · DST UTC−4 **Alaska** UTC−9 · DST UTC−8 **Hawaii–Aleutian** UTC−10 · Hawaii no DST · W. Aleutians DST UTC−9



Wholly on Pacific Time
California, Washington

Mostly on Pacific Time
Nevada (except West Wendover)
Oregon (except most of Malheur County)

Partly on Pacific Time
Idaho: the northern Panhandle

Striped: only part of the state is on Pacific Time. Grey hatching: no daylight saving.
Daylight saving 2026: March 8, 2026 – November 1, 2026.

Map P05 · CC BY 4.0 · ustimezonemap.net/printable-maps/pacific-time-zone-states-map/