Time zone items

A *time zone item* specifies an international time zone, indicated by a small set of letters, e.g., 'UTC' or 'Z' for Coordinated Universal Time. Any included periods are ignored. By following a non-daylight-saving time zone by the string 'DST' in a separate word (that is, separated by some white space), the corresponding daylight saving time zone may be specified. Alternatively, a non-daylight-saving time zone can be followed by a time zone correction, to add the two values. This is normally done only for 'UTC'; for example, 'UTC+05:30' is equivalent to '+05:30'.

Time zone items other than 'UTC' and 'Z' are obsolescent and are not recommended, because they are ambiguous; for example, 'EST' has a different meaning in Australia than in the United States, and 'A' has different meaning as a military time zone than as an obsolescent RFC 822 time zone. Instead, it's better to use unambiguous numeric time zone corrections like '-0500', as described in the previous section.

If neither a time zone item nor a time zone correction is supplied, timestamps are interpreted using the rules of the default time zone (see Specifying time zone rules).