



7220 TRAVEL

Disney World Packing Guide

FAMILY PACKING & PARK-DAY GUIDE

Pack smarter. Stay comfortable. Leave room for the memories.

A practical checklist for families traveling to Walt Disney World - from park bags and Florida weather to the things you can solve after you arrive.

Prepared by 7220 Travel | Family and Group Travel Experts

Plan unforgettable family adventures.

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Updated September 10, 2026 | Resort policies and airline baggage rules can change - verify before travel.

Start With What Matters

A lighter bag and a flexible plan usually make the park day easier.

TRIP DETAILS

Traveler(s): _____ Must-pack item: _____
 Travel dates: _____ Special plans: _____
 Resort: _____ Anything to remember: _____



■ PARK-DAY ESSENTIALS

- | | |
|---|---|
| ☐ Comfortable, broken-in walking shoes | ☐ Sunscreen |
| ☐ Lightweight backpack or day bag | ☐ Lip balm with SPF |
| ☐ Refillable water bottle | ☐ Hand sanitizer |
| ☐ Portable phone charger / power bank | ☐ Compact umbrella |
| ☐ Phone charging cable | ☐ Lightweight rain layer / poncho backup |
| ☐ Sunglasses | ☐ Ziploc bags |
| ☐ Hat or visor | ☐ Small bag for wet clothes |

7220 TRAVEL TIP | UMBRELLA FIRST

For many families, a compact umbrella is more comfortable than wearing a poncho because it allows more airflow and can also provide shade. Keep a lightweight poncho or rain jacket as a backup for heavy or windy rain, and always follow weather and Cast Member guidance.

■ CLOTHING

- | | |
|--|--|
| ☐ T-shirts / tops | ☐ Swimsuit |
| ☐ Shorts | ☐ Cover-up |
| ☐ Lightweight pants / jeans | ☐ Comfortable shoes |
| ☐ Comfortable walking outfits | ☐ Pool sandals / flip-flops |
| ☐ Underwear | ☐ One nicer outfit for a special dinner |
| ☐ Socks | ☐ Matching shirts / themed outfits (optional) |
| ☐ Pajamas | ☐ Disney ears / accessories (optional) |
| ☐ Lightweight jacket / sweatshirt | |

SHOE RULE

Bring two comfortable options if you can. Alternating shoes can help when one pair gets wet or starts rubbing.

PACK FOR THE PERSON, NOT THE PHOTO

Comfort comes first. Add the Disney fun after you know everyone can walk, sit, ride and rest comfortably.

Ready for the Parks

Pack for Florida weather, little-kid surprises and attractions without carrying the whole hotel room.

■ FLORIDA WEATHER KIT

Florida weather changes quickly. Build a small weather kit you can reach without unpacking your whole bag.

- | | |
|---|---------------------------------------|
| ☐ Compact umbrella | ☐ Portable fan |
| ☐ Sunscreen | ☐ Extra shirt |
| ☐ Sunglasses | ☐ Extra socks |

RAIN DOESN'T HAVE TO RUIN THE DAY

An umbrella often keeps you cooler than a poncho, but Florida storms can be windy. Carry the option that fits the forecast and your family - and never let rain gear become more uncomfortable than the rain.



■ TOILETRIES & PERSONAL ITEMS

- | | |
|--|---|
| ☐ Toothbrush | ☐ Skincare products |
| ☐ Toothpaste | ☐ Makeup |
| ☐ Deodorant | ☐ Personal hygiene products |
| ☐ Shampoo / conditioner | ☐ Prescription medications |
| ☐ Hairbrush / comb | ☐ OTC medications you normally use |
| ☐ Hair ties | ☐ Band-Aids / blister protection |
| ☐ Razor | ☐ Aloe / after-sun lotion |

■ FAMILY & KID ESSENTIALS

- | | |
|--|---|
| ☐ Stroller | ☐ Sippy cups |
| ☐ Stroller rain cover | ☐ Extra clothes |
| ☐ Stroller fan | ☐ Favorite comfort item |
| ☐ Diapers | ☐ Small snacks |
| ☐ Wipes | ☐ Autograph book |
| ☐ Changing pad | ☐ Autograph pen |
| ☐ Formula / baby food | ☐ Ear protection if useful |

■ ATTRACTION-READY

- | | |
|---|---|
| ☐ Waterproof phone pouch | ☐ Small towel |
| ☐ Hair ties | ☐ Ziploc bags for electronics |
| ☐ Secure-fit hat / glasses strap | ☐ Comfortable clothes that allow easy movement |

FOR LITTLE ONES

Pack one extra outfit in the park bag. Spills, rain, water rides and surprise messes happen.

The Final Check

The things that keep small problems from turning into expensive or time-consuming ones.

■ SNACKS & HYDRATION

- ☐ Refillable water bottles
- ☐ Electrolyte packets
- ☐ Granola bars
- ☐ Crackers
- ☐ Fruit snacks
- ☐ Trail mix
- ☐ Individually packaged snacks
- ☐ Favorite snacks for children



■ TECHNOLOGY

- ☐ Smartphones
- ☐ Chargers
- ☐ Portable battery / power bank
- ☐ Charging cables
- ☐ Smartwatch / charger
- ☐ Camera
- ☐ Camera batteries
- ☐ Memory cards
- ☐ Waterproof phone pouch

■ IMPORTANT TRAVEL INFORMATION

- ☐ Driver's licenses / IDs
- ☐ Travel confirmations
- ☐ Airline information
- ☐ Hotel / resort confirmation
- ☐ Tickets / park admission details
- ☐ Dining reservations
- ☐ Rental car information
- ☐ Travel insurance information
- ☐ Emergency contact information

MISSED SOMETHING? DON'T PANIC.

Amazon or Instacart can often rescue a forgotten item. At Disney Resort hotels, eligible grocery deliveries may be held by Bell Services or Luggage Assistance. Disney currently notes that lobby pickup can be free, while a \$6 fee applies when Bell Services brings a grocery order to your room; incoming packages received through the Front Desk or delivered to your room may also have a handling fee. Orders requiring age or ID verification must be accepted in person. Always confirm your resort's current policy and fees.

PACK AN EXTRA BAG FOR SOUVENIRS

Put a fold-flat duffel or lightweight extra bag inside your suitcase. Use it for souvenirs on the trip home so you are not playing luggage Tetris the night before departure. Check your airline's size, weight and baggage fees first.

WHAT YOU PROBABLY DON'T NEED TO OVERPACK

Resort pool towels, huge toiletries, a different pair of shoes for every outfit, excessive clothing, full-size versions of everything, and every toy your child owns. Ask: "Can I replace this easily if I need it?"

Official resort delivery policy checked September 10, 2026. Fees and policies can change.

Don't Forget the Important Stuff

A final scan before the zipper closes.

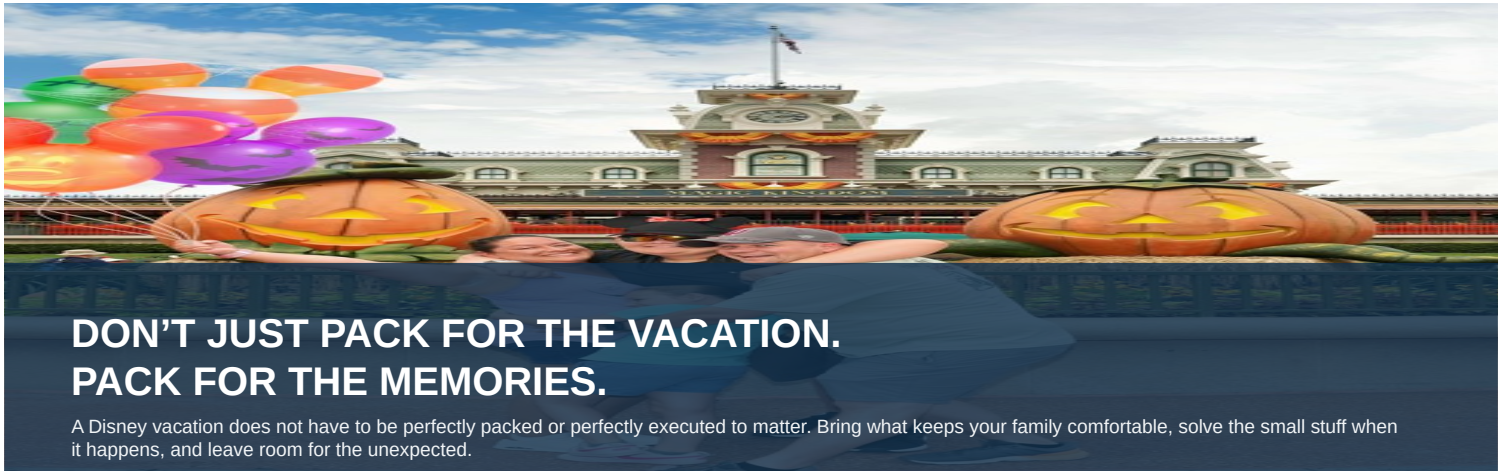
■ THE 7220 TRAVEL DON'T-FORGET LIST

- | | |
|--|--|
| ☐ Comfortable shoes | ☐ Extra clothes for kids |
| ☐ Sunscreen | ☐ Medications |
| ☐ Compact umbrella | ☐ Swimsuit |
| ☐ Lightweight rain backup | ☐ Travel documents |
| ☐ Portable charger | ☐ Fold-flat souvenir bag |
| ☐ Refillable water bottle | ☐ Patience & a sense of adventure |
| ☐ Park bag | |

7220 TRAVEL TIP | KEEP CRITICAL INFO OFFLINE

Keep confirmations easy to find on your phone, but save screenshots or offline copies of the information you would need if cellular service is slow, your battery is low or an app is temporarily unavailable.

■ MY DISNEY TRIP NOTES



**DON'T JUST PACK FOR THE VACATION.
PACK FOR THE MEMORIES.**

A Disney vacation does not have to be perfectly packed or perfectly executed to matter. Bring what keeps your family comfortable, solve the small stuff when it happens, and leave room for the unexpected.

7220 Travel can help turn all the choices into a family plan.

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