

THE 7220 TRAVEL DISNEYLAND PACKING GUIDE

PACK FOR THE PARK - NOT FOR EVERY POSSIBLE EMERGENCY

A practical Disneyland packing list built around comfort, weather, kids, charging, park rules and the things families actually use.

PRINTABLE FAMILY CHECKLIST

THE 7220 TRAVEL APPROACH

Plan the experiences that matter. Leave enough margin in the day for your family to actually enjoy them.

Dave Engel

7220 Travel - Family & Group Travel Experts

720-227-8693 | dave.engel@7220travel.com | 7220travel.com

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THE PARK BAG

Carry the Things That Protect the Day

The perfect park bag is light enough to carry all day and useful enough to prevent avoidable problems. Pack for comfort, hydration, charging, weather and family-specific needs.

Core essentials

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|--|--|
| ☐ Tickets / Disneyland app set up and logged in | ☐ Small familiar snacks |
| ☐ Photo ID + payment method | ☐ Prescription / needed medications |
| ☐ Portable phone charger + short cable | ☐ Tissues / wipes / hand sanitizer |
| ☐ Refillable water bottle | ☐ Light layer for cooler mornings or evenings |
| ☐ Sunscreen + lip balm | ☐ Compact rain layer if forecast supports it |
| ☐ Sunglasses / hat | ☐ Small zip bags for wet items / snacks |

Nice to have - not “must carry”

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| ☐ Cooling towel or mini fan in warm weather | ☐ Ear protection / sensory item |
| ☐ Autograph item / pen if characters matter | ☐ Stroller marker |
| ☐ Small first-aid basics | ☐ Extra socks for water rides / little kids |

PACK LIGHTER

Do not carry an entire hotel room on your back. A heavier bag makes every queue, stroller fold and security stop harder.

KIDS & FAMILY EXTRAS

Pack for Your Actual Family

Toddlers, teens, grandparents and travelers with medical or sensory needs all create different packing lists. Add what solves a predictable problem.

TRAVELER	USEFUL EXTRAS
Babies / toddlers	Diapers, wipes, change of clothes, feeding supplies, pacifier, comfort item, stroller rain cover if needed, small blanket / layer.
Young kids	Spare shirt / socks, familiar snack, refillable bottle, small activity for waits, ID / parent-contact plan appropriate for your family.
Teens	Portable charger, agreed meet-up plan, payment method / gift card if appropriate, layer for evening.
Multigenerational	Medication schedule, mobility aids as needed, hydration, sun protection, comfortable layers and a written meet-up plan.
Sensory needs	Noise-reducing headphones / ear protection, familiar calming item, device / activity, preferred snacks, clothing layers.

BABY CARE CENTERS

Both parks have complimentary Baby Care Centers with nursing / feeding and changing amenities. That means you do not have to solve every baby-care need inside the park bag.

WHAT DISNEY ALLOWS

A Few Rules That Affect Packing

Park rules change, so check again before travel. These are the current high-impact rules that commonly catch families.

ITEM	CURRENT GUIDANCE
Strollers	Must be 31 in wide x 52 in long or smaller. Wagons and stroller wagons are not permitted.
Bags / coolers	Suitcases, bags, coolers or backpacks larger than 24 in long x 15 in wide x 18 in high are not allowed in theme parks.
Ice	Loose or dry ice is not permitted in bags / coolers; reusable ice packs are recommended.
Glass	Glass containers are generally prohibited in the parks, with limited exceptions such as small baby food jars.
Selfie sticks	Selfie sticks and handheld extension poles for cameras / mobile devices are not allowed in theme parks.
Folding chairs	Not allowed in the theme parks or Downtown Disney District.

SECURITY TIP

Make the security process easy: organize the bag, remove prohibited items before the trip and avoid packing “just in case” gear that you are unlikely to use.

CLOTHING & WEATHER

Southern California Still Has Temperature Swings

Anaheim weather can be warm in the day and much cooler after dark. Check the forecast for your exact travel dates and pack layers instead of assuming “California = hot.”

SHOES

Wear broken-in walking shoes. If bringing a backup pair, leave it at the hotel unless your family truly needs it in the park.

WATER RIDES

If Grizzly River Run or other wet experiences are on the plan, quick-dry clothing and spare socks can be more useful than a giant poncho.

LAYERS

A light sweatshirt / jacket can make nighttime shows and the walk back to the hotel much more comfortable.

SUN

Sunscreen, hats and hydration matter even when the temperature feels mild.

Hotel bag - keep this out of the park bag

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|---|--|
| ☐ Extra shoes | ☐ Swimwear / pool items |
| ☐ Full medication / toiletry kit | ☐ Extra jackets / clothing |
| ☐ Laundry supplies | ☐ Large snack stash |
| ☐ Backup charging cables | ☐ Souvenirs / items purchased earlier |

PRINTABLE CHECKLIST

Final Night-Before Check

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|---|---|
| ☐ Phones charged | ☐ Sunscreen packed |
| ☐ Portable chargers charged | ☐ Snacks packed |
| ☐ Disneyland app updated / logged in | ☐ Layers packed |
| ☐ Tickets linked | ☐ Stroller within size rules |
| ☐ Park reservation confirmed | ☐ Kids' change of clothes packed |
| ☐ Weather checked | ☐ Ear protection / sensory item packed if needed |
| ☐ Park hours checked | ☐ Hotel key / room info accessible |
| ☐ Priority attraction chosen | ☐ Transportation plan confirmed |
| ☐ Water bottles ready | ☐ One family meet-up point discussed |
| ☐ Medications packed | ☐ Something intentionally left OUT of the bag |

READY TO MAKE DISNEYLAND YOURS?

A good Disneyland plan should feel personal, realistic and easier than doing all the research alone. 7220 Travel can help you match the hotel, tickets, park days and priorities to your family.

7220travel.com | [720-227-8693](tel:720-227-8693) | dave.engel@7220travel.com

Planning sources

Disneyland Resort Park Rules - current bag, cooler, stroller, glass, ice, selfie-stick and folding-chair restrictions.

Disneyland Resort stroller FAQ - current stroller dimensions and operational guidance.

Disneyland Resort Baby Care Centers page - current locations and amenities.

Planning details verified September 11, 2026. Disney policies, operating hours, attraction availability and pricing can change. Confirm trip-specific details in the official Disneyland app and website before travel.

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