



7220 TRAVEL

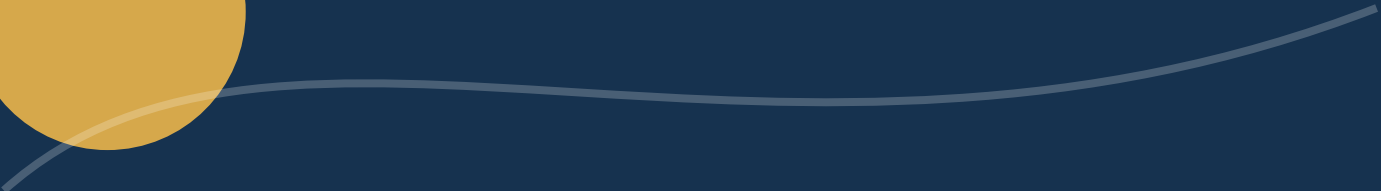
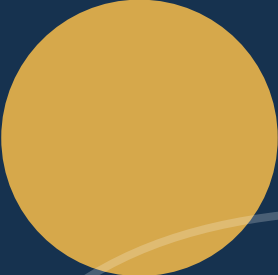
WYOMING

7-Day Family Road Trip Guide

Western Towns, Yellowstone & Grand Teton

Family & Group Travel Experts

7220travel.com



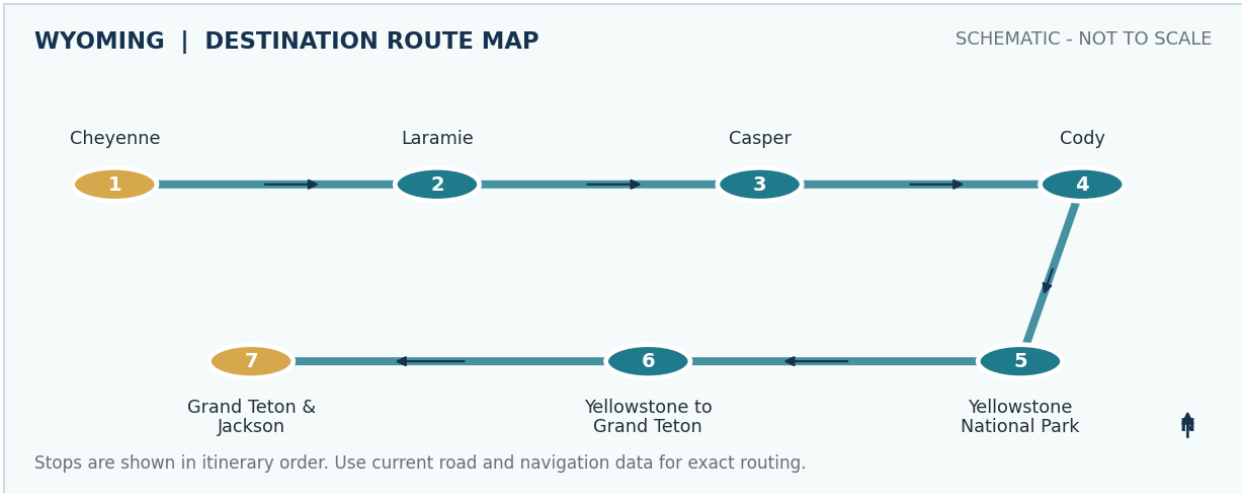
Wyoming: Your 7-Day Game Plan

This guide turns 7220 Travel's Wyoming itinerary into an easy, printable road-trip plan. The goal is simple: give your family a strong route and the best anchors for each day, while leaving enough breathing room to make the trip yours.

Trip style Family road trip	Pace Active but flexible	Best for Families & multigenerational groups
Transportation Rental car / personal vehicle	Length 7 days	Theme Western Towns, Yellowstone & Grand Teton

The Route at a Glance

Day 1: Cheyenne • Day 2: Laramie • Day 3: Casper • Day 4: Cody • Day 5: Yellowstone National Park • Day 6: Yellowstone to Grand Teton • Day 7: Grand Teton & Jackson



7220 Travel planning principle: Choose the three experiences your family cares about most, then let the rest of the trip support those priorities. A good vacation does not have to win social media.

Day-by-Day Itinerary

Day 1: Cheyenne

- Explore the Wyoming State Capitol area.
- Visit the Cheyenne Depot Museum.
- Get a taste of Wyoming's railroad and Western history.

Day 2: Laramie

- Walk historic downtown Laramie.
- Visit the University of Wyoming Geological Museum or local history sites.
- Take a short drive into the Medicine Bow foothills.

Road note: About 45 minutes from Cheyenne.

Day 3: Casper

- Travel north to Casper.
- Visit the National Historic Trails Interpretive Center.
- Walk the North Platte River trail.

Day 4: Cody

- Drive toward Cody.
- Visit Buffalo Bill Center of the West.
- Explore Old Trail Town or a summer rodeo.

Road note: Plan a scenic cross-state drive.

Day-by-Day Itinerary, Continued

Day 5: Yellowstone National Park

- Enter Yellowstone from the east.
- See major thermal features and wildlife areas.
- Keep the day flexible for park traffic and wildlife.

Day 6: Yellowstone to Grand Teton

- Explore another Yellowstone region in the morning.
- Drive south through the park corridor.
- Arrive in Grand Teton National Park or Jackson.

Day 7: Grand Teton & Jackson

- Visit Jenny Lake or another scenic area.
- Drive park overlooks and look for wildlife.
- Explore Jackson Town Square.
- Depart Jackson or continue your western road trip.

Before You Go

- Popular national parks can require timed entry, shuttle use or advance reservations. Check official park guidance early.
- Confirm attraction hours, timed-entry rules and seasonal closures before you travel.
- Build in buffer time. A 7-day road trip works best when every stop is not treated like a race.
- Keep water, snacks, a basic first-aid kit and offline maps in the car.
- In remote areas, top off fuel before long stretches and do not rely on continuous cell service.

Make This Trip Yours

Circle or write down the three things your family would be most disappointed to miss. Those are your anchors. Everything else can flex around weather, energy levels, traffic and the unexpected moments that often become the best memories.

#1 Must-Do Experience	_____
#2 Must-Do Experience	_____
#3 Must-Do Experience	_____
One Meal We Really Want	_____
One Place to Slow Down	_____



Want help turning this route into your family's actual vacation?

7220 Travel can help with lodging, routing, cruises, resorts, family trips and group travel.

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Source: 7220 Travel's 7-Day United States itinerary collection. The destination route map is schematic and not intended for turn-by-turn navigation. Attraction hours, reservation systems, road access, prices and seasonal conditions can change.

Wyoming Packing List

A family-road-trip checklist designed to pair with your 7220 Travel 7-Day Guide.

Packing mindset: Mountain weather changes fast. Dress in layers and be ready for cool mornings, wind, rain and large temperature swings.

CLOTHING & LAYERS

- ☐ 7 days of underwear + socks
- ☐ Sleepwear
- ☐ One extra top/outfit for delays or spills
- ☐ Moisture-wicking base layers
- ☐ Fleece or insulated midlayer
- ☐ Packable warm jacket

FOOTWEAR

- ☐ Broken-in walking shoes
- ☐ Activity-appropriate trail/hiking shoes if planned
- ☐ Comfortable sandals/secondary shoes

WEATHER & OUTDOOR

- ☐ Waterproof rain shell
- ☐ Warm hat/light gloves
- ☐ Sunscreen + sunglasses
- ☐ Refillable water bottle
- ☐ Small daypack
- ☐ Basic sun protection for every outdoor day

ROAD TRIP & TECH

- ☐ Driver license/ID + insurance info
- ☐ Phone + charging cable + car charger
- ☐ Portable battery pack
- ☐ Offline maps / saved reservations
- ☐ Reusable water bottle
- ☐ Small cooler + road-trip snacks

FAMILY & PERSONAL

- ☐ Prescription medications
- ☐ Basic first-aid/blister kit
- ☐ Toiletries
- ☐ Sunglasses
- ☐ Laundry bag / packing cubes
- ☐ Wipes/hand sanitizer
- ☐ Copies/screenshots of key confirmations

WYOMING TRIP-SPECIFIC EXTRAS

- ☐ Binoculars for wildlife
- ☐ Warm hat/light gloves
- ☐ Trail shoes with traction
- ☐ Daypack with extra water and layers

Seasonal adjustment: Check the forecast, elevation, park/road alerts and planned activities shortly before departure. Add heavier cold-weather gear for winter/shoulder-season travel and scale back insulation during reliably hot periods.

Outdoor reminder: customize your gear to the activity. For hikes and remote stops, carry appropriate navigation, sun protection, extra layers, light, first aid, food and water rather than relying only on a phone.

This checklist is general travel guidance, not a substitute for current weather, park, road, airline or activity-specific requirements.

Wyoming: When to Go & Where to Stay

A route-based planning page designed to pair with your 7220 Travel 7-Day Itinerary.

BEST OVERALL WINDOW	June-September
Why it works: Best overall access to Yellowstone, Grand Teton and high-country roads.	Seasonal tradeoff: Snow can linger late and arrive early; summer crowds are significant in the national parks, so lodging should be booked well ahead.

WHERE TO STAY ALONG THE 7-DAY ROUTE

DAY 1	Cheyenne: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.
DAY 2	Laramie: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.
DAY 3	Casper: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.
DAY 4	Cody: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.
DAY 5	Yellowstone National Park: Choose the closest practical gateway town or park-adjacent lodge/cabin. Prioritize early access and less driving over nightlife.
DAY 6	Yellowstone to Grand Teton: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.
DAY 7	Grand Teton & Jackson: A central/downtown or main visitor district is usually the easiest family base for dining, walkability and a simple start the next morning.

BOOKING STRATEGY

- Park-area lodging is often the first inventory to disappear. For summer and school-break travel, begin there before locking the rest of the route.
 - Keep the longest drive days paired with easy-check-in lodging and avoid placing a must-do timed attraction immediately after a major transfer.
- 7220 Travel tip: If your priority is a specific park lodge, beach location or special experience, build the route around that hardest-to-get reservation first.**

Timing and lodging guidance is general planning advice. Always confirm current park access, road conditions, local events, weather patterns and property policies before booking.