

What to Pack in Your Disney Park Bag

WHAT SHOULD YOU PACK IN YOUR DISNEY PARK BAG?

By "Disney Park Bag" I mean the bag that you will carry around with you each day you visit the park, not your airplane carry-on. Typically I use a backpack or a sling bag.

It is important to find a balance between not having what you need and having enough to survive in the jungle for a week. **I have been to Disney over a dozen times, and still have yet to enter a theme park without any sort of backpack or crossbody bag. Even with older kids, or when I go alone, I take a bag!**

IN MY CROSSBODY:

- Photo ID, Credit Cards, Cash, SmartPhone, Small external battery charger/cord
- Poncho
- Small Emergency Kit: a dose of pain reliever (Tylenol, Advil, etc), Benadryl, plus a few bandaids
- Hand Sanitizer & Wipes
- External phone charger and charging cord
- Sunglasses
- Cosmetics - Lip balm, Facial Mist, Blotting Wipes

IN THE BACKPACK:

- **One water bottle per person** - we have a case of water bottles delivered to our hotel and when we leave for the park for the day we bring two: one we carry and one we pack (we freeze some of the bottles so they stay cool while defrosting). This saves us from buying a lot of water in the parks, though we still end up buying some. Staying hydrated is important - so do what works best for you and your family.
- **1.5 Ponchos per person** - I use these for stroller (or EVC) covers, to sit on for parades, water rides, etc so I like to have multiple. I pack extra if more than just an afternoon storm is predicted because I hate putting on wet ponchos.
- **Healthy Snacks** - I usually throw some pretzels, goldfish, protein bars in the bag so we can stave off hunger between sweet snacks or meals. No "hangry" family members allowed!
- **Wet Ones**
- **Small Ultra Absorbent Towel** - for drying wet benches, or cooling your neck
- **Extra Ziploc Baggies** - for cameras, wet clothes, leftover desserts
- **Electronics** - Large external battery charger, as well as my charging cord and power block.
- **Sunscreen!! Sunscreen!! Sunscreen!!**
- **First Aid** - travel size pain reliever (Advil, Tylenol, Excedrin), lots of bandaids, moleskin, Neosporin
- **Anti-chafing stick** - for thighs and feet
- **Deodorant wipes**
- **Reusable Straws** - the parks only have paper straws, and they tend to disintegrate quickly, so we BYOS

- **Glow Sticks** - even when traveling without my daughter I carry these and give them to small children waiting for the fireworks
- **Light Jackets/ Cooling Towels/ Fans** - depending on the season you are traveling in and the predicted weather

My biggest tip is to use clear cosmetic bags, small packing cubes, or Ziplocs to organize your backpack.

Although most of the time, you will walk through an imaging security system (think airport security) with your bags still on your body. Your bag may be searched by security before entering the park. If you have a bag with a lot of compartments, they will need to go through all of them, slowing down the process.

If you organize everything in the backpack it will be easier for everyone to quickly find what they need without upending everything else in the bag. (Plus you are less likely to leave something behind on a table or bench.)

If you have a backpack you find comfortable and useful, bring it! You don't need to buy a special backpack just for your Disney trip.



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