

Disney Packing List

Everything to pack for the parks

A Disney packing list is your checklist of clothing, a park bag, tech, and comfort items for a magical trip. Pack the core right and every park day runs smoothly. Forget something and the parks charge a premium for it, since a poncho alone costs about ten dollars inside.

Park Bag Must-Haves	
ESSENTIAL	WHY IT MATTERS
Portable charger, 10,000mAh+	The Disney app drains your phone by mid-afternoon
Disposable ponchos	Sudden storms and water rides
Sunscreen and sunglasses	Florida sun is relentless
Water bottle and snacks	Fountains are free, park snacks are pricey

Clothing	
ESSENTIAL	WHY IT MATTERS
Light breathable daywear	You walk 6 to 9 miles a day
Extra socks and underwear	Sweat and rain mean midday changes
One nicer outfit	For fine dining or nighttime shows
Swimsuit	Hotel pools and water parks

Shoes	
ESSENTIAL	WHY IT MATTERS
Two broken-in shoe pairs	Rotating keeps feet fresh
Supportive brands	Hoka, Brooks, or On Cloud
Extra socks	Dry feet after rain or sweat
No brand-new shoes	Blisters ruin park days

Health & Comfort

ESSENTIAL	WHY IT MATTERS
Moleskin and blister care	Long days are brutal on feet
Anti-chafe balm	Heat plus walking equals friction
Prescriptions and pain relief	Sore legs and heavy meals
Electrolytes and aloe	Hydration and sunburn relief

Tech & Park Essentials

ESSENTIAL	WHY IT MATTERS
MagicBand or park tickets	Link in the app, keep cards as backup
Charging cable and plug	Keep a spare in your bag
MagicBand+ cable	Uses a different cable than your phone
Cooling towel	Instant relief in the heat

Hotel Room Extras

ESSENTIAL	WHY IT MATTERS
Nightlight	Helps in a dark hotel bathroom
Liquid soap	Resorts provide bar soap only
Ziplock or trash bags	Sort wet and dirty clothes
Gum	Not sold anywhere on property

Pack by Season

SEASON	KEY ADDITIONS
Spring and summer	Light layers, cooling towel, extra ponchos
Fall	Rain gear for storm season
Winter	Sweater, gloves, light coat for mornings
Any season	Layers for frigid indoor air conditioning

What NOT to Pack

LEAVE AT HOME	REASON
Umbrella	A hassle to carry indoors, use a poncho
Wagons and stroller wagons	Not allowed unless a mobility device
Bug spray	Disney offers it free in the parks
Brand-new shoes	Guaranteed blisters, break them in first

Tips for Families With Kids

ITEM	WHY IT MATTERS
Snacks and autograph book	Save money and catch characters
Swim diaper	For the Magic Kingdom splash pad
Quiet activities	Uno or books for restaurant downtime
Own bag per child	Keeps everyone organized

Smart Packing Tips

- Bring two pairs of broken-in shoes and rotate them daily.
- Pack a high-capacity charger, since the app runs all day.
- Use packing cubes to sort outfits by day or person.
- Link tickets in the app early and print backups.
- Check the forecast the week before you travel.
- Weigh your bag at home to dodge airline fees.

Quick Facts Summary

TOPIC	QUICK ANSWER
Most important item	Two pairs of broken-in walking shoes
Park bag priority	Charger, ponchos, sunscreen, water, snacks
Tech tip	Bring a 10,000mAh+ charger for the app
By season	Cooling gear in summer, layers in winter
Do not pack	Umbrellas, wagons, bug spray, brand-new shoes
Family extra	Snacks, autograph book, swim diaper, activities
Common mistake	Wearing new shoes and skipping a charger