

Disney World Packing Checklist

Your complete guide to packing smart, staying comfortable, and avoiding trip-ruining surprises.

Essentials for Everyone

- Park tickets / MagicBand / photo ID
- Comfortable walking shoes (already broken in) and blister-preventing, moisture-wicking socks
- Weather-appropriate clothes for each day
- Refillable water bottle (with clip or strap)
- Sunscreen & lip balm with SPF
- Poncho or light rain jacket
- Small backpack or crossbody bag
- Portable phone charger & charging cable

Tip: Bring two pairs of shoes and alternate days to help avoid blisters.

Comfort Gear Must-Haves: Your feet will take thousands of steps a day at Disney. Keep them happy with broken-in shoes, moisture-wicking socks, and blister pads.

For Families with Young Kids

- Stroller (or rental info)
- Baby wipes & diapers/pull-ups
- Snacks (Disney's are pricey & not always kid-approved)
- Change of clothes for accidents
- Favorite small comfort item/toy

Weather-Specific Items

- Hot months: Cooling towel, hat, sunglasses, fan/mister
- Cooler months: Light sweater/jacket, leggings, closed-toe shoes
- Rainy season: Extra socks, compact umbrella, ponchos/raincoat

Health & Comfort

- Mini first aid kit (band-aids, blister pads, pain relief)
- Any prescriptions & daily meds
- Anti-diarrheal (Trust us — “Disney Diarrhea” is real. We learned the hard way when our son got hit right before a dinner reservation. Keep a couple of tablets in your park bag — they can save your day.)
- Hand sanitizer
- Compressed travel towels / wet wipes (just add water and they expand; lighter, smaller, and easier to carry than full packs of wipes)

Extras for the Fun

- Autograph book & pen
- Small bag for pin trading
- Camera / GoPro & accessories

Military & First Responder Add-Ons

- Military ID
- Proof of eligibility for Shades of Green / ticket discounts
- Comfortable travel clothes for base/home transitions

TL;DR Quick List

- Park tickets / MagicBand
- Comfortable shoes & moisture-wicking socks
- Weather-appropriate clothes
- Refillable water bottle & sunscreen
- Rain protection (poncho/umbrella/raincoat)
- First aid kit & anti-diarrheal
- Snacks & essentials for kids
- Portable charger
- Autograph book & camera