



FAMILY THEME PARK DAY PLANNING CHECKLIST

PLAN SMARTER. SKIP THE STRESS. ENJOY THE DAY.





FAMILY TRAVELING USA

WELCOME!

We've taken our kids to theme parks across the USA — from SeaWorld to Disney to LEGOLAND. After long lines, tired legs, and a few meltdowns (╥), we've learned what really works to make the day smoother. Here's our tried-and-true guide for surviving and thriving on your next theme park adventure!

THIS CHECKLIST IS DESIGNED TO BE QUICK,
PRACTICAL, AND EASY TO USE ON PARK DAY.

LET'S GO!





TIMING IS EVERYTHING

Want to skip the worst of the crowds and heat? Aim to arrive right at opening (when everyone's fresh, lines are shortest, and the weather's cooler) — or plan a late afternoon arrival, when families with little ones are heading out. Both strategies give you more rides with less waiting and a much more mellow vibe.

USE THE PARK APP

- Most theme parks have a free app with maps, real-time wait times, ride height requirements, and show schedules.
- Download the app before you arrive and take a few minutes to get familiar with it.
- Checking wait times throughout the day can help you adjust plans and avoid long lines.



WANT MORE FAMILY-TESTED THEME PARK TIPS? WE SHARE NEW GUIDES AND VIDEOS WEEKLY AT FAMILYTRAVELINGUSA.COM.

PARKING STRATEGY

- Premium parking = closer to the gate, but it costs more.
- We usually choose general parking, save the extra \$\$ for food or souvenirs, and plan for a bit of walking.

SOUVENIR PLAN

- Prep kids before entering the park:
 - No souvenirs today
 - 1 small item (set a budget)
 - Or swap souvenirs for a fun treat (ice cream, candy, etc.)
- Many parks funnel you through a gift shop at the end of the day — this plan helps avoid meltdowns.



STROLLER STRATEGY

- For our youngest, we still bring a lightweight umbrella stroller. It's easy to park if we don't need it and a lifesaver when little legs get tired.
- Bonus: it doubles as a place to stash snacks, jackets, or purchases.

WHAT TO PACK

- **Hydration:** Bring a collapsible bag with sealed, unopened water bottles (theme park water can be \$9 a bottle 😳). Or, if you're okay with tap water, most parks have fountains that allow refillable bottles.
- **Comfy shoes:** You'll be walking a lot.
- **Comfy clothes:** I usually opt for workout clothes.
- **Sun protection:** Hat + T-shirt (skip tank tops to avoid sunburns).

BAG CHECK MADE EASY

- Bring a light bag with just the essentials to make security checks quick.
- Leave big coolers and bulky items at home — you'll thank yourself later.



FOOD & BUDGET TIPS

- Most parks don't allow outside food. Check menus online ahead of time so you know where to eat and what to budget for. (Nothing's worse than being hangry in line!)
- Plan your snack breaks! A mid-day treat can be a lifesaver for kids (and parents).

QUICK-GRAB CHECKLIST

Checklist

- WATER BOTTLES / REFILLABLE BOTTLE
- SUNSCREEN + HATS
- COMFY SHOES & CLOTHES
- LIGHT BAG WITH ESSENTIALS
- PARK TICKETS / PASSES LOADED ON YOUR PHONE
- DOWNLOAD PARK APP
- SMALL UMBRELLA STROLLER (IF NEEDED)
- BUDGET + MEAL PLAN READY
- SOUVENIR PLAN SET WITH KIDS
- SCREENSHOT THIS CHECKLIST BEFORE PARK DAY
- BOOKMARK FAMILYTRAVELINGUSA.COM FOR FUTURE TRIPS

TIP: SCREENSHOT OR PRINT THIS CHECKLIST FOR PARK DAY.



FINAL NOTE

Theme park days can be magical, but they can also be overwhelming. A little preparation makes all the difference. We hope this guide helps your family have a smoother, more fun adventure — with more smiles and fewer meltdowns!

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