



# 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](http://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 <a href="https://familytravelingusa.com">FAMILYTRAVELINGUSA.COM</a> 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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