

# The Anti-Meltdown" Disney World Packing List: 25 Oddball Essentials

STOP BUYING \$15 PONCHOS AND \$10 WATERS. A NO-BS CHECKLIST FROM AMERICANTRAVEL.FUN

👋 Hey Mouseketeer!

You packed the matching shirts. You booked the Lighting Lanes. You even made your dining reservations 60 days out.

But Disney World is an endurance sport. It involves 20,000 steps a day, humidity that feels like a warm soup, and a park app that drains your battery faster than a kid eats a churro.

I put together this list of 25 "Oddball" Items that rookies always forget. These are the things that prevent blisters, save you hundreds of dollars on "emergency" purchases, and keep the magic alive when everyone else is melting down.

Save this list, check it twice, and dominate the parks like a pro.



- Chuck, American Travel Fun



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# The "Park Survival" Gear



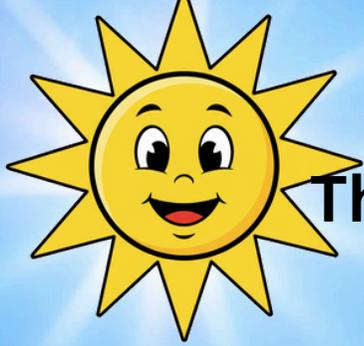
1. A HEAVY-DUTY PORTABLE CHARGER (POWER BANK)  
THE DISNEY "MY DISNEY EXPERIENCE" APP IS MANDATORY NOW. IT WILL DRAIN YOUR BATTERY BY NOON. BRING A 10,000MAH BATTERY OR YOU WILL BE STUCK LOOKING FOR WALL OUTLETS NEAR THE BATHROOMS.

2. DISPOSABLE PONCHOS (THE CHEAP MULTI-PACK)  
IT RAINS EVERY AFTERNOON. DISNEY SELLS PONCHOS FOR 12-15 EACH. BUY A 10-PACK ON AMAZON FOR \$15 TOTAL. USE THEM, RIP THEM, THROW THEM AWAY. DO NOT BRING A CLUNKY UMBRELLA.

3. MOLESKIN (NOT JUST BAND-AIDS)  
YOU WILL WALK A MARATHON OVER 3 DAYS. BAND-AIDS FALL OFF WITH SWEAT. MOLESKIN PADS YOUR FEET AND STAYS STUCK. APPLY IT BEFORE THE BLISTER FORMS.

4. ZIPLOC BAGS (GALLON SIZE)  
ESSENTIAL FOR TWO THINGS: 1) KEEPING YOUR PHONE DRY ON KALI RIVER RAPIDS. 2) PACKING LEFTOVER PRETZELS/POPCORN SO IT DOESN'T GET STALE IN THE HUMIDITY.

5. A SILICONE REUSABLE STRAW  
ANIMAL KINGDOM AND OTHER PARKS ONLY USE PAPER STRAWS TO SAVE THE ANIMALS. THEY DISSOLVE IN YOUR DRINK IN 5 MINUTES. IF YOU HATE SOGGY STRAWS, BRING YOUR OWN.



## The "Beat the Heat" Kit

6. BODY GLIDE (THE CHUB RUB SAVER)

IT'S HOT. YOU'RE WALKING. THIGHS RUB. DO NOT LET "CHUB RUB" RUIN YOUR TRIP. APPLY THIS EVERY MORNING. YOUR LEGS WILL THANK YOU.

7. COOLING TOWELS

DIP THESE IN A WATER FOUNTAIN, SNAP THEM, AND DRAPE THEM OVER YOUR NECK. IT DROPS YOUR BODY TEMP INSTANTLY. A LIFE SAVER IN THE JULY EPCOT LINE.

8. LIQUID I.V. OR ELECTROLYTE PACKETS

FLORIDA WATER TASTES LIKE SWAMP. MASK THE TASTE AND STAY HYDRATED. DRINKING PLAIN WATER ISN'T ENOUGH WHEN YOU ARE SWEATING THIS MUCH.

9. TWO PAIRS OF BROKEN-IN SHOES

NEVER WEAR THE SAME SHOES TWO DAYS IN A ROW. SWITCHING SHOES CHANGES THE PRESSURE POINTS ON YOUR FEET. ALSO, ONE PAIR WILL GET WET ON SPLASH MOUNTAIN.

[10. A PERSONAL NECK FAN

YES, YOU LOOK LIKE A TOURIST. NO, YOU WON'T CARE. THE AIR IS STAGNANT IN THE OUTDOOR QUEUES. BATTERY-POWERED AIRFLOW IS A LUXURY YOU NEED.

11. SUNSCREEN LIP BALM

EVERYONE REMEMBERS SHOULDER SUNSCREEN, BUT SUNBURNED LIPS HURT LIKE CRAZY WHEN YOU TRY TO EAT THAT DOLE WHIP.

# The "Hotel & Room" Fixes

## 12. A MULTI-PORT USB WALL CHARGER

DISNEY HOTEL ROOMS WERE BUILT BEFORE EVERYONE HAD A PHONE, WATCH, AND MAGICBAND TO CHARGE. ONE PLUG NEEDS TO CHARGE 4 DEVICES.

## [13. A POP-UP MESH HAMPER

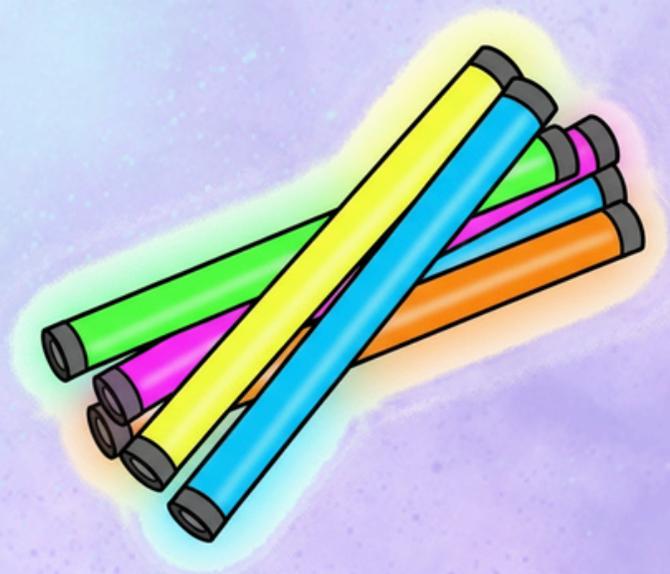
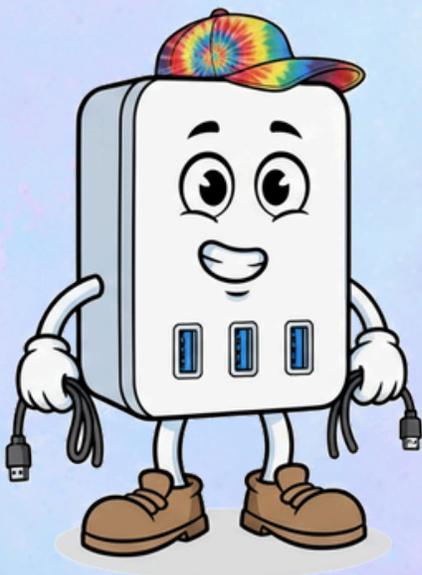
DISNEY ROOMS ARE SMALL. DON'T LIVE IN A PILE OF DIRTY CLOTHES. KEEP THE MESS CONTAINED SO HOUSEKEEPING CAN ACTUALLY WALK IN THE ROOM.

## 14. GLOW STICKS (FROM THE DOLLAR STORE)

AT NIGHT, DISNEY SELLS GLOW WANDS FOR \$30. BUY A TUBE OF 100 GLOW STICKS FOR \$1 BEFORE YOU LEAVE HOME. HAND THEM TO YOUR KIDS AND SAVE A FORTUNE.

## 15. OVER-THE-DOOR SHOE ORGANIZER

HANG THIS ON THE BATHROOM DOOR. PUT TOILETRIES, SUNSCREEN, AND SNACKS IN THE POCKETS. IT CLEARS UP THE TINY SINK COUNTER SPACE.



## The "Pro-Level" Extras

### 16. DRAMAMINE (NON-DROWSY)

EVEN IF YOU DON'T USUALLY GET SICK, THE SCREEN TECHNOLOGY ON GUARDIANS OF THE GALAXY AND REMY'S ADVENTURE MAKES MANY ADULTS QUEASY. BE PREPARED.

### 17. GUM

WALT DISNEY DIDN'T LIKE GUM STUCK TO SHOES, SO THEY DON'T SELL IT IN THE PARKS. IF YOU NEED GUM, YOU HAVE TO PACK IT IN YOURSELF.

### 18. CARABINERS (D-CLIPS)

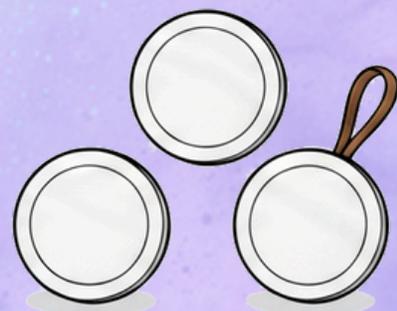
CLIP YOUR REFILLABLE POPCORN BUCKET OR YOUR WATER BOTTLE TO YOUR BACKPACK STRAP. KEEPS YOUR HANDS FREE FOR HOLDING ONTO THE LAP BAR.

### 19. A CHEAP SHOWER CURTAIN LINER & CLIPS

IF YOU HAVE A STROLLER: WHEN YOU PARK IT TO GO ON A RIDE, CLIP THE CURTAIN OVER IT. WHEN IT RAINS (AND IT WILL), YOUR STROLLER SEAT STAYS DRY.

### 20. AIRTAGS

PUT ONE IN YOUR LUGGAGE, BUT MORE IMPORTANTLY, PUT ONE IN YOUR STROLLER. CAST MEMBERS MOVE STROLLERS CONSTANTLY TO MAKE ROOM. FIND YOURS FAST.



# The "Oh Yeah, That Make Sense" Items

**21. A COLLAPSIBLE WATER BOTTLE**

QUICK SERVICE RESTAURANTS GIVE FREE CUPS OF ICE WATER. POUR IT INTO YOUR BOTTLE. DON'T CARRY A HEAVY METAL YETI BOTTLE ALL DAY; USE ONE THAT FOLDS UP WHEN EMPTY.

**22. A SMALL PACK OF WET WIPES**

MICKEY BARS MELT. TURKEY LEGS ARE GREASY. TABLES ARE STICKY. YOU NEED MORE THAN A FLIMSY NAPKIN.

**23. A FRICTION BLOCK STICK**

DIFFERENT FROM BODY GLIDE. USE THIS ON YOUR HEELS WHERE YOUR SHOE RUBS. IT PREVENTS THE BLISTER BEFORE YOU EVEN NEED THE MOLESKIN.

**24. PORTABLE "TIDE" PEN**

YOU WILL DROP KETCHUP OR CHOCOLATE ON YOUR FAVORITE SHIRT. FIX IT IN THE BATHROOM SO YOU DON'T HAVE TO BUY A \$40 SHIRT TO REPLACE IT.

**25. EXTERNAL BATTERY FAN FOR STROLLER**

IF YOU HAVE KIDS, CLIP A FAN TO THE STROLLER HANDLE. IF THE KID IS COOL, THE KID SLEEPS. IF THE KID SLEEPS, YOU GET A MARGARITA AT EPCOT.





## Want More No-BS Disney Tips?

We have full guides on how to survive the queues, hack the Genie+ system, and eat the best snacks without waiting in line.

👉 Visit the Website: [www.AmericanTravel.Fun](http://www.AmericanTravel.Fun)

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