



DISNEYLAND PARENT SURVIVAL SHEET

REAL MOM-APPROVED TIPS, SHORTCUTS, AND STRATEGIES

TO MAKE YOUR DISNEYLAND DAY EASIER AND LESS STRESSFUL!



ARRIVE EARLY

Get to the parks 45–60 minutes before opening. Rope drop is the secret to riding more with shorter waits!



USE THE APP LIKE A PRO

Check wait times, mobile order food, find restrooms, see show times, and make Lightning Lane selections all in the Disneyland app.



MOBILE ORDER FOOD

Save time and avoid hangry meltdowns! Order meals in the app and pick up when it's ready.



STAY HYDRATED

Bring refillable water bottles and fill them often. It's hot, you'll walk a lot, and happy kids drink water!



PLAN A MIDDAY BREAK

Take a break back at your hotel or find a shady spot to relax. A little downtime makes for a better day!



RENT WHAT YOU NEED

Strollers, lockers, and ECVs are available to rent. Travel light and rent at the parks!



USE RIDER SWITCH

Perfect for families with little ones! One parent rides while the other waits, then switch without waiting in line again.



DON'T SKIP SUNSCREEN

Reapply often! Sunscreen, hats, and sunglasses are must-haves for a comfortable day.



BRING SNACKS

Pack easy-to-carry snacks to save money and keep energy levels up between meals.



TAKE PHOTOS EARLY

Snap your must-have photos first thing! Crowds get bigger and kids get tired as the day goes on.



CHARGE YOUR PHONE

Bring a portable charger so you don't run out of battery (you'll be using your phone all day!).



STAY FOR THE MAGIC (HIGHLY RECOMMENDED!)

The last 1–2 hours are some of the best—shorter lines and a magical end to your day!

♥ BONUS MOM TIPS ♥

- ✓ Put a meeting spot in your phones in case you get separated.
- ✓ Write your phone number on your child's wrist or a MagicBand.
- ✓ Dress kids in comfortable clothes & shoes.
- ✓ Don't overschedule—leave room for spontaneous fun!
- ✓ Lower your expectations if needed. You're making memories!

HAVE FUN &
MAKE MEMORIES!

♥ YOU'VE GOT THIS, MAMA! ENJOY THE MAGIC TOGETHER. ♥