



Travel Day GROCERY LIST



DRINKS

- ✓ Case of water bottles
- ✓ Electrolyte packets
- ✓ Juice boxes
- ✓ Coffee or iced coffee
- ✓ Beer, wine, or seltzers for relaxing at the hotel



PARK SNACKS

- ✓ Goldfish
- ✓ Cheez-It's
- ✓ Granola bars
- ✓ Protein bars
- ✓ Fruit snacks
- ✓ Pretzels
- ✓ Gummies or candy for ride lines
- ✓ Chips or popcorn bags



EASY BREAKFAST ITEMS

- ✓ Muffins or pastries
- ✓ Cereal
- ✓ Milk
- ✓ Breakfast bars
- ✓ Bananas



QUICK GRAB-AND-GO FOODS

- ✓ String cheese
- ✓ Crackers
- ✓ Applesauce pouches



FRESH SNACKS

- ✓ Grapes
- ✓ Apples
- ✓ Cuties/mandarins
- ✓ Baby carrots



REAL MOM EXTRAS THAT HELP SO MUCH

- ✓ Large foldable grocery bag
- ✓ Refillable water bottles
- ✓ Liquid IV or electrolytes for park days
- ✓ Extra snacks for late-night cravings



Plan ahead. Pack smart. Enjoy the memories!

