

Beat the Summer Heat at Tokyo Disney Resort®!

Map of “Cool” Spots

-  Bottled Soft Drink Vending Machines
-  Water Fountains
-  Water Bottle Refill Stations
-  Cooling Services
-  Tarped Spaces
-  Indoor Facilities for Breaks
-  “Get Soaked” Attractions & Spots



Cooling Services

Cold water will be offered for mist fans and cooling towels purchased at the parks.



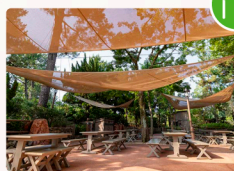
Bottled Soft Drink Vending Machines



Water Fountains



“Get Soaked” Zones



Tarped Spaces



Tips to Enjoy Tokyo Disney Resort During Summer

1

Use a Parasol

- White parasols are more reflective and effective than black ones
- It will feel cooler without the parasol if you're in the shade already



5

Stay in Cool Places During Peak Times

- The hottest time of day is around 2:00 p.m.
- There are lots of indoor spaces at the parks



2

Drink Water Regularly

- Aim for a water break every 20 minutes
- You can bring your own water bottles into the parks



6

Don't Forget to Eat

- Fill your stomach before you get hungry
- Even light meals are OK



3

Cool the Neck and Wrists

- Target the neck and wrists for more effective cooling
- Try placing a cold water bottle or ice on these areas



7

Take Breaks to Sit Down

- Sit on benches inside buildings or in the shade to cool off



4

Combine Water with Airflow

- Create a light breeze with items like handheld fans
- As water evaporates it will draw heat away



8

Refresh with Cooling Items

