

Beat the Summer Heat at Tokyo Disney Resort®!

Map of "Cool" Spots

-  Bottled Soft Drink Vending Machines
-  Water Fountains
-  Cooling Services
-  Tarped Spaces
-  Indoor Facilities for Breaks
-  "Get Soaked" Attractions & Spots



Cooling Services

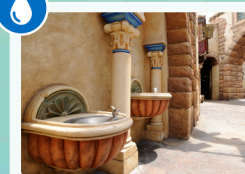
Cold water will be offered for mist fans and cooling towels purchased at the parks.



Bottled Soft Drink Vending Machines



"Get Soaked" Zones



Water Fountains



Tarped Spaces

- There are other water fountains at various locations around the parks, in addition to those listed on this map.

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

