Arrays vs Linked Lists

Use arrays when you need constant time access to elements by index, and you know how many items you need to store in advance or when you need to minimize the space used per element.

Use linked lists when you need to be able to continually add new elements, or you need to do a lot of insertions into the middle of your list. In other words, linked lists and arrays serve complementary purposes, and when you would use one or the other will depend on what you are trying to do.

Allain, Alex. Jumping into C++ (p. 213). Cprogramming.com. Kindle Edition.