



Traveling as a Family — Made Easy

The Essential Guide for Stress-Free Vacations



TABLE OF CONTENTS

[Before the Trip](#)

[During the Trip](#)

[After the Trip](#)

[Cultural Details – France](#)

[Your Family Accommodation](#)

[Checklists](#)

[Checklist 0–2 years](#)

[Checklist 3–9 years](#)

[Checklist 10–17 years](#)





The Joy of Traveling Together

Traveling as a family means sharing exceptional moments — the first “wow,” the laughter in the car, the spontaneous meals, and the discoveries made together.

But it’s also a logistical adventure. Between packing, timetables, meals, and the unexpected, a bit of organization makes all the difference.

This guide is designed to help you travel more calmly at every stage — before, during, and after your stay — with simple tips, practical tools, and a good dose of flexibility and kindness so that family travel stays a joy, not a stress.

BEFORE THE TRIP

To Check 3–4 Weeks Before Departure



Tip :

- *Check the expiration dates on your documents and those of your children.*
- *Store digital copies securely in the cloud (Google Drive, Dropbox).*

1

Valid passports and identity documents.

2

Visa: Check if you need a visa to enter France (depending on your country of origin). Visit france-visas.gouv.fr for official requirements.

3

Authorization for minors traveling without both parents.

4

Travel insurance and health coverage.

5

Confirmed accommodation and transportation bookings.

6

Updated vaccinations and children's health records.

BEFORE THE TRIP

General Packing Checklist

	Category	Use the following checklist
☐	Documents	Documents & Extras 0-2 Years Documents & Extras 3-9 Years Documents & Extras 10-17 Years
☐	Health	Health Kit
☐	Hygiene	Toiletries & Care 0-2 Years Toiletries & Care 3-9 Years Toilette & soins 10-17 Years
☐	Meals & Comfort	Meals & Comfort 0-2 Years Sleep & Comfort 0-2 Years Meals & Comfort 3-9 Years Meals & Comfort 10-17 Years
☐	Travel & Leisure	Travel & Leisure 0-2 Years Travel & Leisure 3-9 Years Travel & Leisure 10-17 Years
☐	Clothing	Clothing - p.1 0-2 Years Clothing - p.1 3-9 Years Clothing - p.2 3-9 Years Clothing - p.1 10-17 Years Clothing - p.2 10-17 Years
☐	Everyday Essentials	Everyday Practical Items 0-2 Years Everyday Practical Items 3-9 Years Everyday Practical Items 10-17 Years

Tip :

Use **PackPoint**, **Notion**, **Trello Family Travel** or our checklists to tick off items and share packing lists with the whole family.



BEFORE THE TRIP

Planning Your Journey



1

Choose gentle schedules: Depart after breakfast or after nap time.

2

Anticipate motion sickness: acupressure wristbands, anti-motion-sickness glasses, medication taken 30 minutes before travel, disposable travel sickness bags.

3

Eco-friendly alternatives: Train or carpool for domestic trips.

4

By car: Stop every 2 hours to stretch, snack, and play.

5

By train or plane: Bring quiet games, coloring books, or a surprise toy for each hour of travel.

Tip:

- *Keep a small, quiet game (cards, riddles, mini coloring book) in your bag — perfect for keeping kids patient in restaurants while meals are being prepared.*
- *See the “**Cultural Details**” section for travel preparation tips specific to France.*

DURING THE TRIP

Routine: A Parent's Best Friend



Tip:

Useful Apps for Traveling:

- **Calm Kids** or **Petit Bambou Junior** — for relaxation.
- **Seek by iNaturalist** — to identify plants and insects during walks.
- **Google Translate / SayHi** — for communication abroad.
- **TripIt** — to centralize all reservations.
- **Maps.me** — offline maps for areas without internet.

1

Keep to naps and mealtimes whenever possible — it prevents 80% of meltdowns.

2

Maintain a daily “anchor”: a calm moment (reading, drawing, bath).

3

Don't over-schedule — better two successful activities than five rushed ones.

4

Before a meltdown: notice the signs (yawning, fidgeting, sudden silence).

5

During: take deep breaths, change environment, offer water, don't cancel everything.

6

After: praise calm recovery (“You calmed down on your own — great job!”).

DURING THE TRIP

Activity Ideas for the Whole Family

Type	Example	Practical Tip
Nature	Forest, park, beach, cycling, picnic	Find playgrounds and kid-friendly trails
Culture	Interactive museum, zoo, aquarium	Buy tickets online in advance
Relaxation	Leisurely stroll, local market	Let kids choose one activity per day

Astuce :

- *Check the official websites of tourist offices or cities: you'll often find great deals, seasonal events, and local recommendations there.*

Examples: "Lyon Tourist Office," "Dijon Tourism," "Nice.fr."



AFTER THE TRIP

Getting Back to Routine — Without the Rush



- 1 Leave one “buffer day” between your return and school/work — don’t plan anything urgent.
- 2 Unpack and tidy gradually (laundry, souvenirs, photos).
- 3 Host a “memory evening”: look through photos and cook a meal from the trip.
- 4 Turn anecdotes into traditions — a “vacation playlist” or a local dish to remake.
- 5 Let the children share their discoveries with friends or teachers.

Tip:

Creating Memories:

- Make a photo album or a world map with pins (**Cheerz, Canva, Photobox**).
- Keep a souvenir box with shells, tickets, and drawings.
- Mail a postcard to yourself — a time capsule for later.

A vertical image on the left side of the page shows a white ceramic cup filled with coffee and a croissant on a white plate, both resting on a dark surface.

CULTURAL DETAILS

The French Rhythm

France has its own schedule and quirks — knowing them avoids many surprises!

Astuce :

- *Prévoyez toujours un encas pour les enfants et repérez les restaurants "service continu" ou les brasseries ouvertes toute la journée.*

Meal Times

- Lunch: 12:00–2:00 p.m.
- Dinner: 7:00–9:30 p.m.

Kitchens often close between these times.

Shop Hours

- Most supermarkets close at 7–8 p.m. on weekdays.
- Many are closed Sundays, or open only in the morning (until about 12:30 p.m.).

Bakeries and open-air markets open early in the morning.

Strikes and Public Transport

- Always check before your trip for train, metro, or airline strikes.
- Visit snCF-connect.com or ratp.fr for live updates.

Electrical Outlets

- In France, outlets are type E (two round pins, sometimes with a grounding pin).
- Voltage: 230V / 50Hz.

Bring a universal adapter if traveling from abroad.

Astuce :

- *Vérifiez les horaires locaux via Google Maps.*
- *Utilisez TheFork (LaFourchette) pour réserver un restaurant adapté aux familles.*
- *Privilégiez les logements avec coin cuisine pour éviter les imprévus.*



Your Family Accommodation in France

Traveling as a family also means finding a place where everyone stays together. OIQIA accommodations are designed for comfort, flexibility, and independence.

Why Choose OIQIA?

- Entire apartments or houses: your whole family under one roof — unlike hotels.
- Fully equipped kitchens: prepare meals or heat up dishes anytime.
- 24/7 autonomous arrival: thanks to our Traveler App, check in easily even late at night.
- Traveler App features:
 - Local recommendations
 - Practical city information
 - Family-friendly activities
- Traveler Assistance 365 days/year: our support team is online year-round.

Tip:

Before leaving, browse the OIQIA catalog to find the perfect family accommodation in your destination city at www.oiqia.com





TRAVEL AS LIFE LESSONS

Traveling as a family isn't just about changing scenery — it's about growing together, learning to adapt, laughing through the unexpected, and creating lifelong memories.

Wherever you go, the key is to stay present, curious, and kind — with others and with yourself.

*Have a good trip, and may your
family adventures be as light as
your suitcases!*

OIQIA
traveler



Checklists



These checklists are inspired by real travel experiences and the most common family needs. Adapt them to your own situation — every child and trip is unique.



Family Checklist		Health Kit*
	Type	Recommended Items
	Pain & Fever	Paracetamol, ibuprofen (age-appropriate)
	Digestive Issues	Anti-diarrheal
		Probiotics
		Stomach soothers
	Motion Sickness	Medication (take before travel), acupressure wristbands, anti-nausea glasses
	Allergies	Antihistamines (for known or seasonal allergies)
	Cuts & Scrapes	Pansements
		Compresses
		Germicide
		Healing cream
	Specific Care	Sunscreen
		Insect repellent
		Thermometer
		Tweezers
	Other Essentials	Rehydration salts
		Hand sanitizer
		Nasal spray
		Eye drops
* This kit does not replace medical advice. It simply includes useful basics to handle minor travel issues before consulting a healthcare professional if needed.		



0-2 Years

Checklists



	Category	Comments
	ID card / passport	<i>Depending on destination</i>
	European Health Insurance Card	<i>For travel within the EU</i>
	Health record booklet	<i>Essential</i>
	Travel insurance / private health plan	<i>Optional but useful</i>
	Medical certificate (if under treatment)	<i>Keep on you</i>
	Emergency numbers / pediatrician	<i>Save in the phone</i>

Travel & Leisure

	Category	Comments
	Compact stroller / umbrella stroller	<i>According to age and destination</i>
	Baby carrier / wrap	<i>For visits or transfers</i>
	Car seat / infant carrier	<i>Mandatory if traveling by car</i>
	Fully stocked changing bag	<i>Diapers, water, meals, toy, change of clothes</i>
	Sunshade / umbrella / rain cover	<i>According to season</i>
	Blanket / seat protector	<i>For long journeys</i>
	Travel toys	<i>Small, soft, quiet (books, rattles, plush toys)</i>

	Category	Comments
	Soft hairbrush	<i>To soothe after bath time</i>
	Baby body wash / gentle shampoo	<i>Don't forget a small dosing pot</i>
	Face & body moisturizer	<i>Baby formula</i>
	Baby sunscreen (SPF 50+)	<i>From 6 months old</i>
	Wipes / cotton pads	<i>According to your changing routine</i>
	Liniment / diaper cream	<i>Travel size</i>
	Diapers	<i>~7/day, 50-60 for a week (or plan to buy on site)</i>
	Baby towel / hooded bath towel	<i>1-2 in soft terry cotton</i>
	Thermometer (body + bath)	<i>Compact and handy</i>
	Baby-safe mosquito repellent	<i>Infant-specific if traveling in summer</i>
	Pacifiers / spare teats	<i>2-3 — always carry an extra</i>

	Category	Comments
	Bottles / teats	3-4, different flows by age
	Formula powder dispenser	Handy for travel
	Suitable mineral water	If baby drinks bottles
	Bottle warmer / thermos	Compact for trips
	Baby jars / pouches / purées	7-10 — plan by age & appetite
	Baby cutlery / rigid bib	For meals on site
	Training cup	For babies from 6 months
	Travel high chair / folding booster	Very useful on trips
	Cloth or paper napkins	Always handy at mealtimes

	Category	Comments
☐	Bags for dirty laundry / used diapers	<i>Keep clean separate from soiled</i>
☐	Baby-safe laundry detergent	<i>Mini size</i>
☐	Waterproof pouch	<i>For bottle or pacifier</i>
☐	Bottle or water flask for parents	<i>Always useful</i>
☐	Folding tote bag	<i>Always useful when traveling</i>

Sleep & Comfort

	Catégorie	Comments
☐	Travel cot / baby bed	<i>Check if provided by the accommodation</i>
☐	Fitted sheet / mattress protector / light blanket	<i>2 full sets</i>
☐	Lovey / favorite plush	<i>Essential to sleep anywhere</i>
☐	Pacifier / nightlight / musical mobile	<i>To recreate bedtime cues</i>
☐	Baby monitor	<i>Optional but reassuring</i>
☐	Throw / travel blanket	<i>For stroller naps</i>
☐	Stroller footmuff / sleeping bag	<i>In winter</i>

	Category	Mid-season		Summer		Winter	
		Quantity	Tip	Quantity	Tip	Quantity	Tip
	Bodysuits (short & long sleeves)	7 to 10	<i>Plan by weather and spit-ups</i>	7 to 10	<i>Choose light, breathable fabrics (organic cotton / double gauze)</i>	7 to 10	<i>Prefer long sleeves</i>
	Pants / leggings	3 to 4	<i>With elastic waist for comfort</i>	3 to 4	<i>Shorts in peak summer</i>	4 to 5	
	Pajamas / sleep suits	4 to 6	<i>Soft cotton, easy to put on</i>	4 to 6	<i>Light cotton</i>	4 to 6	<i>Warm velour Pjs</i>
	T-shirts / sweaters / cardigans	4 to 5	<i>Easy to layer</i>	1 to 2	<i>Easy to layer</i>	4 to 5	<i>Easy to layer</i>
	"Going-out" / dressy outfit	1 to 2	<i>For restaurant or a keepsake photo</i>	1 to 2	<i>For restaurant or a keepsake photo</i>	1	<i>Warm & comfy for a special occasion</i>
	Socks / booties	5 to 6	<i>+ one non-slip pair for early walkers</i>	5 to 6	<i>Cotton + 1-2 non-slip pairs for early walkers</i>	5 to 6	<i>Lined / thicker socks</i>
	Bib / bandana	3 to 5	<i>Essential for meals & drool</i>	3 to 5	<i>Essential for meals & drool</i>	3 to 5	<i>Essential for meals & drool</i>
	Hat / mittens	1	<i>Cotton</i>	1	<i>Light cotton</i>	1	<i>Wool</i>
	Sun hat / sunglasses			1	<i>UV-blocking hat / baby sunglasses</i>		
	Coat / snowsuit	1	<i>According to season</i>			1	<i>Pramsuit / bunting bag</i>
	Sleep sack / wearable blanket	1	<i>Suited to indoor temperature</i>	1	<i>Summer sleep sack (TOG 0.5-1)</i>	1	<i>Winter sleep sack (TOG 2.5-3.5)</i>
	Blankets / throws	1	<i>Thick cotton or wool by weather</i>	1	<i>One light throw is enough</i>	1	<i>Fleece blanket or bunting</i>
	Swim diapers / leak-proof suit / armbands / UV clothing (by age)	1	<i>If indoor pool</i>	1	<i>+ Microfiber towels or beach poncho</i>	1	<i>If indoor pool</i>



3-9 Years

Checklists



	Category	Comments
	ID card / passport	<i>Depending on destination</i>
	European Health Insurance Card	<i>For travel abroad</i>
	Health record booklet	<i>Always useful in an emergency</i>
	Travel insurance	<i>Optional but recommended</i>
	Luggage name tag	<i>Simple but practical</i>

Toiletries & Care

	Category	Comments
	Toothbrush + kids' toothpaste	<i>Keep a dedicated "travel" kit</i>
	Brush / comb	<i>+ hair ties / clips if needed</i>
	Shower gel / gentle shampoo	<i>Travel size or solid</i>
	Moisturizer / after-sun	<i>Handy after the pool</i>
	Sunscreen	<i>SPF 50+; reapply every 2-3 hrs</i>
	Tissues / wipes	<i>Always useful</i>

	Category	Comments
☐	Favorite snacks	<i>Bars, dried fruit, biscuits — avoid fresh items</i>
☐	Lunch box / reusable cutlery	<i>Useful for picnics</i>
☐	Lovey or light blanket	<i>For naps and travel</i>
☐	Diapers / light bib	<i>If still needed</i>

Travel & Leisure

	Category	Comments
☐	Kids' backpack	<i>For treasures and toys</i>
☐	Book(s) / magazine / comic	<i>Encourage quiet reading</i>
☐	Travel game / plush toy	<i>Great for transport or evenings</i>
☐	Travel journal + crayons	<i>Draw or jot down discoveries</i>
☐	Tablet / headphones	<i>For long trips or films</i>
☐	Reusable water bottle	<i>Easy hydration</i>
☐	Kids' sunglasses	<i>With retention strap</i>

	Category	Comments
	Dirty-laundry bag	<i>Keep clean separate from soiled</i>
	Mini detergent / wash bag	<i>For small loads on site</i>
	Microfiber towel	<i>Dries fast, takes little space</i>
	Waterproof pouch	<i>For phone, papers, or wet swimsuit</i>

Your personal list

	Category	Comments
		
		
		
		
		
		
		

	Category	Mid-season		Summer		Winter	
		Quantity	Tip	Quantity	Tip	Quantity	Tip
	T-shirts / light tops	2 to 3	<i>Favor breathable cotton</i>	5 to 7	<i>Favor breathable cotton</i>	2 to 3	<i>Favor breathable cotton</i>
	Long-sleeve tops / shirts	3 to 4	<i>Favor breathable cotton</i>	1	<i>For a cool evening</i>	3 to 4	<i>Choose breathable, easy-wash fabrics</i>
	Sweaters / sweatshirts	2 to 3	<i>One warm + one light</i>	1	<i>Light</i>	3 to 4	<i>Go "layerable": fleece + hoodie + a lighter layer</i>
	Pants	3 to 4	<i>Pack one spare "all-terrain" pair</i>	1		3 to 4	<i>Pack one spare "all-terrain" pair</i>
	Shorts			3 to 4	<i>Favor breathable cotton</i>		
	Pajamas	2	<i>One warm, one light</i>	1	<i>Light / short</i>	1	<i>Fleece or flannel</i>
	Underwear	7 to 8	<i>+1 extra "just in case"</i>	7 to 8	<i>+1 extra "just in case"</i>	7 to 8	<i>+1 extra "just in case"</i>
	Socks	7 to 8	<i>Pack thicker pairs if hiking</i>	3 to 4		7 to 8	<i>Pack thicker pairs if hiking / skiing</i>
	Light jacket / raincoat	1	<i>Ideally windproof & packable</i>			1	<i>Windproof & waterproof</i>
	Swimsuit	1	<i>If indoor / heated pool</i>	1 to 2	<i>+ microfiber towel</i>	1	<i>If indoor / heated pool</i>
	Hat / cap / sunglasses			1	<i>Essential in summer</i>		
	Comfortable shoes	1 pair	<i>For daily walking</i>			2 pairs	<i>For lodging & dry weather</i>

	Category	Mi-saison		Été		Hiver	
		Quantity	Tip	Quantity	Tip	Quantity	Tip
	Sandals or flip-flops	1 pair	For apartment	2 to 3 pairs	For beach & apartment		
	“Special” outfit	1	Dinner, cultural visit, etc.	1	Dinner, cultural visit, etc.	1	Warm & comfy for a special occasion
	Beanie, scarf, gloves	1 (pair)	Weather can change quickly			2 (pairs)	Essential in winter
	Thermal base layers / warm tights or leggings					1	
	Fur-lined or waterproof boots					1	
	Warm waterproof coat / puffer jacket					1	



10–17 Years

Checklists



	Category	Comments
☐	ID card / passport	<i>Depending on destination</i>
☐	European Health Insurance Card	<i>For travel in Europe</i>
☐	Health record booklet	<i>Keep accessible</i>
☐	Travel insurance	<i>Optional but useful</i>
☐	Luggage tag with name	<i>Name + parents' phone number</i>
☐	Bank card / spending money	<i>According to allowed autonomy</i>
☐	Parental authorization (if teen travels alone)	<i>Mandatory outside the EU</i>

Toiletries & Care

	Category	Comments
☐	Toothbrush + toothpaste	<i>Don't forget a personal toiletry kit</i>
☐	Brush / comb / hair ties	<i>+ mini mirror if needed</i>
☐	Shower gel / shampoo	<i>Travel size or solid</i>
☐	Moisturizer / after-sun	<i>To soothe after swimming</i>
☐	Sunscreen	<i>Even for teens, especially outdoors</i>
☐	Tissues / wipes	<i>For travel or quick meals</i>
☐	Deodorant	<i>Choose compact; non-aerosol if flying</i>
☐	Menstrual products (if needed)	<i>Useful even if dates don't match the trip</i>

	Category	Comments
☐	Favorite snacks	<i>Bars, dried fruit, biscuits — avoid fresh items</i>
☐	Lunch box / reusable cutlery	<i>For picnics or travel days</i>
☐	Comfort item / cushion / light throw	<i>Yes — even teens sleep better en route</i>
☐	Reading glasses / travel nightlight	<i>Handy for evening reading</i>

Travel & Leisure

	Category	Comments
☐	Phone / tablet	<i>Check charger and airplane mode</i>
☐	Headphones / earphones	<i>Essential for transit or quiet time</i>
☐	Charger / power bank	<i>Useful for long days out</i>
☐	Camera / GoPro	<i>For image-loving teens</i>
☐	Book / comic / e-reader	<i>To disconnect between journeys</i>
☐	Travel journal	<i>Creative idea: stick in tickets and keepsakes</i>
☐	Travel-size board game / cards	<i>Ideal for evenings in the rental</i>
☐	Sunglasses	<i>UV category 3 protection</i>
☐	Reusable water bottle	<i>Easy hydration on excursions</i>

	Category	Comments
	Dirty-laundry bag	<i>Keep clean separate from soiled</i>
	Mini detergent / wash bag	<i>For small loads on site</i>
	Microfiber towel	<i>Dries fast, compact</i>
	Waterproof pouch	<i>For phone, documents, or wet swimsuit</i>

Your personal list

	Category	Comments
		
		
		
		
		
		
		

	Category	Mid-season		Summer		Winter	
		Quantity	Tip	Quantity	Tip	Quantity	Tip
	T-shirts / light tops	4 to 5	<i>Choose breathable, easy-wash fabrics</i>	5 to 7	<i>Choose breathable, easy-wash fabrics</i>	1 to 2	<i>Choose breathable, easy-wash fabrics</i>
	Long-sleeve tops / shirts	1 to 2	<i>Choose breathable, easy-wash fabrics</i>			4 to 5	<i>Choose breathable, easy-wash fabrics</i>
	Sweaters / sweatshirts	2 to 3	<i>One warm + one lighter for layering</i>	1	<i>Light</i>	3 to 4	<i>Thick sweaters, fleeces, hoodies + a lighter layer</i>
	Pants	3 to 4	<i>Choose one pair of jeans + one comfy pair for travel</i>	1	<i>Include one pair of jeans + one comfy pair for travel</i>	3 to 4	<i>Include one pair of jeans + one comfy pair for travel</i>
	Shorts			3 to 4	<i>Choose breathable, easy-wash fabrics</i>		
	Pajamas	1 to 2	<i>According to climate & comfort</i>	1 to 2	<i>According to climate & comfort</i>	1 to 2	<i>According to climate & comfort</i>
	Underwear	7 to 8	<i>Pack a few extra "just in case"</i>	7 to 8	<i>Pack a few extra "just in case"</i>	7 to 8	<i>Pack a few extra "just in case"</i>
	Socks	7 to 8	<i>Include one technical pair for hiking/sport</i>	3 to 4	<i>Light</i>	7 to 8	<i>Include 1-2 technical pairs for hiking/sport</i>
	Jacket / windbreaker	1	<i>Ideally waterproof and compact</i>			1	<i>For sport</i>
	Activewear / loungewear	1	<i>Joggers or leggings by preference</i>	1	<i>Joggers or leggings by preference</i>	1	<i>Joggers or leggings by preference</i>
	"Going-out" outfit	1	<i>For restaurant or evening</i>	1	<i>For restaurant or evening</i>	1	<i>For restaurant or evening</i>
	Swimsuit	1	<i>If indoor / heated pool</i>	2	<i>+ microfiber towel for quick drying</i>	1	<i>If indoor / heated pool</i>
	Cap / hat / sunglasses			1	<i>Sun protection</i>		

	Category	Mi-saison		Été		Hiver	
		Quantity	Tip	Quantity	Tip	Quantity	Tip
	Walking shoes / sneakers	1 pair	For day trips and visits	1 pair	Light pairs for walks & hikes	1 pair	Consider replacing sneakers with warmer shoes
	Sandals / flip-flops	1 pair	For apartment	2 to 3 pairs	For beach & apartment		
	Beanie, coat, gloves	1 (pair)	Weather can shift quickly			2 (pairs)	Think touchscreen gloves (smartphone)
	Warm coat / parka or technical jacket					1	Essential in winter
	Thermal base layers / warm tights					1	For active sports or cold excursions
	High-top shoes or waterproof boots	1 paire				1	Especially if temperatures drop below zero