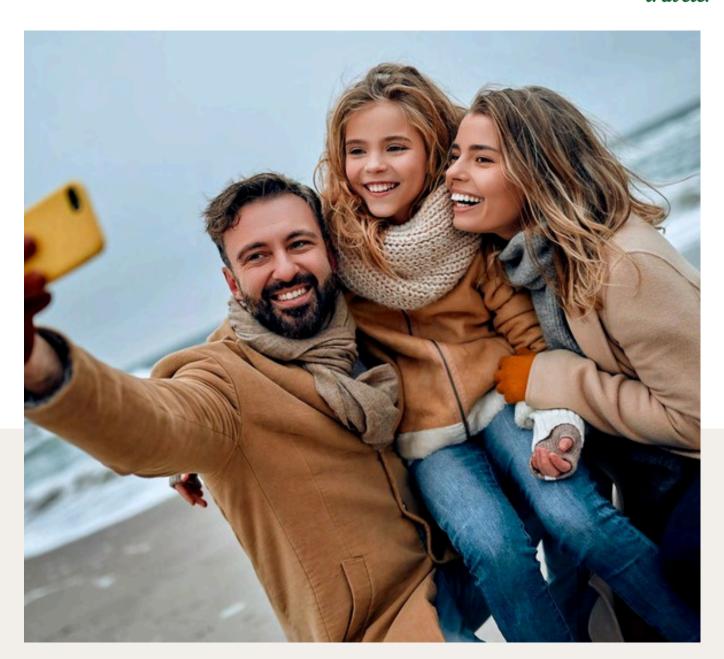
O I Q I A



Traveling as a Family - Made Easy

The Essential Guide for Stress-Free Vacations

TABLE OF CONTENTS

Before the Trip

<u>During the Trip</u>

After the Trip

<u>Cultural Details – France</u>

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).

- Valid passports and identity documents.
- Visa: Check if you need a visa to enter France (depending on your country of origin). Visit <u>france-visas.gouv.fr</u> for official requirements.
- Authorization for minors traveling without both parents.
- Δ 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	<u>Health Kit</u>
Hygiene	Toilettries & Care 0-2 Years Toilettries & 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

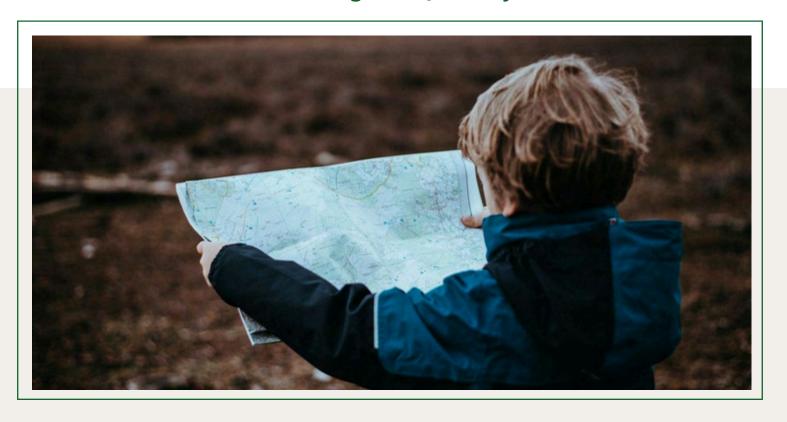
Tip:

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



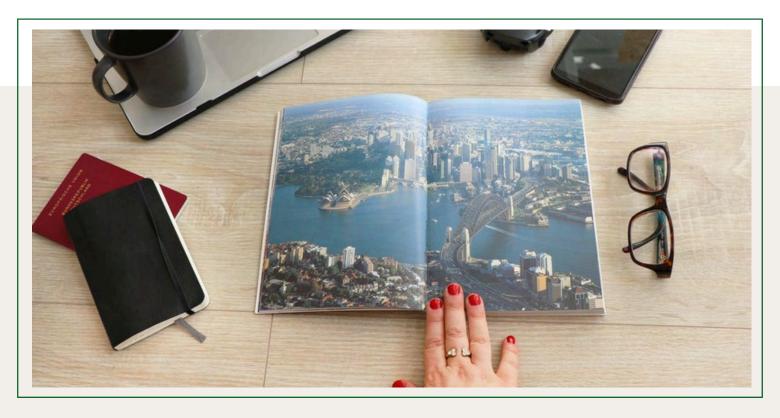
- 1 Choose gentle schedules: Depart after breakfast or after nap time.
- Anticipate motion sickness: acupressure wristbands, anti-motion-sickness glasses, medication taken 30 minutes before travel, disposable travel sickness bags.
- Eco-friendly alternatives: Train or carpool for domestic trips.
- By car: Stop every 2 hours to stretch, snack, and play.
- 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.
- Maintain a daily "anchor": a calm moment (reading, drawing, bath).
- Don't over-schedule better two successful activities than five rushed ones.
- Before a meltdown: notice the signs (yawning, fidgeting, sudden silence).
- 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
Interactive museum, zoo, Culture 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.

Translated (fluor Tourist Office (f. (f.)) in a seasonal events.

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



AFTER THE TRIP

Getting Back to Routine — Without the Rush



- Leave one "buffer day" between your return and school/work don't plan anything urgent.
- Unpack and tidy gradually (laundry, souvenirs, photos).
- Host a "memory evening": look through photos and cook a meal from the trip.
- Turn anecdotes into traditions a "vacation playlist" or a local dish to remake.
- 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.



CULTURAL DETAILS

The French Rhythm

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

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 <u>sncf-connect.com</u> or <u>ratp.fr</u> 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.

OIQIA traveler

Your Family Accommodation in France

VTraveling 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
 - o 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.oigia.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!



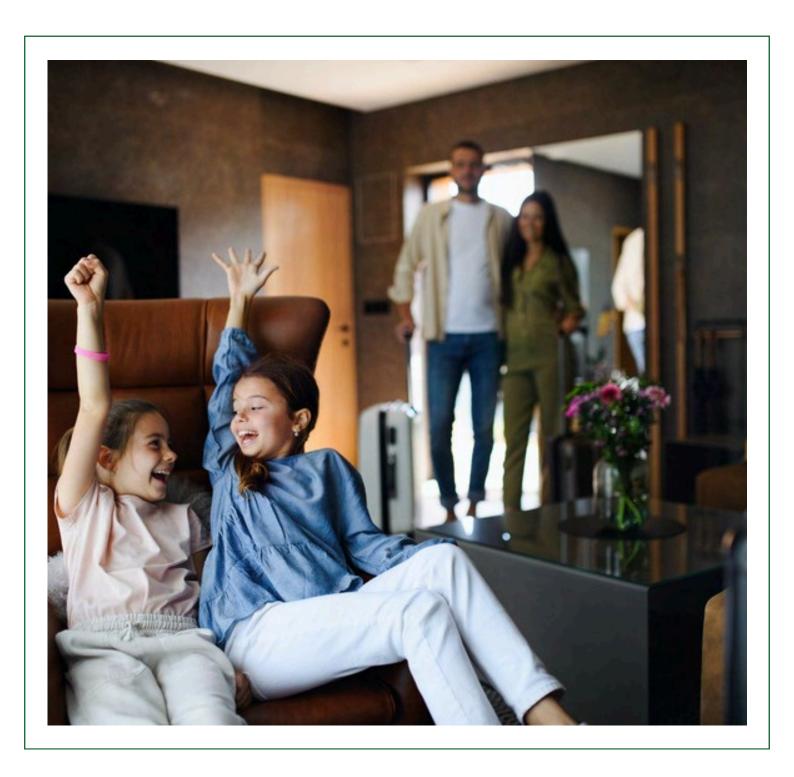


Checklists



These checklists are inspired by real travel experiences and the most common family needs.

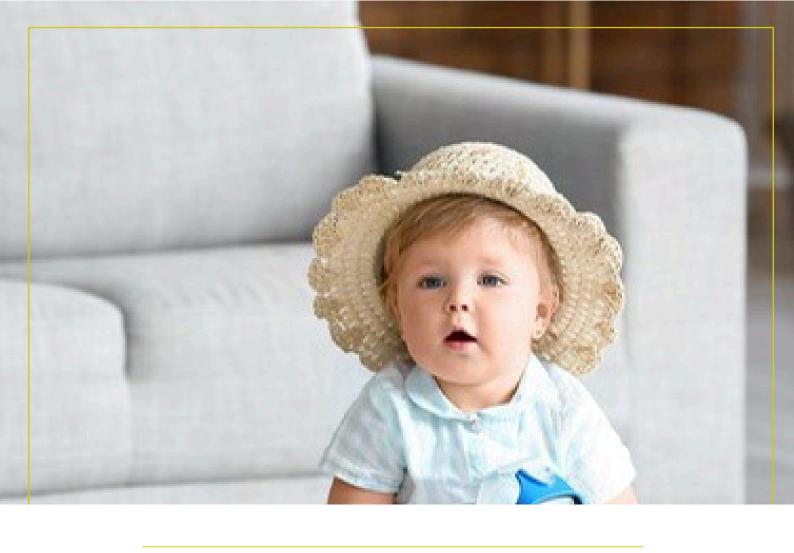
Adapt them to your own situation — every child and trip is unique.



FAMILY CHECKLIST Health Kit*

Type	Recommended Items			
Pain & Fever	Paracetamol, ibuprofen (age-appropriate)			
	Anti-diarrheal			
Digestive Issues	Probiotics			
	Stomach soothers			
Motion Sickness	Medication (take before travel), acupressure wristbands, anti-nausea glasses			
Allergies	Antihistamines (for known or seasonal allergies)			
	Pansements			
Cuta 9 Canno	Compresses			
Cuts & Scrapes	Germicide			
	Healing cream			
	Sunscreen			
Specific Core	Insect repellent			
Specific Care	Thermometer			
	Tweezers			
	Rehydration salts			
· · ·	Hand sanitizer			
Other Essentials	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.



o-2 Years

Checklists



CHECKLIST 0-2 YEARS

Documents & Extras

Category	Comments
ID card / passport	Depending on destination
European Health Insurance Card	For travel within the EU
Health record booklet	Essential
Travel insurance / private health plan	Optional but useful
Medical certificate (if under treatment)	Keep on you
Emergency numbers / pediatrician	Save in the phone
	Travel & Leisure
Category	Comments
Category Compact stroller / umbrella stroller	Comments According to age and destination
Compact stroller / umbrella stroller	According to age and destination
Compact stroller / umbrella stroller Baby carrier / wrap	According to age and destination For visits or transfers
Compact stroller / umbrella stroller Baby carrier / wrap Car seat / infant carrier	According to age and destination For visits or transfers Mandatory if traveling by car
Compact stroller / umbrella stroller Baby carrier / wrap Car seat / infant carrier Fully stocked changing bag	According to age and destination For visits or transfers Mandatory if traveling by car Diapers, water, meals, toy, change of clothes

CHECKLIST o-2 YEARS

Toilettries & Care

G1111 G111	137 0 2 1111110	Tollettires & cure
	Category	Comments
	Soft hairbrush	To soothe after bath time
	Baby body wash / gentle shampoo	Don't forget a small dosing pot
	Face & body moisturizer	Baby formula
	Baby sunscreen (SPF 50+)	From 6 months old
	Wipes / cotton pads	According to your changing routine
	Liniment / diaper cream	Travel size
	Diapers	~7/day, 50–60 for a week (or plan to buy on site)
	Baby towel / hooded bath towel	1–2 in soft terry cotton
	Thermometer (body + bath)	Compact and handy
	Baby-safe mosquito repellent	Infant-specific if traveling in summer
	Pacifiers / spare teats	2–3 — always carry an extra

CHECKLIST 0-2 YEARS

Meals & Comfort

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

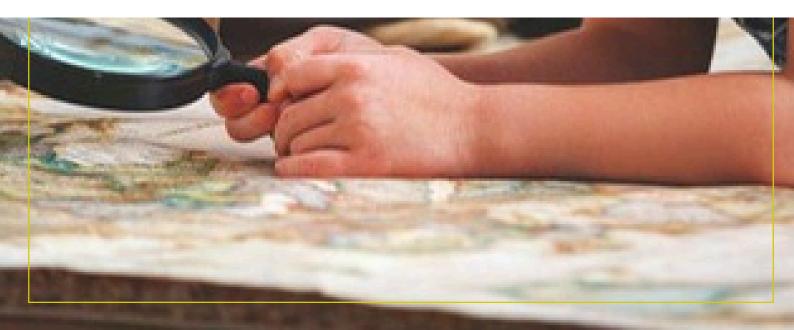
Category	Comments
Bags for dirty laundry / used diapers	Keep clean separate from soiled
Baby-safe laundry detergent	Mini size
Waterproof pouch	For bottle or pacifier
Bottle or water flask for parents	Always useful
Folding tote bag	Always useful when traveling
	Sleep & Comfort
Catégorie	Comments
Travel cot / baby bed	Check if provided by the accommodation
Travel cot / baby bed Fitted sheet / mattress protector / light blanket	Check if provided by the accommodation 2 full sets
Fitted sheet / mattress protector / light blanket	2 full sets
Fitted sheet / mattress protector / light blanket Lovey / favorite plush	2 full sets Essential to sleep anywhere
Fitted sheet / mattress protector / light blanket Lovey / favorite plush Pacifier / nightlight / musical mobile	2 full sets Essential to sleep anywhere To recreate bedtime cues
Fitted sheet / mattress protector / light blanket Lovey / favorite plush Pacifier / nightlight / musical mobile Baby monitor	2 full sets Essential to sleep anywhere To recreate bedtime cues Optional but reassuring
Fitted sheet / mattress protector / light blanket Lovey / favorite plush Pacifier / nightlight / musical mobile Baby monitor Throw / travel blanket	2 full sets Essential to sleep anywhere To recreate bedtime cues Optional but reassuring For stroller naps
Fitted sheet / mattress protector / light blanket Lovey / favorite plush Pacifier / nightlight / musical mobile Baby monitor Throw / travel blanket	2 full sets Essential to sleep anywhere To recreate bedtime cues Optional but reassuring For stroller naps

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



3-9 Years

Checklists



CHECKLIST 3-9 YEARS

Documents & Extras

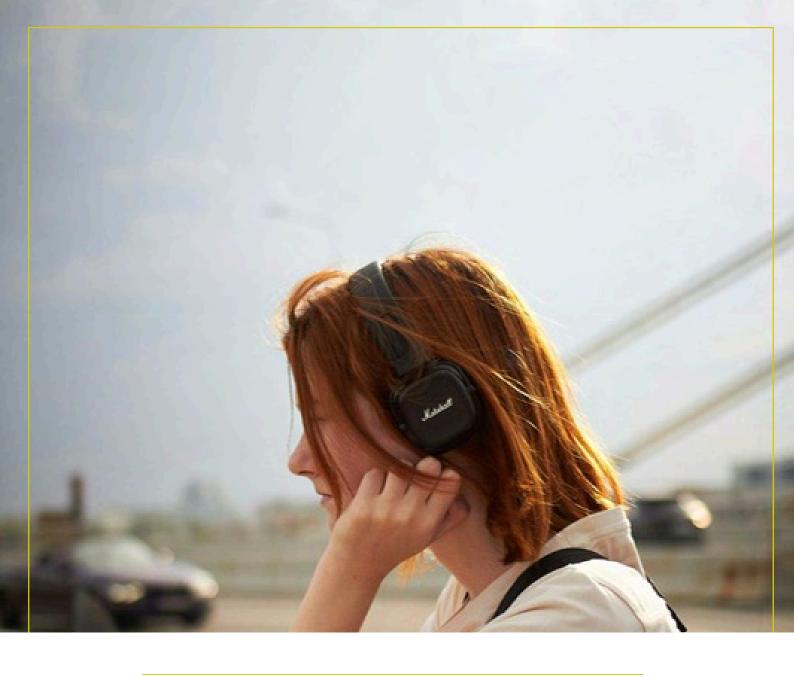
Category	Comments
ID card / passport	Depending on destination
European Health Insurance Card	For travel abroad
Health record booklet	Always useful in an emergency
Travel insurance	Optional but recommended
Luggage name tag	Simple but practical
	Toilettries & Care
Cataman	
Category	Comments
Toothbrush + kids' toothpaste	Comments Keep a dedicated "travel" kit
Toothbrush + kids' toothpaste	Keep a dedicated "travel" kit
Toothbrush + kids' toothpaste Brush / comb	Keep a dedicated "travel" kit + hair ties / clips if needed
Toothbrush + kids' toothpaste Brush / comb Shower gel / gentle shampoo	Keep a dedicated "travel" kit + hair ties / clips if needed Travel size or solid
Toothbrush + kids' toothpaste Brush / comb Shower gel / gentle shampoo Moisturizer / after-sun	Keep a dedicated "travel" kit + hair ties / clips if needed Travel size or solid Handy after the pool

	Category	Comments	
	Favorite snacks	Bars, dried fruit, biscuits — avoid fresh items	
	Lunch box / reusable cutlery	Useful for picnics	
-	Lovey or light blanket	For naps and travel	
	Diapers / light bib	If still needed	
		Travel & Leisure	
	Category	Comments	
	Kids' backpack	For treasures and toys	
	Book(s) / magazine / comic	Encourage quiet reading	
	Travel game / plush toy	Great for transport or evenings	
	Travel journal + crayons	Draw or jot down discoveries	
	Tablet / headphones	For long trips or films	
	Reusable water bottle	Easy hydration	
	Kids' sunglasses	With retention strap	

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

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

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	Depending on destination				
European Health Insurance Card	For travel in Europe				
Health record booklet	Keep accessible				
Travel insurance	Optional but useful				
Luggage tag with name	Name + parents' phone number				
Bank card / spending money	According to allowed autonomy				
Parental authorization (if teen travels alone)	Mandatory outside the EU				
	Toilettries & Care				
Category	Comments				
Category Toothbrush + toothpaste	Comments Don't forget a personal toiletry kit				
Toothbrush + toothpaste	Don't forget a personal toiletry kit				
Toothbrush + toothpaste Brush / comb / hair ties	Don't forget a personal toiletry kit + mini mirror if needed				
Toothbrush + toothpaste Brush / comb / hair ties Shower gel / shampoo	Don't forget a personal toiletry kit + mini mirror if needed Travel size or solid				
Toothbrush + toothpaste Brush / comb / hair ties Shower gel / shampoo Moisturizer / after-sun	Don't forget a personal toiletry kit + mini mirror if needed Travel size or solid To soothe after swimming				
Toothbrush + toothpaste Brush / comb / hair ties Shower gel / shampoo Moisturizer / after-sun Sunscreen	Don't forget a personal toiletry kit + mini mirror if needed Travel size or solid To soothe after swimming Even for teens, especially outdoors				
Toothbrush + toothpaste Brush / comb / hair ties Shower gel / shampoo Moisturizer / after-sun Sunscreen Tissues / wipes	Pon't forget a personal toiletry kit + mini mirror if needed Travel size or solid To soothe after swimming Even for teens, especially outdoors For travel or quick meals				

Category	Comments				
Favorite snacks	Bars, dried fruit, biscuits — avoid fresh items				
Lunch box / reusable cutlery	For picnics or travel days				
Comfort item / cushion / light throw	Yes — even teens sleep better en route				
Reading glasses / travel nightlight	Handy for evening reading				
	Travel & Leisure				
Category	Comments				
Phone / tablet	Check charger and airplane mode				
Headphones / earphones	Essential for transit or quiet time				
Charger / power bank	Useful for long days out				
Camera / GoPro	For image-loving teens				
Book / comic / e-reader	To disconnect between journeys				
Travel journal	Creative idea: stick in tickets and keepsakes				
Travel-size board game / cards	Ideal for evenings in the rental				
Sunglasses	UV category 3 protection				
Reusable water bottle	Easy hydration on excursions				

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

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

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