



Little Canada

22nd to 24th June 2026

Little Canada

- The coach will be picking us up on Monday 22nd June at 9am from FMS. We therefore ask children to arrive for 8am.
- We will be driving to Southampton to get the ferry to Cowes.
- Once at Little Canada, we will not be leaving the premise until we drive back on Wednesday.
- The coach will pick us up at 2pm from Little Canada and take us back to the ferry.
- We are hoping to return to FMS at roughly 5pm on Wednesday 24th. Any change to the return time will be communicated.



Red Funnel – Southampton to Cowes

- Once the coach is on the ferry, we will go up to the seating area in our activity groups.
- You will take your lunch onboard with you and eat it during the crossing.
- We will stay sat down in our activity groups and students will not be permitted out on deck.



Day time activities include:

- Giant Swing
- Kayaking
- Fencing
- Archery
- Vertical Challenge
- Jacob's Ladder
- Laser Tag

Evening activities include:

- PGL games
- Campfire



Activities

In mixed sex groups of 11-12

Each group will have their own group leader

Activity groups:

- There are between 11-12 people in each activity group.
- I will put sheets up outside my office, you will be able to write your name in an activity group with one or two friends (circle you and your friends). The activity groups are mixed gender.
- I will endeavour to keep you with your circled friends but may need to move you from the other people in your activity group.



Activity group 1:

Sarah

Lucy

Katie

Becky

James

David

Samuel

Peter

Jess

Issy

Maya



Activity group 2:

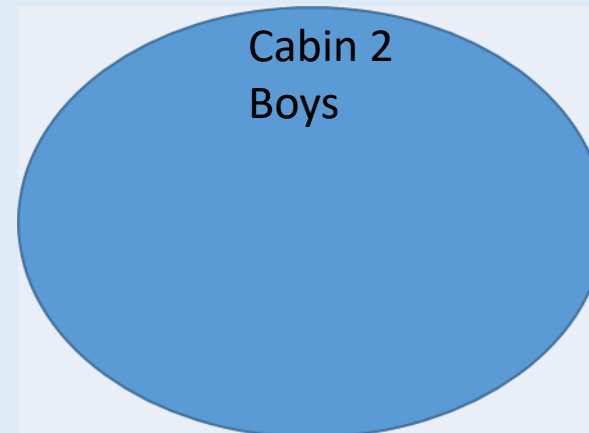
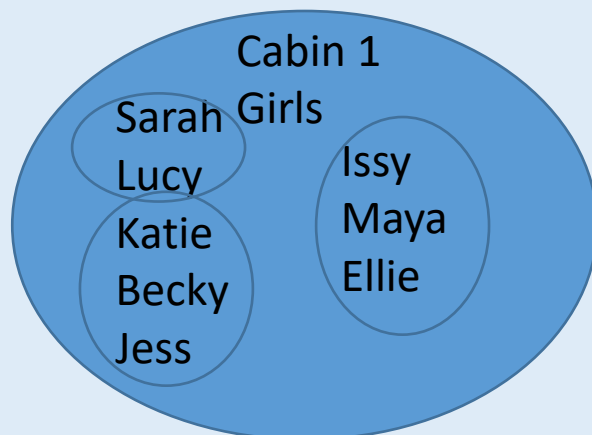




Your cabins



- We have 8 x cabins sleeping 8 and 5 x cabins sleeping 10.
- I will put sheets up outside my office, you will be able to write your name in a cabin with one or two friends (circle you and your friend). The cabins are single gender.
- This is obviously a similar method which we use to organise groups for the activities. As mentioned previously, I may need to move you and your circled friends to a different cabin.





WHAT TO BRING

Please ensure that all items are named.

CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- T-shirts
 - Long sleeved shirt/T-shirts
 - Waterproof jacket
 - Fleeces/jumpers
 - Tops & Jackets
 - Trousers or leggings but not jeans as they get heavy and cold when wet
 - Underwear & socks
 - Swimming costume/trunks for water activities
 - 1 or 2 sets of clothes for the evening
 - Suitable nightwear
- Your arms will need to be covered to do some activities.*
- Your socks will need to cover your ankles to do some activities.*

FOOTWEAR

- 2 pairs of trainers
 - 1 for activities
 - 1 old pair for watersports
- 1 pair of dry shoes for evening activities

OTHER ITEMS

- 2 towels
 - 1 for showering
 - 1 old one for activities
- Reusable drinks bottle
- Small rucksack/bag
- Labelled bin bag for wet and dirty clothing
- Sleeping bag or duvet and pillow (unless otherwise advised)
- Washbag including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)
- Hair ties for long hair
- Torch
- Pocket money £10-20 Recommended

TRAVELLING IN THE...

...SUMMER?

- Shorts
- Baseball cap/sun hat
- Sunscreen

...WINTER?

- Warm coat
- Hat and gloves

Lost property
We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

Study courses and sports weekends
Groups taking part in study courses and sports weekends e.g. netball/football, should bring appropriate clothing/footwear for these activities.

What to wear	Water-based activities	Rope sessions	Muddy activities
We have included some guidance on what to wear and what not to wear for the activities we are most often asked about. Please note, activities vary at each centre and final activity itineraries are planned by each centre.	<ul style="list-style-type: none"> ✓ Old trainers/water shoes ✓ Warm clothing ✓ Layers ✓ Old clothes ✓ Swimwear (for some water activities) ✗ Flip flops/crocs/sandals ✗ Wellies ✗ Jeans 	<ul style="list-style-type: none"> ✓ Sturdy footwear ✓ Tops to cover the shoulders ✓ Shorts that cover the thighs ✓ Long trousers ✗ Flip flops/crocs/sandals ✗ Denim shorts 	<ul style="list-style-type: none"> ✓ Old trainers ✓ Long trousers (waterproof if possible) ✓ Layers ✗ Flip flops/crocs/sandals ✗ Shorts

PLEASE DO NOT BRING

- ✗ Electrical devices
 - ✗ Computer games
 - ✗ Food items that contain nuts
 - ✗ Jewellery/valuables
 - ✗ Aerosols
- If you bring your mobile phone, please note, it is not covered by our insurance.

We advise not to wear glasses during kayaking as we can not take responsibility if they are lost.



No phones or electronics to be brought.

You may bring games e.g. Uno, Dobble etc to play in your cabins.

Hot pant/Nike Pro shorts (short length) and crop tops are not suitable.

There is a small gift shop which sells pencils, keyrings etc and a vending machine. You can therefore bring up to £10.

Though we are happy for you to bring sweets, chocolates with you, THEY MUST NOT CONTAIN NUTS.

Hair must be tied back for activities.

Food

You have three days of lots of physical activities; you will need to make sure you eat as much as possible to give you energy to keep you going.

You will also need to make sure you drink enough water - to stay hydrated. The taps in the cabins are drinking water as well as there being lots of water refill stations. You will therefore need to bring a reusable water bottle (with your name on). It needs to be one you don't mind taking on the water for activities.

You will also need a packed lunch for the first day (**no nuts**) that, as mentioned, will be consumed on the ferry.



Monday evening

Unlimited salad bar, a combination of plain salad items, alongside a wide variety of composite vegan and meat salads are available at lunch and dinner daily. Fresh fruit is available at all meals.

Fish fingers

Chicken in a tomato and pepper sauce

Vegetable chow mein

Penne pasta with tomato sauce and grated cheese

Strawberry jelly

Served with fries and
sweetcorn/carrots

Tuesday breakfast

Available every day: porridge with toppers, selection of cereals , assorted yoghurts (v), white or brown toast (ve) & jam.

Bacon

Vegetarian sausages

Hash browns

Baked beans

Plum tomatoes



Tuesday lunch

Unlimited salad bar, a combination of plain salad items, alongside a wide variety of composite vegan and meat salads are available at lunch and dinner daily. Fresh fruit is available at all meals.

Beef bolognaise with penne pasta and garlic bread (optional grated cheese)

Vegetable ratatouille with penne pasta and garlic bread (optional grated cheese)

Ham roll

Cheese roll (dairy free cheese available)

Tuna mayo roll

Tuesday evening

Unlimited salad bar, a combination of plain salad items, alongside a wide variety of composite vegan and meat salads are available at lunch and dinner daily. Fresh fruit is available at all meals.

Chicken katsu curry

Homemade mac 'n' cheese

Quorn nuggets

Penne pasta with tomato sauce and grated cheese

Home chocolate brownies

Served with white rice and green beans/cauliflower



Wednesday breakfast

Available every day: porridge with toppers, selection of cereals , assorted yoghurts (v), white or brown toast (ve) & jam.

Pork sausages

Vegetarian sausages

Hash browns

Baked beans

Field mushrooms

Wednesday lunch

Unlimited salad bar, a combination of plain salad items, alongside a wide variety of composite vegan and meat salads are available at lunch and dinner daily. Fresh fruit is available at all meals.

Chilli con carne and white rice

Jacket potato with cheese/ beans/ tuna mayo

Sandwiches with cheese/ dairy free cheese/ ham or tuna mayo

What we expect

- We expect all our students to be polite to the staff at Little Canada. Listen to the instructions and follow them carefully. For their own safety, those who do not do this will not be able to participate in the activity.
- We want all students to have a go at all activities, the trip is there to build resilience and team-skills, so it is important that each student give it their best go.
- There will be a lights out time each evening and we expect students to follow this, so they are not too tired to fully engage with and enjoy the next days activities.

A hand is shown writing the word "EXPECTATIONS" in white chalk on a dark brown chalkboard. The word is written in all capital letters and is underlined with a single white line. The hand is holding a white chalk stick and is positioned at the end of the underline.

EXPECTATIONS