



Calshot Activities Centre

In a prime location on the shores of the Solent, Calshot Activities Centre is one of the largest outdoor adventure centres in Britain



Monday 30th November 2026- Wednesday 2nd December 2026

Key information:



- On Monday, all children are to arrive at school at the normal school time.
- We will register the children and make our way to the coaches.
- On Wednesday, we will leave Calshot after lunch. We aim to return to school by the end of the school day. You will be contacted if this changes.



From: 01 December 2025

To: 03 December 2025

Solent Junior School

Students: 83

Groups: 8

Year: 4

Age: 8-9

Course Director:

Course Type: E & A

Accommodation:

Created: Wednesday 12 November 2025

By: Richard B

Printed: Wednesday 12 November 2025

Some activities, especially water-based ones, are subject to having favourable weather conditions. They may have to be cancelled, then rescheduled or replaced by alternative activities at the Course Director's discretion.

	0900-1245	1345-1730	1900-2030
Monday 1 December HW1: 07:04 HW2: 08:34 LW: 13:05	Arrive & settle in, group to bring own packed lunch	1 Ski 1 Climb 2 Ski 1 Archery 3 Tall Trees 4 Tall Trees 5 Beach Explore Ringo / Hangar 6 Orienteeering 7 Climb Ski 1	1 2 Egg Drop 3 4 Egg Drop 5 6 Games Evening 7
Tuesday 2 December HW1: 08:22 HW2: 10:01 LW: 14:00	1 Tall Trees 2 Tall Trees 3 Ski 1 4 Climb Ski 1 5 Archery Ski 1 6 Ski 1 Archery 7 Ringo / Hangar O Beach Explore	1 Ski 2 Archery 2 Ski 2 Climb 3 Beach Explore Ringo / Hangar 4 Orienteeering 5 Tall Trees 6 Tall Trees 7 Archery Ski 2	1 2 3 4 Quiz Night (self led) 5 6 7
Wednesday 3 December HW1: 09:09 HW2: 10:59 LW: 14:50	1 Ringo / Hangar Beach Explore 2 Orienteeering 3 Ski 2 Archery 4 Archery Ski 2 5 Climb Ski 2 6 Ski 2 Climb 7 Tall Trees	Aims and objectives: To allow the children to enjoy being outdoors, to try new things and to work together as a team.	

- **Check List :** (Please make sure everything is labelled clearly with your child's name)
- Lip salve for the cold wind
- Warm, casual clothes
- A hat and scarf
- A pair of warm gloves
- Long sleeved top for skiing
- Spare underwear (including long, thick socks for skiing)
- A warm coat (perhaps a light waterproof too)
- Night wear
- Washing bag (no aerosols – they will set off the fire alarm!)
- Wellies (for forest work and splashing in puddles!)
- Waterproof trousers (if your child has them)
- Bin bag for dirty clothes
- Labelled money bag/purse for shop (Maximum of £5 as children will be responsible for their money)
- Water bottle
- And of course, a cuddly toy!
- Book and/or notepad and pens (optional)
- **This year, Calshot have requested that the children bring a single fitted sheet, a single duvet cover and a pillowcase. If you would prefer, your child could bring a sleeping bag as an alternative.**
- **We do please ask that children do not bring in any electronic items, food or games.**

	Things to bring	Packed?
Essential Items For Your Stay	Several complete changes of warm casual clothes, e.g. tracksuits, fleece jumpers, training shoes (preferably not jeans).	
	3 - 4 t-shirts	
	Casual clothes for evening wear	
	Spare underwear and socks	
	Waterproof coat and trousers	
	Night wear	
	Single duvet cover, bottom sheet (or sleeping bag) and pillow case. Duvets and pillows are provided.	
	Washing kit and towel	
	Warm woolly hat and gloves	
	Sun hat/cap	
	High factor waterproof sun cream/lip salve	
	Sunglasses (with retaining strap)	
	Personal Medical supplies e.g. Inhaler, Epipen	
	For skiing & snowboarding	Gloves or mitts, thick socks,
Long sleeve top and trousers		
Wetsuit and shirt to wear underneath a wetsuit		
Old trainers or wet shoes to wear during the activity (they will get wet)		
	An extra towel	
For Field Studies	Wellington boots (can be borrowed from the centre)	
	Waterproof coat & trousers (can be borrowed from the centre)	
Optional items	Bin bag for wet/muddy gear	
	Sports bottle for drinking water	
	Small day sack	
	Camera	
	Torch	
	Pocket money for the gift shop	

Accommodation



Lawrence House



Mitchell House



Accommodation



What do we do whilst we are there?

- Skiing
- Archery
- Rock Climbing
- Forest studies
- Egg Drop
- Hanger Orienteering
- Games







Beverages

Selection of fruit Juices and chilled water

Available daily:

Selection of yoghurts

Seasonal fresh fruits

Fresh apple or orange Juice

Toast

Malted wheat and white bloomer with butter and a choice of jams, marmalade or marmite

Choice of Cereal

Multigrain Cheerios, Cornflakes, and Rice Krispies

Breakfast – Start the day in the right way

Pre-order required on a Monday Wednesday and Thursday

Tuesday – Full English choose from

Bacon

Sausage/ veggie sausage Hashbrowns

Scrambled egg, Baked beans

Toast

(GF/V/Dairy Free)

Wednesday – Half Full English Sausage, Egg, Beans,

Hashbrown Sausage (GF/V/Dairy Free)

Toast

Calshot Lunch Menu 2025

Main Meals

ON THE SIDE OF ALL MAIN DISHES

Vegetables of the day or salad

SALAD BAR SELECTION

Lettuce, cucumber, tomato, beetroot, peppers

Coleslaw, potato salad, pasta salad

Vegan Options available to pre order

Gluten free or Dairy free options to pre order

MONDAY CHOOSE FROM

Fish Cake (GF/ Dairy Free)

Butternut Squash with peppers and breadcrumbs (V)

ON THE SIDE

Diced Potatoes & Peas

TUESDAY CHOOSE FROM

Chicken Goujons

Vegetable Goujons (GF/V/Dairy Free)

ON THE SIDE

Sauté Potatoes, onion rings & baked beans

WEDNESDAY CHOOSE FROM

Chicken Fajitas

Quorn Fajitas

ON THE SIDE

Nachos & Carrots

Calshot Dinner Menu 2025

Main Meals

ON THE SIDE OF ALL MAIN DISHES

Vegetables of the day or salad

SALAD BAR SELECTION

Lettuce, cucumber, tomato, beetroot, peppers

Coleslaw, potato salad, pasta salad

Vegan Options available to pre order

Gluten free or Dairy free options to pre order

MONDAY CHOOSE FROM

A Giant Yorkshire Pudding

Sausages (GF/V/Dairy Free)

ON THE SIDE

MASH Peas & Gravy

TUESDAY CHOOSE FROM

Traditional Beef Lasagna (GF)

Vegetarian Lasagna

Pasta Bake (Dairy Free)

ON THE SIDE

Garlic Bread & Broccoli



Any questions?

Please email solentjunior@thesolentschools.org

