I'm A Celebrity 2026 Launch Watch Guide

Launch night on Monday, 16 November in UK and US time zones

MONDAY, NOV. 16

ET	CT	MT	PT	LONDON TIME	EVENT	WATCH ON	MY PICK
4 p.m.	3 p.m.	2 p.m.	1 p.m.	Nov. 16, 9 p.m.	**I'm A Celebrity 2026 launch** Series launch	ITV1, STV, ITVX, STV Player	

Eastern Time (ET), Central Time (CT), Mountain Time (MT, Denver; most of Arizona keeps standard time), Pacific Time (PT). London time: the time where the event takes place, as the source gives it. Times are converted from the start time the source gives.

Not yet confirmed

I'm A Celebrity…Unpacked air time: ITV2 start time not announced

2026 series final date: not yet announced

2026 official line-up: not yet confirmed by ITV

My notes

Source: Capital FM; What To Watch. Times are the UK broadcast (GMT) converted; ITV has not announced US or Canadian viewing.