



ALONE

Alone: Gear List

Each "Alone" participant brings clothing, safety and survival gear to the Arctic. Here's a list of all of the standard items the participants are given, as well as the master list from which they are allowed to select 10 special items.

CLOTHING/APPAREL/PERSONAL EFFECTS

**These items do not count towards the 10 special items, but may not exceed the approved quota for each.*



- 1 pair of high-leg hunting boots
- 1 pair waterproof Arctic winter boots
- 1 T-shirt (short sleeved)
- 1 fleece/wool shirt (a hooded fleece is acceptable)
- 2 wool sweaters
- 6 pairs wool socks

- 2 hats (brimmed, wool, fur, Arctic or baseball)
- 2 buffs or neck gaiter (no balaclavas)
- 1 shemagh OR scarf
- 4 pairs of gloves (1 insulated, 1 leather work-style glove, 1 overmitt, 1 thin glove liner)
- 2 pairs of underwear/briefs
- 1 insulated parka-style jacket (should cover back side and have a hood)
- 2 pair of outdoor pants/bibs (can unzip into shorts)
- 1 pair of fully insulated or waterproof winter pants/bibs
- 1 waterproof uninsulated shell/Jacket
- 2 pairs of thermal underwear (long top and bottom)
- 1 pair of gaiters
- 1 leather belt (or synthetic equivalent)
- 1 toothbrush
- 1 pair of eyeglasses (with proof of prescription)
- 1 personal photograph (no bigger than 4x6 and one-sided)

SELECTION LIST

**Participants select 10 items from the following list.*

**Participants are responsible for sourcing and purchasing their 10 items.*

**Participants may only choose up to two food items.*

**No duplicate items can be taken from the following list.*



Shelter

- 12x12 ground cloth/tarp (grommets approved)
- 8-mm climbing rope - 10M
- 550 Paracord - 80m (Only 550 military-style paracord allowed. Nothing with core strands that can be used as trapping wire, tinder, etc.)
- 3-mm cotton cord - 40m (non waxed cord)
- 1 hatchet
- 1 saw
- 1 ax

Bedding

- 1 multi-seasonal sleeping bag
- 1 bivi bag (Gore-Tex sleeping bag cover)
- 1 sleeping pad
- 1 hammock

Cooking

- 1 large pot (no more than 2 quarts; includes lid) (no substitutions)

- 1 steel frying pan
- 1 flint or ferro rod set with standard-sized striker (no longer than 6", must have a plastic handle, and small striker no longer than 3")
- 1 enamel bowl for eating
- 1 spoon
- 1 canteen or water bottle

Hygiene

- 1 bar soap (standard size)
- 1 8-oz tube of toothpaste
- 1 face flannel
- 1 40-mm roll dental floss
- 1 small bottle bio shower soap
- 1 shaving razor (and 1 blade)
- 1 towel (30" x 60")
- 1 comb

Hunting

- 1 300-yd roll of a single-filament fishing line up to max of 20 lbs weight test + 25 assorted barbless hooks, no bigger than size 7/0, no lures. (Must arrive on location with 300 yds of line pre-measured.)
- 1 primitive bow (recurve or longbow). Draw weight must be at least 20kg (44.09lbs) at 700mm (27.56") draw + 9 Arrows (must be predominately made of wood or be made of wood-finished carbon fiber. Arrows must have a broad head point of at least 25mm (1") at the widest point, or a barbless three-bladed bodkin head. Or have a rubber blunt or similar recognized arrowhead designed for small game. Do not paint arrows with any type of high-visibility paint. Simple quiver OR arrow attachment which must be approved by producer, simple finger and arm guards are permitted)
- 1 small-gauge gillnet (12' long x 10 meshes wide or deep. Mesh size 5" when stretched lengthways and measured from knot to knot)
- 1 slingshot/catapult + 30 steel ball bearings + 1 replacement band
- 1 net foraging bag
- 1 roll 3.5 lbs of 20/21-gauge trapping (snare) wire
- 3 lbs of one solid block of salt

Food (2 items max)

- 2 lbs of beef jerky (protein)
- 2 lbs of dried pulses/legumes/lentils mix (starch and carbs)
- 2 lbs of biltong (protein)
- 2 lbs of hardtack military biscuits (carbs/sugars)
- 2 lbs of chocolate (simple/complex sugars)
- 2 lbs of pemmican (traditional trail food made from fat and proteins)
- 2 lbs of GORP (raisins, m&m's and peanuts)
- 1 lb of flour (starch/carbs)
- 1/3 lbs rice / 1/3 lb sugar / 1/3 lb of salt

Tools

- 1 pocket knife
- 1 hunting knife (blade edge length no larger than 10", straight spine with no other built-in blade added i.e. no skinning blade on spine.)
- 1 Leatherman multi-tool or similar
- 1 sharpening stone
- 1 roll of duct tape or 1 roll of electrical tape
- 1 small shovel
- 1 small sewing kit (containing 6 needles no longer than 3 inches of varying types, glovers, standard straight needle, or curved; one pair of scissors no longer than 3"; one small sewing awl no longer than 5"; variety of thread, no more than two bobbins; one 1" cube or smaller of beeswax; all contained in a small leather or canvas-style bag)
- 1 carabiner
- 1 LED flashlight
- 1 pair of ice spikes (studded walking aids for icy conditions)

GEAR LIST PHOTOS



Want to see some of the gear this season's participants used? [Check out a photo gallery now.](#)

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