



## Alone

New Season Thursday, June 3 at 9:30/8:30c

### ALONE

ALONE SEASON 8:

# Participant 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 ten special items.

## Clothing/Apparel/Personal Effects

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



How does one keep warm in the arctic? Participants are allowed to bring 2 hats.

- 1 pair of high-leg hunting boots
- 1 pair waterproof Arctic winter boots
- 1 T-shirt
- 1 fleece/wool shirt
- 2 wool, fleece or cotton 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
- 2 pairs of underwear/briefs
- 1 insulated parka-style jacket
- 2 pair of outdoor pants/bibs (can unzip into shorts)
- 1 pair of fully insulated or waterproof winter pants/bibs
  
- 1 waterproof un-insulated 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
- 1 personal photograph

## 10 Items Selection List

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

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

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





Knives come in very handy in the wilderness, both for building and hunting.

## Shelter

- 12x12 ground cloth/tarp
- 8-mm climbing rope - 10M
- 550 Paracord - 80m
- 3-mm cotton cord - 40m (non waxed cord)

## Bedding

- 1 multi-seasonal sleeping bag
- 1 bivi bag
- 1 sleeping pad
- 1 hammock

## Cooking

- 1 large pot
- 1 steel frying pan
- 1 flint or ferro rod set with standard-sized striker
- 1 enamel bowl for eating
- 1 spoon
- 1 canteen/water bottle

## Hvgiene

- 1 bar of soap
- 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



Participants need food to survive. The bow is one tool that helps them get it.

## Hunting

- 1 300-yd roll of a single-filament fishing line up to max of 20 lbs weight test + 35 assorted barbless hooks (no bigger than size 7/0, no lures.)
- 1 Primitive Bow Recurve or longbow + 9x Arrows

- 1 small-gauge gill net
- 1 slingshot/catapult + 30 steel ball bearings + 1 replacement band
- 1 net foraging bag
- 2 lbs of 20 or 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 hard tack 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, chocolate, peanuts)
- 2 lbs of flour (starch/carbs)
- 2/3 lbs rice / 2/3 lb sugar / 2/3 lb of salt (all separated)

## **Tools**

- 1 pocket knife
- 1 hunting knife (blade edge length no larger than 10")
- 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
- 1 carabiner
- 1 LED flashlight

- 1 pair of ice spikes (studded walking aids for icy conditions)
- 1 scotch-eyed auger
- 1 adze
- 1 2-handed draw knife (blade no longer than 5 inches)
- 1 hatchet
- 1 saw (Blade no longer than 3 feet)

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## Prohibited Items

*\*This list is not exhaustive, any item not listed in the preceding lists inclusive above are prohibited items; this list serves as illustration.*



Don't get caught with a compass on 'Alone.' It, along with the items below, is forbidden.

- Fuel, lighters or matches



- Bug spray/mosquito repellent
- Sunscreen/chapstick
- Sunglasses or prescription transition lens eyeglasses
- Goggles
- Beauty products
- Map (detailed topographical)
- Compass
- Unapproved technology (anything with a battery or an engine, e.g. cell phones, computers, watches, etc.)
- Professional snares
- Firearms of any kind
- Ammunition
- Explosives or gunpowder
- Animal poison
- Professional fishing rods
- Fishing lures, flies, bait kits
- Fishing traps
- Food / beverage (except as explicitly listed above)
- Decoys
- Animal calls
- Tree stands
- Professional bows/crossbows
- Scopes of any kind
- Tents or shelters
- Stoves, pressure cookers or other cooking appliances
- Hydration packs
- Fire pits
- Electric or propane lanterns



- Inflatable boats
- Filtration, purification devices, iodine tablets
- Coolers or food storage boxes (except optional bear canister)

## Gear List Photos

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Want to see some of the gear participants have used on *Alone*? [Check out a photo gallery now.](#)

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