



Alone

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Cast



ALAN KAY

Season 1

Alan was born and raised in Georgia, where he spent the majority of his childhood in the forests making shelters with his beloved hatchet. His passion for the woods grew as the years passed, and by the time he was in his 20s, Alan had acquired the skills and mindset necessary to adapt and survive in any environment. In an effort to increase his understanding of edible and medicinal plants, Alan sought out and studied under a number of knowledgeable elders, all of whom helped to round out his growing skill set. He also spent time developing proficiency in the combative arts, including barehanded, stick and knife fighting. In his role as a corrections officer, he's also been trained in tactical medical care. Alan knows that he's bound to encounter situations beyond his control and imagination on Vancouver Island. He has left behind a wife and children for this

opportunity and is ready to put all of his skills together and push himself to the limits—physically, psychologically and emotionally.

Here are the ten items Alan selected to bring on his survival journey to Vancouver Island:

1. Saw
2. Axe
3. Sleeping bag
4. Large 2-quart pot
5. Ferro rod
6. Water bottle/canteen
7. 300 yards single filament line with 25 assorted hooks
8. Small gauge gill net
9. 3.5lb wire
10. Knife

More Cast

SEASON 9

Terry Burns

SEASON 9

Tom Garstang