



Alone

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Cast



BIKO WRIGHT

Season 8

Age: 30

Hometown: Otis, OR

Profession: Construction Laborer/ Lead Singer

With the heart of a mountain Viking and the soul of a skald, Biko is most at home in the wild. He grew up in the mountains of Topanga Canyon, California, where his parents shared with him their love of the wilderness. Family vacations involved camping, backpacking, snowboarding, snorkeling,

spear fishing or hunting. Wilderness and survival skills were prized in his family. Biko's father, a former Los Angeles sheriff's sergeant and Marine veteran, shared a passion for wilderness outings and hunting and fishing, that he learned from his own father as a child in Fiji. "In a survival situation," was Biko's dad's constant mantra. He taught Biko and his older brother everything about wilderness survival training. His mom rambled the canyon trails with Biko, his dogs and his friends. When he was older, Biko trained with his Dad's search and rescue team and he even participated in avalanche training.

Biko loves the Norse gods and following in the old heathen ways. He spars with sword, axe and shield with like-minded friends, and loves building, welding, and forging with his own hands. These are all skills he puts to good use on the property he owns with his fiancé, Erin, in the woods of Western Oregon. Just before leaving to compete on Alone, Biko learned his fiancé is expecting twins—their first children. Taking on the Alone challenge will be his greatest journey until his next step—fatherhood.

Music is in Biko's blood. His grandparents are blues musicians in New Orleans, and he formed his first band when he was 9. By 14, his growls, screams and strong baritone put him at the front of metal bands. He became the lead singer of the melodic death metal band Sirion, which became one of the top LA area local metal bands. In Oregon, he is part of a heathen folk band, Endelos, that plays at local mead halls, pubs and festivals.

Biko has longed for an adventure like Alone his whole life. To help Biko prepare for Alone, his dad camped out on Biko's property. Together they worked day and night to train for this epic adventure. He will test his skills, his mental will and his voice. Not to survive, but to thrive and tell his saga.

Here are the ten items Biko selected to bring on his survival journey to Grizzly Mountain:



1. Pot
2. Sleeping bag
3. Ferro rod
4. Multitool
5. Axe
6. Saw
7. Fishing line and hooks
8. Trapping wire
9. Paracord
10. Bow and arrows

More Cast

SEASON 9

Terry Burns

SEASON 9

Tom Garstang