

Alone

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Cast



MARK D'AMBROSIO

Season 7

Age: 33

Hometown: Vancouver, WA

Profession: Sniper & Survival Skills Instructor

Mark grew up in Orange Park, Florida, where he spent his free time in the outdoors hunting and fishing. At 22, he joined the Marine Corps in pursuit of a new career. Mark spent close to 10 years conducting Special Operations for the reconnaissance and scout sniper communities, where he

pushed himself mentally and physically the entire time to make sure he was proficient at his job. During this time, he spent four years in Southeast Asia and another four in Bridgeport, California, where he instructed mountain cold-weather operations and survival for snipers and other military members around the world.



After getting out of the Marine Corps in 2017, Mark started International Mountain Survival. His business concentrates on sniper, survival, tracking and rappel courses. He instructs snipers around the world from both military and law-enforcement backgrounds. Mark is also the lead shooting/outdoor instructor for Branded Rock Canyon, a world-class hunting and shooting facility located near Grand Junction, Colorado.

When Mark isn't working, he can be found hiking the backcountry with his one-year-old son Max, and scouting for his next big game hunt. Mark and Max now reside near Portland, Oregon. He is looking forward to using his skills in the ultimate environment on *Alone*.

Here are the ten items Mark selected to bring on his survival journey to the Arctic:





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

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