



# Alone

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## Cast



### MIKE LOWE

Season 2

Mike has spent the majority of his adult life learning and teaching wilderness survival skills. He served his country during the Reagan years as a SERE (Survival, Evasion, Resistance, and Escape) instructor in the U.S. Air Force. In 1988, Mike launched a faith-based survival and rescue training program called Wilderness Way Adventures, where he still instructs men, women and children from all walks of life in the ancient and enduring art of wilderness survival. He is excited about the opportunity to showcase his skills and beliefs while filming himself surviving alone on northern Vancouver Island. In doing so, Mike hopes to discover character traits and attributes within himself that will enable him to harmonize well in the wild and will empower him to be a better person.

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

1. Full Tang hunting knife
2. Ferro rod
3. 2 quart pot with lid
4. 300 yards of 50 lb test fishing line and 25 assorted hooks
5. Curved blade saw
6. 2.5 lb hickory handled axe
7. 0° rated sleeping bag
8. Gill net
9. Emergency rations
10. Emergency rations

### More Cast

SEASON 9

Terry Burns

SEASON 9

Tom Garstang