



Cast



MITCH MITCHELL

Season 1

Mitch's love for the outdoors began in typical fashion, playing in the woods near his hometown in Massachusetts. He also enjoyed fishing with his father and grandfather, who passed down to Mitch some of the traditional wilderness living skills from his family's First Nations Canadian roots. These experiences planted the seeds for Mitch's future in the wild. Mitch later joined the Boy Scouts of America, where he was exposed to the fundamentals of woodlore, consisting of firecraft, knotcraft, wood carving, group hiking standards, first aid, canoeing, shooting and navigation, among other skills. However, it was during a week-long camping trip when he found himself caught in the middle of a hurricane that he truly realized his passion for woodland living, bushcraft, and incorporating primitive skills into his daily life. Mitch is excited to face whatever might await him on Vancouver Island. Although he's leaving behind his wife and daughter, he's eager to test his limits, skills and love for the outdoors.

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

1. Ax

2. Sleeping bag
3. Bivi bag (gortex sleeping cover)
4. Large 2-quart pot
5. Ferro rod
6. 300 yards of single filament fishing line with 25 assorted hooks
7. Small gauge gill net
8. Bow and 6 arrows
9. Knife
10. Sharpening stone

More Cast

SEASON 9

Terry Burns

SEASON 9

Tom Garstang