



Alone

New Season Thurs., Jun. 12 at 9/8c; Stream Next Day

[About](#) [Episodes](#) [Cast](#) [Photos](#)

Cast



KATIE RYDGE

Season 12

Age: 46

Hometown: Emerald Beach, Gumbaynggirr Country, NSW, Australia

Profession: Survival Skills Instructor & Mentor

Katie is the co-founder of Nature Philosophy, lives on Gumbaynggirr Country on the East Coast of Australia and has two children, Ella and Hunter.

Since Katie was a child, she has felt a deep kinship with the natural world and grew up both in the city and on ranches where she spent many years riding horses in remote locations and mustering cattle.

In her early 20's, she left Australia for the USA where she dove deeply into a broad range of primitive living skills, solo wilderness rites of passage, and survival. That was over 20 years ago and since that time she has dedicated herself to mastering and teaching these skills to her Australian community.

Katie has also spent the last 15 years guiding groups into a remote Australian Aboriginal community in Arnhem Land. Her time spent with the Yolngu people has deeply inspired her outlook on life and understanding of survival.

Katie's participation on ALONE is an initiation into the next phase of her life. A true survival quest that will be the ultimate test of her survival philosophy, physical ability, and spiritual skills. Through sharing her journey, she hopes to inspire women all over the world to discover their strength by connecting with the natural world.

Here are the ten items Katie selected to bring on her survival journey:

1. Bow and Arrows
2. Fishing Line and Hooks
3. Leatherman
4. Silky Saw
5. Water Pot
6. Axe
7. Ferro Rod
8. Salt
9. Canvas Tarp
10. Blanket

More Cast

SEASON 12

Pablo Arguelles

SEASON 12

Colton Gilman