

Alone



Cast



AARON BARNARD

Season 13

Age: 40

Hometown: British Columbia, Canada

Occupation: Tradesman

Aaron Barnard was born in Haida Gwaii, British Columbia, and moved at a young age to Prince George, where he was raised on a small hobby farm with his parents, Dale and Julie, and his two older brothers, Greg and Brad. Surrounded by nature, Aaron was deeply influenced by his father, an avid outdoorsman who introduced him to hunting and fishing. These early experiences laid the foundation for Aaron's deep connection to the wilderness and a strong sense of self-reliance.

Throughout his life, Aaron has embraced adventures and challenges that test both his physical endurance and mental resilience. From hard-hitting rugby matches to grueling winter endurance races and demanding late-season sheep hunts, he thrives in extreme conditions with determination. His passion for pushing boundaries continues to shape his character and his approach to life.

Aaron was ecstatic when he had learned that he had been selected as a contestant for Alone Season 13. Alone is much more than a competition for Aaron; it is allowing him the opportunity to commemorate his friend, Travis, who tragically passed away while rafting into his hunting area. Knowing that he will truly never be alone, as Travis's spirit will be guiding him every step of the way, brings a

deeper sense of purpose to the journey. This is the ultimate test for Aaron, and he is excited to push his limits, embrace the solitude, and honor both the wilderness and the memory of a friend who shared his passion for it.

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