

DECISIONS DECISIONS: *Alone* is a reality-based television show on the History Channel. Ten individuals of varied backgrounds and experiences with survival techniques are dropped of at “drop sites” within the same geographic area to see which one can survive the longest, alone, without tapping out (asking to be brought back to camp), all while self-filming the process. Not only do contestants have to pass physical and mental evaluations, there are also strict guidelines on the amount of gear they can bring with them.

Clothing/Apparel/Personal Effects

- 1 pair of high-leg hunting boots
- 1 pair waterproof Arctic winter boots
- 1 T-shirt
- 1 fleece/wool shirt
- 2 wool, fleece or cotton sweaters
- 6 pairs wool socks
- 2 hats
- 2 buffs or neck gaiter
- 1 shemagh OR scarf
- 4 pairs of gloves
- 2 pairs of underwear/briefs
- 1 insulated parka-style jacket
- 2 pair of outdoor pants/bibs
- 1 pair of fully insulated or waterproof winter pants/bibs
- 1 waterproof un-insulated shell/Jacket
- 2 pairs of thermal underwear
- 1 pair of gaiters
- 1 leather belt
- 1 toothbrush
- 1 pair of eyeglasses
- 1 personal photograph

Outside their clothing, and camera and safety equipment, contestants are permitted to select **only 10** items from the following categories.

Shelter

- **12x12 ground cloth/tarp**
- 8-mm climbing rope - 10M
- 550 Paracord - 80m
- 3-mm cotton cord - 40m

Bedding

- **1 multi-seasonal sleeping bag**
- 1 bivi bag
- 1 sleeping pad
- 1 hammock

Cooking

- **1 large pot**
- 1 steel frying pan
- **1 flint or ferro rod set with standard-sized striker**
- 1 enamel bowl for eating
- 1 spoon
- 1 canteen/water bottle

Hunting

- **1 300-yd roll of a single-filament fishing line up to max of 20 lbs weight test + 35 assorted barbless hooks**
- 1 Primitive Bow Recurve or longbow + 9x Arrows
- 1 small-gauge gill net
- 1 slingshot/catapult + 30 steel ball bearings + 1 replacement band
- 1 net foraging bag
- **2 lbs of 20, 21 or 22-gauge stainless steel and/or brass trapping (snare) wire**
- 3 lbs of one solid block of salt

Food (2 items max)

- 2 lbs of beef jerky
- 2 lbs of dried pulses/legumes/lentils mix
- 2 lbs of biltong
- 2 lbs of hard tack military biscuits
- 2 lbs of chocolate
- 2 lbs of pemmican
- 2 lbs of GORP
- 2 lbs of flour
- 2/3 lbs rice / 2/3 lb sugar / 2/3 lb of salt

Hygiene

- **1 standard size bar of soap**
- 1 8-oz tube of toothpaste
- 1 face flannel
- 1 40-mm roll dental floss
- 1 small bottle bio shower soap
- 1 shaving razor
- 1 towel
- 1 comb

Tools

- 1 pocket knife
- **1 hunting knife**
- 1 Leatherman multitool or similar
- 1 sharpening stone
- 1 roll of duct tape or 1 roll of electrical tape
- 1 small shovel
- 1 small sewing kit
- 1 carabiner
- 1 LED flashlight
- 1 pair of ice spikes
- 1 scotch-eyed auger
- 1 adze
- 1 2-handed draw knife
- 1 hatchet
- **1 saw**
- 1 ax

Task 1: Get into your groups of 4.

Task 2: Group Members have been randomly assigned as “leaders” for each section. Although the group will have two minutes to come up with a selection, it is the “leader’s” responsibility to make the final decision. Once the group has selected an item from each of the 7 sections, you will have five minutes as a group to select your final 3 items. **NOTE: You can skip making a selection from the “Food” section, but only if your group is 100% agreeable.**

SELECTIONS:

Section	Item	Leader
Shelter		
Bedding		
Cooking		
Hunting		
Food		
Hygiene		

Tools		
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FINAL SELECTIONS:

- 1.
- 2.
- 3.
- 4.

(Only if your group skipped "food")