

# Alone Supply List

Supply List · 20 items · 5 sections

Everything you need to know about the Alone supply list, from the full approved item categories to the 10 strategic picks most chosen by winners.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/alone-supply-list>

## TOP 10 STRATEGIC PICKS

- Sleeping bag (rated to -40°C recommended)

HIGH

*The single most important item. Hypothermia is the #1 reason contestants tap out*

- Ferro rod / fire starter

HIGH

*Reliable fire is critical for warmth, cooking, and morale*

- Tarp (heavy-duty, at least 10x10ft)

HIGH

*Fastest and most versatile shelter option*

- Pot with bail handle (2L)

HIGH

*For boiling water, cooking, and making fish traps*

- Hunting/survival knife (fixed blade)

HIGH

*Arguably the most versatile tool you can bring*

- Bow with 9 arrows

HIGH

*Large game capability: winners often survive on one big kill*

- Fishing line and 25 hooks (assorted)

HIGH

*Passive food source: fish while you do other tasks*

- Paracord (150ft)

HIGH

*Used for shelter, snares, fish traps, and hanging food*

- Multitool (with saw, pliers, wire cutters)

HIGH

- Sleeping bag liner (adds warmth and doubles as insulation)

HIGH

## FOOD GATHERING (APPROVED)

- Trapping wire (for small game snares)

HIGH

- Gillnet (15ft x 4ft)

HIGH

*Highly effective passive fishing: used by many winners*

- Bait (allowed in approved forms)

## TOOLS (APPROVED)

- Hatchet or axe

HIGH

*For shelter building and firewood processing*

- Saw (hand saw or bow saw)

- Shovel or trowel (small)

## SAFETY (PROVIDED BY SHOW)

- Emergency signalling mirror

HIGH

*All contestants receive: satellite phone, first aid kit, and signal mirror: these do NOT count toward your 10*

- Wild edibles field guide (for your location)

*Study before you go: you cannot bring books*

## SHELTER (APPROVED)

- Bear canister or hang kit (for food storage)

- Wool blanket