

Alone Application Checklist

A contender's printable guide to preparing for the HISTORY Channel's Alone casting process. Independent editorial — not affiliated with HISTORY, A+E Networks, or the producers.

1. Confirm You Meet the Basics

- ☐ You must be at least 18 years old and legally able to work in your country of residence.
- ☐ You need a valid passport and the ability to travel for filming and casting callbacks.
- ☐ You must be in good physical and mental health and willing to undergo medical and psychological screening.
- ☐ You cannot be a candidate if you are currently employed by HISTORY, A+E Networks, ITV, Leftfield, or their affiliates.

2. Sharpen Your Survival Skills

- ☐ Fire: start a friction fire in wet/cold conditions using only natural materials.
- ☐ Water: identify, collect, purify, and store safe drinking water in the field.
- ☐ Shelter: build weatherproof shelters with natural materials and minimal cordage.
- ☐ Food: set traps, fish, forage, and process wild game safely and legally.
- ☐ Navigation: read terrain, weather signs, and basic maps without modern GPS.
- ☐ First aid: treat cuts, burns, hypothermia, infections, and insect bites in the backcountry.

3. Build Mental & Physical Endurance

- ☐ Practice multi-day solo trips with minimal gear and no contact with the outside world.
- ☐ Train for long periods of isolation, boredom, hunger, and sleep disruption.
- ☐ Develop a daily routine you can maintain alone for weeks without external structure.
- ☐ Document your trips with photos and short videos to show producers your self-reliance.

4. Gather Application Materials

- ☐ Recent photos: clear headshot, full-body shot, and action shots in the field.
- ☐ A short biography explaining your survival background and why you want to be on Alone.
- ☐ A 2-3 minute casting video showing your personality, skills, and living conditions.
- ☐ List of references who can vouch for your character and outdoor experience.
- ☐ Social media or website links that demonstrate your public survival expertise.

5. Submit to Casting

- ☐ Email alonecasting@itv.com with your name, age, location, and contact details.
- ☐ Attach your photos, bio, and casting video in the requested formats.
- ☐ Be honest about your experience level — casting values authenticity over exaggeration.
- ☐ Respond promptly to follow-up emails, questionnaires, and interview requests.

6. Prepare for Callbacks

- ☐ Be ready for phone and video interviews with casting producers.
- ☐ Participate in a survival skills assessment or boot camp if invited.
- ☐ Complete medical, psychological, and background checks on schedule.
- ☐ Review the 10-item gear list and be prepared to defend your choices.

7. Before You Leave

- ☐ Notify family and employers of the filming window and communication blackout.
- ☐ Arrange bill payments, pet care, and mail handling while you are away.
- ☐ Practice your camera and audio self-documentation setup.
- ☐ Study the location's climate, flora, fauna, and hazards.

Quick Reference

Casting email: alonecasting@itv.com

Official sources: HISTORY (history.com/shows/alone) and ITV America (itv-america.com/portfolio/alone).

Good luck — and only tap the button if you mean it.

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