



# MEDIA RELEASE

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## Alone Australia Season 4: Meet the Cast

**Alone Australia Heads to the Arctic Circle for its Most Brutal Season Yet  
Premiering 15 July on SBS On Demand**

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10 June 2026

Smash-hit survival series *Alone Australia* drops its highly anticipated fourth season into its most ambitious location yet, plunging 10 brave souls into the brutal, yet spectacular wilds of the Arctic Circle. Deep in the northernmost reaches of Sápmi, Finland, they face a gruelling survival experiment where the subzero landscape grows deadlier by the day.

Premiering with a double episode on **Wednesday 15 July at 7.30pm on SBS and [SBS On Demand](#)**, the Arctic Circle isn't just a change of scenery for the format, it completely transforms the survival game.



*L to R: Ayce, Dylan, Lillian, Trent, Sia, Jasper, Clint, Dougy, Misty, Arash*



With the stakes higher than ever, participants are equipped with Arctic-elevated gear and new additions to their 10 chosen items as they battle subzero temperatures, extreme calorie deficits, imposing predators, and the psychological toll of total Arctic darkness.

The groundbreaking signature of *Alone* remains: there is no camera crew. Each survivalist is a lone filmmaker documenting their own descent into the Arctic winter. Every frozen tear, every frost-nipped digit, and every hallucination born of the darkness is captured. This is an immersive, intimate look at the human spirit stripped to its most primal state.

As each participant reaches the absolute threshold of their physical and mental limits, they will exit one by one. It's a raw and unforgiving test of human endurance, where the last person standing will claim a life-changing \$250,000 prize.

Set against a breathtaking backdrop of dancing Northern Lights, this season delivers a brand-new spectacle of bushcraft, ingenuity and survival. Thrust into an unfamiliar Arctic environment, participants must navigate unknown flora, risky first-time foraging challenges, where a single mistake identifying fungi could turn a life-saving meal into a lethal one, and rapidly dwindling resources - all while coexisting with formidable predators.

*Alone Australia S4* is more than a survival experiment; it is a powerful testament to human resilience. Set on the ancestral lands of the Sámi people, the season honours their enduring connection to this sacred environment and the knowledge required to survive within it.

This season celebrates grit on an entirely new scale, asking the ultimate question: How long can someone from the southern hemisphere truly survive the Arctic depths of the northern hemisphere; in the freezing cold, relentless darkness, and completely, utterly ALONE?

**SBS Head of Unscripted Joseph Maxwell said:** “*Alone Australia* is the most successful original show in SBS history. It’s real, unfiltered and authentic. Season four takes the series into bold new territory, with the Arctic Circle delivering new challenges, survival firsts, incredible shelter builds and some truly shocking moments.”

**ITV Studios Australia’s Chief Content Officer, Beth Hart, said:** “Taking *Alone Australia S4* to the Arctic Circle was a massive escalation in both production and survival stakes, and the results speak for themselves. This season is visually spectacular, emotionally visceral, and brutally hostile. Our amazing participants were brave, ingenious, vulnerable, honest and innovative in equal measure, making this season the most authentic, compelling, and shocking yet.”

Alyce, 36

Aboriginal Community Engagement Officer, WA



Hailing from the coastal suburbs of Wollongong, this second-generation Lebanese Australian and self-dubbed 'science nerd' found her true calling in the wild later in life. Once she discovered the outdoors, she launched headfirst into a lifestyle of relentless adventure and high-altitude trekking, trading her busy urban life in WA for the challenges of the natural world. Alyce approaches her preparation with the same meticulous, scientific enthusiasm that defines her career, ensuring every aspect of her training is calculated and precise.

With a resume that spans the globe, Alyce's physical resilience has been forged on some of the world's most demanding trails. From the Larapinta and Bibbulmun tracks in Australia to Everest Base Camp and the Canadian Rockies, she has even undertaken mountaineering training with the Indian Military in the Himalayas. This vast trekking experience is matched by her skills as an accomplished coastal and freshwater fisher, well-practiced in both fly and lure crafting. She sees fishing as her superpower going in and looks forward to sustaining herself using the proven freshwater fishing skills she has harnessed over intercontinental fishing escapades.

Now a guide who leads rookies into the wilderness through her own trekking business, Alyce is a master of preparation. From her backyard in Perth—shared with her three birds, Mr. Beaks, Pickles, and Eshay—she has refined her bushcraft, shelter planning, and gear kits to a science, ensuring she is ready for the total isolation ahead.

For Alyce, the Alone challenge is an opportunity to break barriers and serve as the outdoor inspiration for ethnic girls that she never had growing up. While she dreams of using the prizemoney to expand her business and tackle the Pacific Crest Trail, her deepest motivation is to prove that the wild belongs to everyone.

***"I'm not a typical contender for Alone, purely because I came into the outdoors a lot later in life compared to a lot of other people, but I've immersed myself fully in survival experiences and adventure as soon as I did... I know can do this!"***

Arash, 32

Wrecking Yard Manager, QLD

Born in a rural town in Afghanistan, this former refugee turned Australian citizen is a survivor by nature. Growing up in a warzone where foraging, fishing, and hunting with makeshift materials were daily necessities for sustenance, Arash developed a foundational survival toolkit long before reaching Australian shores.

A decorated NSW and national Taekwondo champion, Arash brings the elite discipline and mental fortitude of high-stakes competition to the isolation of the wild. His experience in extreme environments is extensive, having navigated mountains in temperatures as low as -25°C using only rudimentary tools.



His journey to Australia was equally harrowing, involving a perilous refugee's expedition across multiple countries and being lost at sea—experiences that forged his ultimate 'superpower': the ability to adapt and survive in any condition.

A self-taught master of necessity-based bushcraft, Arash is highly skilled in trap-making, slingshot construction, and tactical fishing techniques. For Arash, this challenge is a chance to prove his mettle as a 'real survivor' and fulfill a goal motivated by his drive for equal opportunities for his sisters and the women of Afghanistan: he dreams of using the prize money to build a school and a sports field for the girls and women of his hometown.

***“From the moment I came into this world, life was all about survival. You didn't know when your next meal would come... or if you were going to live another day”***

Clint, 57

Sheep & Cattle Farmer, NZ

An off-grid sheep and beef farmer from regional New Zealand, Clint is a hard yakka family man whose life is defined by the grit and tenacity required to thrive on the land. Far from a mere hobbyist, Clint is a true battler who lives a self-reliant lifestyle, fuelled by solar power and sustained by the livestock and crops he raises on his remote farm. His outdoor pedigree is built on a foundation of extreme endurance, including a staggering 10,000km sea kayaking expedition around Alaska (which he's authored a book about) and a gruelling 14-day solo survival stint in the New Zealand wilderness.

Clint is a master of technical bushcraft, possessing the leathered hands of a craftsman capable of engineering complex solutions from raw materials. His ingenuity is on full display at his home, which serves as a workshop for taxidermy, handmade fishing implements, and high-performance kayak prototypes he has built from scratch.

In the wild, Clint's technical toolkit is vast, ranging from shelter construction, expert foraging to specialised fishing. His approach to every project slow and steady - methodical and fuelled by an adrenaline-seeking spirit that thrives under pressure.

Clint sees this experience as a chance to do farmers proud and prove exactly what a rural battler is capable of. While he seeks to test the absolute limits of his endurance, a victory represents the chance to finally ease the burden of hard labour on his farm and fund the next great adventure on his horizon.

***“For me, this will be the ULTIMATE challenge after a lifetime of outdoor pursuits.”***

Dougy, 43

Electrician, WA

A laugh, a lad, a dedicated family man and a hardworking FIFO tradie; Dougy is a formidable woodsman with a lifetime of honed hunting and fishing experience.



Growing up in a regional UK household where the freezer was filled by the land rather than the local grocer, Dougy's survival skills were forged in early childhood out of the necessity to help provide for his family. This deep-seated drive remains his greatest motivator as he enters the wild to secure a better future for his wife and children.

Dougy is a master of diverse harvesting techniques. An accomplished hunter, he is highly proficient with both modern and traditional gear, including bow and arrow and specialised trapping systems designed for high-efficiency caloric returns. His fishing pedigree is equally elite; Dougy is a master of various water types, from coastal surf to remote freshwater rivers.

His home is a testament to his wild-living passions, featuring a garage stocked with high-end survival equipment, custom-built hunting tools, and a processing area where he regularly prepares wild game for his family.

For Dougy, the Alone challenge is the ultimate test of the provider skills he has spent his life perfecting. Winning the prize money would mean the world to his family, providing the means to pay down their mortgage and ensure his kids have every opportunity to succeed.

***"My secret weapon coming into this is the skills I've learned as a poacher growing up in the UK; poaching fish, salmon, trout... I'm skilled in the art of creative fishing and I think that gives me a real edge"***

Dylan, 35

DFV High Risk Coordinator / Search & Rescue Tracker, QLD

A physically disciplined and formidable Palawa man, Dylan has built a life in the service of others. From the Australian Army to his work in domestic violence support and search-and-rescue, he is a man used to running toward trouble. But while his career thrives in tropical Queensland, Dylan feels a vital piece of himself slipping away - his connection to Country.

Growing up in Lutruwita / Tasmania, Dylan's bond with the land and spiritual foundation was forged by the women in his family; built on Palawa traditions through his mother and aunties who passed down Palawa knowledge of bush foods and medicines, a spiritual inheritance he hopes to reclaim in the wild. His hunting and fishing skills have been honed as an adult and his tracking skills have been refined through his work in search & rescue.

Dylan sees Alone as a rare opportunity to strip away the noise of adult life and return to those roots. He wants to show his son, Jensen, what a Palawa man is capable of when pushed to the limit.

Beyond the spiritual, Dylan's motivation is deeply personal. Winning means securing his family's future and funding the IVF treatment needed to give Jensen the sibling they so desperately desire. He enters the wilderness to find himself, but he stays to fight for his family.



***“My connection to country is a piece of me that has gone to sleep... it would be amazing to wake it up again”***

**Jasper, 24**

**Permaculture Practitioner & Educator, WA**

The youngest of this season’s cast, Jasper is a passionate permaculture practitioner and teacher, whose connection to the land began as a child playing in the bush and river behind his Western Australian housing estate. Today, he is a lead member of a thriving off-grid community, living sustainably on shared acreage that provides for the entire collective. His home, a modified bus complete with a hand-built patio and a fire-stoked bathtub, serves as a testament to his ‘make-do and mend’ lifestyle philosophy.

Jasper’s daily life is a masterclass in self-reliance; he grows and hunts his own food, baths in the river, and crafts his own necessities. Whether he is planting trees, foraging from his expansive veggie patch, or preparing for the weekly community dinner, Jasper is constantly immersed in the rhythms of the earth.

A specialist in plant identification and foraging, Jasper’s survival toolkit is rooted in deep ecological knowledge. His skills extend from the land to the sea, where he is an experienced ocean diver and fisher.

For Jasper, winning the prize money would be life-changing, providing the funds to purchase a tractor and a windmill to secure the long-term sustainability of his farm. He enters the wilderness not just as an individual, but as a representative of a lifestyle dedicated to the future of the planet.

***“I’m young, but I don’t see my age as either an advantage, or a disadvantage. The knowledge and skills I’ve gathered could be the same as someone twice, or three times my age. My youth might be a disadvantage as far as my metabolism goes, but otherwise I’d like to think I’m on a pretty even par.”***

**Lillian, 25**

**International Outdoor Guide, NT**

A Nordic-born pocket rocket who fiercely defies underestimation, Lillian is a nomadic force of nature ready to trade the red dirt of the Northern Territory for the frozen landscapes of her heritage. Though she moved from Sweden to suburban Melbourne as a child, her true education began with a lifelong, passionate involvement in the Scouts; a journey that won her the Queen Scout award and eventually propelled her across the globe as an elite adventure and wilderness guide.

Lillian’s resume is a testament to her Arctic-hardy resilience; she has summited Mera Peak in Nepal, rafted through the Snowy Mountains, and returned to Sweden to lead tours as a remote wilderness guide in bone-chilling conditions as low as -60°C.



An international hiking guide who has run successful tours across two hemispheres, Lillian enters this challenge with a clear mission: to dismantle the doubts of those who judge her based on her gender or smaller stature. She is a master of cold-weather survival and high-altitude navigation, intending to use her deep-rooted Swedish heritage and Australian-forged grit to outlast the competition.

For Lillian, the Alone experience is the ultimate platform to challenge perceptions about female guides and inspire a new generation of women to pursue extreme outdoor adventure. She heads north not just to survive, but to prove once and for all that she is a world-class contender.

***“Working and living in the Arctic gives me an advantage for this season.... my experience and exposure within that environment is definitely going to help me!”***

**Misty, 29**

**Adventure Tour Guide, VIC**

Reluctantly living in the inner-city suburbs of Victoria, Misty is a rewilded, all-guns-blazing wild-living enthusiast, inspired by her Wulli Wulli heritage and dreaming of a life on land outside of the big smoke.

While her early years were defined by hardship, she has forged that trauma into an unwavering resilience. For Misty, the wilderness isn't just a location—it is her healer and a source of spiritual companionship that ensures she is never alone, even in total isolation.

A professional tour guide by trade, Misty has spent her adult life as a student of the land, systematically collecting survival knowledge from Indigenous communities and formal coursework in permaculture, survival and traditional skills across Australia. She enters the wild as a disciplined and versatile operator, armed with a high-level mastery of bushcraft, traditional tool-making, and specialised fishing techniques.

Misty isn't just competing; she's on a mission. Having sacrificed everything to reach this starting line, she views the challenge as her personal Everest. Her motivation is laser-focused: win the prize money to buy her own land and create a sanctuary where troubled youth can find the same healing power of nature that saved her.

***“I remember watching the first season of Alone Australia and thinking to myself ‘I’m going to be part of this one day!’”***

**Sia, 44**

**Design Project Consultant / Ultramarathon Runner, VIC**

A Thai-born, Sweden-raised powerhouse from Melbourne, Sia is a world-class ultramarathon runner who doesn't just race against others—she races against her own limits. Her life is a masterclass in extreme endurance and for Sia, the wilderness is a familiar landscape that mirrors the resilience of her own spirit.



A dedicated solo mother of two daughters, Sia's preparation is a meticulous fusion of modern athleticism and traditional resourcefulness.

While she may not be a traditionally trained survivalist, Sia possesses a unique toolkit born of necessity. She relies on foraging and fishing skills learned during her extremely impoverished Thai childhood—lessons reinforced by an unwavering reliance on instinct.

Having already run hundreds of kilometres through snow and ice, Sia is battle-tested in Arctic conditions. She operates with the methodical focus of a long-distance runner, leaning on the same grit that saw her survive poverty and conquer international marathons. To Sia, survival is a mental game, and she is playing to win.

Sia enters the challenge to represent Thai women and shatter stereotypes, showing the world the true capability of her culture and gender. A win would be transformative, providing the means to take her daughters back to Thailand to reconnect with their heritage and find a life-changing sense of inspiration.

***“None of the skills I have learnt over the years have been borne of passion...they were learnt because I was born poor”***

Trent, 39

Ex Navy Chef, TAS

A hardworking Navy veteran and the quintessential knockabout dad, Trent is fuelled by a fierce dedication to his family. After a turbulent childhood in the city, a move to the Tasmanian country in his youth sparked a lifelong obsession—a turning point that forged him into a passionate outdoorsman and eventually, a pillar of stability for his wife and children. Now living on a near-self-sufficient property, Trent doesn't just theorise about survival; he lives it every chance he gets.

Trent's survival pedigree was hardened during his tenure as a Navy chef, where he learned to endure unrelenting struggle (including seasickness) with a trademark sense of humour and a never-say-die attitude. A master of the grind, he believes his innate competitive nature and his devotion as a father have forged the mental toughness required to outlast any environment on earth.

Largely self-taught, Trent routinely undergoes gruelling, solo survival challenges in the rugged Tasmanian bush to test his absolute breaking point. In the wild, he is a formidable DIY operator; his garage serves as a laboratory for bushcraft ingenuity where he constructs handmade fishing rods and refines building techniques from raw materials. He is particularly lethal with a rod in his hand; a master of angling prowess, he relies on his fishing toolkit to maintain a critical caloric edge.



Ultimately, Trent's determination to win is purely familial. He enters this challenge to be an example to his children, proving that through tenacity and hard work, no goal is out of reach. While he seeks the ultimate adventure, his eyes remain locked on the prize: winning the money to crush the mortgage. Once that pressure eases, he can focus on what matters most—having adventures and making memories with his family.

***"I don't know how realistic this goal is, but I'd love to get to 101 days. And I believe if there's fish in that lake and I'm catching them and I've got food...then I can definitely last 100 days."***

*Alone Australia* is an A+E Media Group format and ITV Studios Australia production for SBS.

***Alone Australia S4*** premieres with a double episode Wednesday July 15 at 7.30pm on SBS and **SBS On Demand**. All episodes will be available with subtitles in Simplified Chinese, Traditional Chinese, Arabic, Vietnamese and Korean, and with audio description for blind or vision-impaired audiences.

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