

S8E7 – Patrick French aka The Dosukinuta on TOP

Joey - Hey everyone, this is Joey the Professor, and we are live on the Overland Podcast. I want to say out there that I hope everybody is having a wonderful day. It is snowing, icing, awfully cold here in Arkansas, but I get to visit with somebody who's sitting in one of the most beautiful places on the planet right now, so I'm having lots of angst and... I swear, I can't even come up with the words.

But although most of our people that listen to this podcast are either feet-based or vehicle-based travel people, I like to visit with people who have expertise in areas who have a ton of experience that we might learn from them. And this is especially one of those times through my friend Shane at Glacial Gear. I made contact with Patrick. I was able to contact Patrick, and he agreed to come on here and visit with us. Patrick, welcome to the show. I appreciate you being on here.

Patrick - Hey, thanks for having me. Shane actually picked me up from the airport after my first challenge. He was the first person I saw when I came back for my first challenge.

Joey - How cool is that? What a great memory. He spoke very highly of you, and he did not mention that. uh, to me for some reason, I guess he wanted you to share that news with me.

Patrick - Maybe he thought it was still a secret. Well, you know, he picked me up from the airport, took me, over to his house. That was the first time we ever met was him picking me up at the airport. Oh no, wait, I think we actually met on the Florida trail first. Hmm. But he picked me up. We hung out at his house and then he dropped me off for the Ice Age Trail.

Joey - Oh, wow. Yeah, that's kind of his thing. The Ice Age Trail is kind of where all the Glacial Gear kind of started. So that's kind of his place.

Patrick - Yeah, that was a crazy year. Backpacked seven thousand miles and did my first naked and afraid challenge all in ten months.

Joey - Wow. That's crazy. So, we all know about trail names. We're familiar with trail names. Yours is very unique. Tell us about your trail name. I'm assuming it's a trail name, where it came from and what it means and how to pronounce it because I don't want to butcher it.

Patrick - A lot of people don't get it. uh so it's my name my trail name's Dosukinuta. That's the short version and I got the name doing trail magic in the Whites and back before I thought the Appalachian Trail was even like possible to do you know because you get in that mindset when you're like working you have a house you have a mortgage, you're like how am I ever going to be able to do that? So, I like had a love for the Appalachian Trail from a very young age because of my dad.

I ended up going out there and I would do trail magic in the whites. And I have a big thing for cartoons and ninjas and stuff like that. So, like I used to be goofy and dress up like a ninja run around in the Whites with a backpack full of beer and ice and jump out and like, give people trail magic up in the White Mountains is beer. This one time, these people would always try to name me and stuff like that when I was out there because I was like a big thing. They would always be throwing names at me like New Hampshire ninja, beer ninja blah blah...

Anyways I'm doing this trail magic up in the Whites and they're like throwing these names out at me and they were like what's your favorite? okay how about what's your favorite ninja do you have a favorite is

that a thing and I was like at the time I was watching this cartoon Naruto. There was this ninja named Dosukinuta and he ended up, like he was like my favorite at the time. This is like so long ago. This is over ten, fifteen, maybe seventeen years ago. It was so long ago. And they were like, well, how about that? How about Dosukinuta? And I was like, okay. And then I had that as a trail name for a while, all before I did the AT. And the funny thing is, the next week, the newest episode came out of that show, that ninja died. So, it's like the most obscure reference in the show probably ever. But like that ninja died like the next week. And then they have like over like fifteen hundred episodes since that character died. And like no one knows who the hell it is. No one knows how to pronounce it. But yeah, that's how I got the name.

Joey - You got to be O.G., You got to be OG on that show to know who in the world that is to begin with.

Patrick - I was watching it when it would come out. I'd have to download it when it came out in Japan, and someone would have to go through and type in the subtitle so I could even read it.

Joey - Oh, my gosh. Well, you're originally from the Northeast, right?

Patrick - Yeah, I'm from New Hampshire.

Joey - Oh, you are from New Hampshire. Okay, we were talking before we came on the air about New Hampshire, and you said it's a great place to visit.

Patrick - Yeah, I, you know, when you get stuck there, unless you just want to ice climb and, or unless you're a skier or something like that. But for me, ice climbing, mountaineering, backpacking, there's not much else to do. Yeah, so there's not much else that you can do out there besides that so I ended up just being like backpacking and everything. And now that I've done like everything in the Whites, it's a good place to visit, but I like living somewhere else now.

Joey - Well, is that how you developed a love for the outdoors? You think at a young age was that was all there is to that?

Patrick - My dad taking me backpacking. I remember, I think I was in like second or third grade. My dad took me up to Zealand hut with my school, like on a class trip. and I remember meeting Appalachian Trail hikers there because the trail runs right past Zealand hut. I was talking to them and everything while staying at the hut and they like inspired me to kind of do it. Then fast forward a decade plus later I was like man maybe I could actually do it and off I went.

Joey – So, do you prefer hiking with clothes or without now?

Patrick - I definitely prefer hiking with clothes. You know, you get like, you start walking around and you get like hung up on stuff. And that actually happens quite a bit. Especially in like places like Africa where there's giant thorns like that big. And you're just like, I've gotten caught on a couple of those and you get, you move a lot more stealthily and carefully.

Joey - Yeah. Oh, my goodness. Well, for someone who has a completely out of the ordinary career in life, what did you want to be when you grew up?

Patrick – I tell you what I want to be an archaeologist from like the youngest age. I was like I could go and hunt fossils. I could go dig up bones go explore like new places new areas. I always have like an adventurous spirit as a kid and I ended up being an art and antique dealer and as my career so kind of

similar but not the same. I didn't really get the adventure part from art and antiques so I guess I'm making it up for it now.

Joey - Well, if anyone follows your Instagram, when you actually returned from one of your adventures that you were on, you posted a picture right beside Wolverine. Do you think you and Hugh Jackman are related? Y'all look really close now.

Patrick - I mean, I always tell people like, and this is the kind of stuff that you have happened to you all the time, either on trail, or on Naked and Afraid is when you're like at camp and there's nothing to keep you entertained. You're always talking about stuff, right? And we always talk one of the things like what superpower could you have? If you could have any superpower, what would it be? And for me, it was Wolverine because I just think it's cool that like he just keeps regenerating, keeps getting messed up and gets bounced back from it. And that would be the one for me. So that's like my thing with Hugh Jackman and Wolverine is just kind of like, oh, that'd be awesome. Like, hell, I could beat the piss out of my body and just be fine the next day.

Joey - Well, that's kind of what you do. It's kind of what you do.

Patrick - Sometimes it takes longer than a day to recover, though.

Joey - Oh, I imagine. I imagine. Well, hey, on the intro on your Instagram there, you list eleven crowns, twenty-three different through hikes, twenty-one thousand miles. I'm the third person to thru-hike all eleven National Scenic Trails.

Joey - Which was the first?

Patrick - First was the AT for me.

Joey - Okay, first was the AT. Which one was your most memorable?

Patrick - I mean, they're all memorable for different reasons. But, yeah, I mean, I would have to say the Hayduke or the Oregon Desert Trail. Those are probably two of the toughest and two of the most fun that I've done. And they're super memorable.

Joey - You probably posted more pictures of the Hey Duke than any other one that I've seen recently on your Instagram. And some of it, it's just incredible looking. I've never even seen it.

Patrick - It's like seven hundred miles or something like that. And you go through every national park in Utah. You go through Escalante. You go through Dark Canyon. And then you go east to west through the entire Grand Canyon. So, in seven hundred miles that is so much bang for your buck versus thinking like the PCT or the AT where you know you're hiking hundreds of miles in the forest or something like that not just hitting national parks non-stop.

So, it's just like I tell people you're just getting beat up with views like you just like how am I supposed to get any miles in right now it's so gorgeous.

Joey - That's true. On the long trails, on the AT-PCT, you go through a whole lot of nothing for long periods of time, especially on the AT when you're just going through the forest and all you're seeing is trees. I can see what you're saying. You got to stop all the time and take in the views.

Patrick - Or the PCT where you're like, oh, there's Mount Shasta and you hike towards Mount Shasta for seventy-five miles and then you have Mount Shasta behind you for another seventy-five miles.

Joey - Exactly. Exactly. Which was the hardest trail, you think? I would say the Hey Duke. Hey Duke is probably the hardest because that's one that you have to route find. You have to do all these different things to try to find. The other ones are kind of like more streamlined. There's maps and stuff like that. There are trail markers, the Hey Duke and the Oregon desert trail. There are way points that you can find and download from friends or something. But for the most part, it's like, looking at this map, it says look for, this funny rock and drop down into this slot canyon there. If you go to the one on the right, you'll probably fall to your death. So, it's like it's one of those things. And, you know, it's like, you're going to walk down a river for, you know, thirty miles down a river. And it's not like you're walking on the side of the river. You're literally walking in the river for thirty miles or so. Twenty-four, thirty something like that. So, there's not really just there's no trail markers, no anything like that. So, you just kind of have to find it on your own. Yeah. Sometimes you'll see like hard places where like previous hikers have like built little Cairns. They're kind of like, oh, that's a Cairn. That's something that somebody put there, and that's basically like that and word of mouth and friends helping you out kind of thing. Using GPS, you can download some routes that help you kind of navigate it. But it's definitely not like just follow the blazes. You just kind of have to piece it all together.

Joey - Yeah. I see. Well, when you're through hiking, what's your daily mileage goal? What, give us an idea of what your goal is.

Patrick - I mean, I would say like a minimum of forty miles a day.

Joey - Forty (sounding blown away).

Patrick - Yeah.

Joey - That's a lot for...

Patrick - Yeah. I think my biggest day was eighty-two miles a in Florida and seventy-seven miles in on the CDT in Wyoming.

Joey - Is that twenty-four hours straight?

Patrick - Yeah.

Joey - OK. Were you trying to set a personal best or something like that when you get to see how far you can go?

Patrick - It's like when you get out there, sometimes you'll be on a trail and you're like, oh, well, I wonder how far I can go in twenty-four hours and just walk and see. But for the most part, you know, at like 2.5 miles an hour, like average pace, forty miles is pretty easy.

Joey - Yeah. It just depends on stopping is where it kills you.

Patrick - Yeah. Taking breaks and like stopping to eat lunches. When I when I'm doing my food and everything, it's mostly bars and stuff like that, like something that I can eat while I'm walking. So, I'll just keep like walking and eat and then stop when I get water and stuff like that. But for the most part, I don't sit around too much depending on, unless it's the Hey Duke, then I'm like in awe all the time.

Joey - Yeah. Well, that was one of the things that I wanted to ask you about because I love to talk about gear and people who listen to the podcast love to hear about gear. So, I wanted to go through just some major things. I didn't want you to go through your whole kit, but I did want to talk about your food system. Do you feel like that you can eat anything now? Nothing bothers you? You don't get tired of anything?

Patrick - Yeah, no, I do. People actually get annoyed with me by the fact that I can eat the same thing every single day and not get tired. Right now, I'm just eating white rice with venison every single meal, every single day. That's all I'm eating. And, you know, like on trail, like I have my staples and stuff like that. Like, I make like a bomb Mac and cheese. I just make regular pasta and I'll boil that. Add some, Velveeta they come in like a rip packet so I'll rip that squeeze that in mix it up. Then I'll get pulled pork from Walmart (they got this really good pulled pork I'll put that in there mix it all up into one big thing and then I'll take chips or Cheese-Its or something just crumble them up and put it on top and just add that crunch. That's my go-to dinner out there.

Something that Naked and Afraid changed me on, though, is, like, man, once you've gone, you know, fourteen days without eating anything, and you're still competing and doing different stuff, all of a sudden, I don't get hungry anymore. I have to kind of almost set an alarm or something like that to eat, because, some days I'll go a couple days, and I'll stand up, and I'll be like, whoa! I'm kind of dizzy. I better eat something. So, I don't get hungry. I just know that I need to eat.

Joey - When you're on trail, do you cook or do you cold soak or do you just eat bars or what's the normal for you?

Patrick - It depends on the trail. It depends on like what I'm doing to get out of the trail. You know, if I'm doing a trail slow hanging out with friends or if it's cold or something like that, I'll bring a stove. Otherwise, like I've gone like so long without even having like using my stove that I've sent it back on different trails. I like making sandwiches a lot. I'll just buy a whole loaf of bread, make sandwiches, tie it up, or I'll buy two rotisserie chickens and I'll just debone them and stick them in a Ziploc bag with a block of cheese. I'm definitely one of those guys that eats cheese like a block of cheese, like a candy bar. I'll just sit there eating it as I go.

Joey - Oh, that's one of the things when we were traveling up into the Northeast, when we were going to New Hampshire and Vermont. I didn't know that Vermont had a cheese tour. And one thing me and my wife did was we stopped at all these little mom and pop places. We bought every kind of cheese. I brought home fifty pounds of cheese from that trip. We just absolutely love it.

Patrick - Yeah, Wisconsin, Shane and I, we definitely like battled a little bit before talking about, oh, Wisconsin cheese or Vermont cheddar, which one's better? And Shane gave me the cheese curds tour of Wisconsin, basically.

Joey - That was the first place I've ever seen a cheese curd van. They would like deliver them to somewhere. And I was like, I've arrived. I'm in heaven now. A place that will bring cheese curds to my house. Okay, I love it. Yeah, that's perfect. Well, what about your shelter? What's your normal shelter out on the trail?

Patrick - I go with, I used to use the Big Agnes.

Joey - The Copper Spur?

Patrick - Copper Spur 2, yeah. I used to carry the Copper Spur 2. But then once I tried a Z-Packs Duplex, I was like, I don't want anything else ever, ever. So yeah, I go with the Duplex XL cause I'm tall. So that one's like a little bit narrower, but a lot longer. And, man, that's clutch. Cause being over six foot, when I like am inside that tent, I got size twelve feet and my feet don't touch at the bottom and my forehead doesn't touch at the top. And I feel pretty good.

Joey - Yeah. Good when you can stretch out. What about backpacks? What's your go-to backpack?

Patrick - Definitely Z-Packs. It depends on the trail that I'm doing. There are some trails that I can go lighter. There are some trails that I got to go heavier. But all the Z-Packs bags fit me really well. So, if I'm going with like a fifty or a thirty-five, just depends on the trail. I see that they have a new vest bag, though, that I haven't tested out that I'm pretty interested in checking out, though.

Joey - I've seen that, too, and it seems to pop up in my feed on Instagram every day. I don't know what they're trying to do to me, but I see that. I see what you're doing to me there, Z-Packs. Do you have a quilt or sleeping bag? What do you sleep in?

Patrick - Yeah. I got a ten-degree quilt from Z-Packs that also has a full zip up, and that thing's clutch. Um, I remember when I first got it and I was hiking the Oregon desert trail and, uh, we were up in the stains and we got, uh, shotgun. She got, you know, hypothermia. The storm was hard as heck. I got frostbite really bad. And, I think what saved my feet was having that Z-Pack sleeping bag. I took a couple of, hand warmers, threw them at the bottom of my bag. But a couple of days after that, like I had like rhino skin and these golf ball size blisters on my heels and stuff like that. And then we had to hike another two hundred and thirty miles before finishing the trail and I had these golf ball sized blisters. The trail is like pretty remote So I couldn't find anywhere to buy gauze so I had to get feminine pads You know what I mean? And I had to cut them in half stick them on my ankles and wrap them with an ace bandage because I was the only thing I could find. I couldn't find gauze or anything.

Joey - Do you find as tall as you are and as big as your feet are that it's hard to find a sleeping bag that'll fit you?

Patrick - I haven't had that. I tried a Nemo bag once and it was like way too restrictive. But for the most part, I'm like a really hot sleeper. And also like my bags, ten degrees. So, for the most part, I never zip it up unless it's super cold. For the most part, I just use it like a blanket. And doing that also kind of helps protect the down. So, I'm not like crushing the down all night.

Joey - How do you stay in shape and be ready for all your adventures? Do you have a workout regimen? I saw some surfboards. I know you're a water guy.

Patrick - Actually, I don't even know how to surf. I love spearfishing and stuff like that. To stay in shape, honestly, I feel like my legs never lose their thing. It might take maybe... two days and I'm back and doing forties the muscles just after a decade of just pounding away they're solid no matter what. I feel like what I have to do all the time is like in between doing like challenges or trails and stuff like that is to get my upper body back. So a lot of it is like I'm working out my arms because my legs just cannibalize my upper body and I start looking like a skeleton up top and like Giant legs on the bottom.

Joey - A bowling pin. You're a six-foot-tall bowling pin. Have you ever participated in Hike Naked Day and all your through hikes?

Patrick – yeah, I've done it a couple of times. I did it on the PCT. I did it on the AT. The AT was so sketchy I only did it for a little bit because I was going through Connecticut and you know you're hitting so many different roads. All that's going through my mind is I'm hiking and there's going to be like this train of school kids like going out on an adventure on the AT and here I am going to be this like grizzly smelly man in a backpack naked and just scar them for life. So, I did it for a little bit. And I was like, okay, I'm not going to like damage some youth by hiking in the wrong place like that.

On the PCT, it was easier because where we were, it was like, snow and there was nobody around. I prefer hiking with my clothes on in the United States just to protect everyone's eyes.

Joey - I heard that. Don't want to damage any children, that's for sure. Speaking of being naked, you've been on Naked and Afraid more than once. What motivated you to even seek that out and maybe try that out?

Patrick - So there was a hiker that hiked the AT the same year as me and attempted the PCT. He lashed it in seventeen. He and I had like a little bit of competitive spirit you could say as far as photography and other stuff. We gave each other a lot of crap and everything (his name's Andrew Forestel and his trail name's Raptor) but he was doing a podcast... what's the Backpacker Radio like that Trek one? Yeah, and he did a podcast with them and one of the questions Zach asked him was what's harder? through hiking or Naked and Afraid? This man tapped out on day eight and he tried to say that through hiking was harder than Naked and Afraid. I had never done it at the time and we were arguing back and forth. I'm back and forth, back and forth he's like “prove me wrong.” And you say that to me, I'm like, okay. So, I ended up seeing that they were taking applicants for it after that. I kind of just stayed quiet.

Andrew didn't think, one, that I would apply to that. Two, I would end up getting picked or three that I would actually survive. And, yeah, I ended up getting the call. And they told me, you know, where I was going. They were like, can we book your flight? I was ... how long? They said two days. I was like, send it. So, then I went off to Argentina and told Andrew, hold my beer. And twenty-one days after completing that challenge, I couldn't wait to rub it in his face.

Joey – So, I don't guess I even need to ask you the question, which is harder.

Patrick - I would say they're difficult for different reasons. I thought about it a lot out there and, you know, naked and afraid it has so many different elements, you have the element of like dealing with somebody that you've never had to deal with before in a survival situation, being naked, going to a place that you've probably never been before, let alone survived in. And then there's the physicality of through hiking where it doesn't matter how much food you put in your stomach. You can never keep up with the calorie load.

Joey - What was your initial reaction when you found out you were going to be on the show?

Patrick - I got to show Andrew what's up.

Joey – So, you take challenges very seriously.

Patrick - Oh, yeah. I was like, okay, it's time to just show them what I can do and everything. And that really helped me out. That competitive nature helped me out when I did Last One Standing because that one is a competition the whole way through. So, you're battling against some of the best survivalists out there. And that was like, instead of like the two that I had done previously where we worked together to try to get to the end, we're trying to like send people home and we're just trying to like defeat other people. And so that was like where my competitive nature really shined.

Joey - So most people would never consider being naked on worldwide television. Was that a drawback for you at all?

Patrick - No, not really. Like for me, I was just kind of like, well, this is what I got to do. It's kind of like, when you decide to go hiking or backpacking after hiking, you know, a drawback is I got to carry a backpack. Yeah, but that's what you got to do. So, I just kind of always have that mindset of like, well, this is what you do. So do it.

Joey - Are you normally a modest person?

Patrick - No, I'm kind of a shit talker.

Joey - okay well that's understandable...what was your first impression of your partner when you got him?

Patrick - on my first challenge?

Joey - on your first one

Patrick - my first impression was basically like I have no idea what I'm getting into. And you're there, you're meeting each other. And you don't know this person at all. They keep you all separate. Like you do not meet each other until you go out there. So, you have no idea what's going on. No idea what kind of skills this person has. So, you're basically just kind of feeling each other out the whole time. And you're just kind of like, do I like this person? Do I not like this person? That kind of thing. And I had never really watched the show ever before. So, I didn't know any of the big personalities or anything like that. But after a while, you get really good at like figuring out and reading people.

Joey - What's harder, figuring out the person or figuring out the place where you are?

Patrick - I would say figuring out the person because you can study whatever place kind of thing, but the thing is you can't study what that person's going to be like or how they're going to act to situations or what they actually know, what they don't know. And sometimes people are super forthcoming with how much knowledge they have. Other times people try to inflate how much knowledge they have to try to like look good because they know they're being filmed so then you're dealing with a lot of ego. Nature doesn't care about ego nature will crush your ego. But another human you have to deal with all their nuances.

Joey - When I talked to some people that had been on a different show, the ALONE show, they had different ways that they prepared to go out there. They knew that it might be days that they wouldn't be able to eat. So, they would carb up and they would they would, you know, eat a ton of food before they try to gain a lot of weight because they knew that they would gain weight. Did you have any kind of way that you prepared physically before you went on the show?



Patrick - Okay. So, it's not the healthiest, but I'll drink a lot of Twisted Tea, like a lot of Twisted Tea. And it's like super high in sugar. And, you have the benefit of getting drunk. But I tell you what, like I have trouble gaining weight. Not with Twisted Tea. I can pack on the pounds like you can drink more calories than you can eat by far. So, yeah, Twisted Tea. I would drink a lot of Twisted Tea before the challenges and get fat and then burned off pretty, pretty slow.

Joey - What about mentally? Did you have any way to prepare mentally for what you might be up against?

Patrick - the first time not really. I'm kind of crazy that's I guess that's probably how it is after you did it once and kind of knew what you were getting into.

Joey - what about between the first and second time?

Patrick - oh it's just like hiking trails. It's just like you don't even really need to like mentally prepare. After you've hiked enough trails, you're like yeah let's go. I'm ready.

Joey - What was the most unexpected challenge that you faced during the experience?

Patrick - Which one? Naked and afraid or hiking?

Joey - Yeah, during naked and afraid.

Patrick - The most unexpected challenge I faced was like thinking that every single person on Naked and Afraid was an expert because I didn't watch it. And I didn't know that like some people don't really know very much or some people, you know, think that they're really good at something. And then when you like put them to the test on it, then they don't know what they're talking about. Like using green wood for friction fire or something like that. Like my friend Andrew was like, I don't know much about survival, but I do know that green wood does not work as a spindle for friction fire. So, you kind of just get these little surprises and those surprises are the worst.

Joey - I can see that. Well, we talked off air uh because you know when I was thinking about this question unexpected challenge for those of us who are outdoors people, we spend a lot of time on preparing what we're going to wear. We look at the weather is it going to be cold how many layers we're going to take is it going to be warm do we need to prepare for bugs well you didn't have that opportunity or have those, that wasn't even an option for you. So how is that different? How's your preparation for this different than your preparation for going on a long backpacking trip?

Patrick - I mean, not very much different. Cause when I'm backpacking, I'll just wear like this hot dog shirt and a pair of short shorts and some socks. And that's the only thing I really bring. Once I brought a onesie, like a big Snorlax onesie and like slept in that and stuff just for fun. But for the most part, I just bring a lot of socks. That's the big difference. I always have like four or five pairs of socks.

Joey - How, how were your feet on that alone? How did it affect your feet? Are you soft footed or are you pretty good?

Patrick - Oh, no, it's like I have to like shave the calluses off my feet. Some girl I know has like one of these things where you can just scratch it on there and it's like, yeah, I have to do that. So, for naked and afraid, my feet are all like, just like got always big calluses built up on them. But at the end of naked and afraid, there's like hardly any skin left on the bottom of your feet. Like you just like wear that skin off so

quick. And then you're just like, it's like a whole hot spot on the bottom of your foot. It's like hiking in wool socks all day, wet wool socks all day long.

Joey - How did you handle the mental part of being out there with isolated in the wild, maybe by yourself or with one other person? How is that challenging to you?

Patrick - oh man, it's like being alone is easier for me than being with people. I am the biggest introvert. If anything, the thing I have the most trouble with is, talking to people or dealing with people, stuff like that. I remember when know like I did the North Country Trail and all those trails that year, I went so long without like using my voice for the most part. I would text people or something like that but I would hardly talk to people. By the time I got done and flew back to New Hampshire my voice would talk when I was trying to talk to my dad, I just was so not used to using my vocal cords. So, yeah being alone I think it's one of those things where the more you're used to being alone, the harder it is for you to be social and be in social situations. Like you just get so used to it. You become like a hermit and you're used to being alone. And that makes stuff like dating and stuff like that hard or responding to text messages.

Joey - Yeah. Oh, what would we do without texting? I swear. I'm the same way. I just assume somebody texts me is call me. Don't call me. I don't want to talk to you. What was your strategy for finding food and water when you were out there on the lawn?

Patrick - I mean, on naked and afraid. Well, on my first one, we had fishing hooks. So, we ate a lot. I caught like forty-two fish or something like that. So, we caught a lot of fish. I got a beehive that I found. Basically, you're just kind of like you don't know what's going to be there. Like they don't tell you, oh, you got river. It's going to have fish in it. They don't tell you anything. So, you just kind of go out there and take the skills and stuff that you know and put it to use. I know when I was on that island in the South Pacific doing Castaways, we saw hogs and they were shitting in our water but we had no fire no tools at all like we didn't have any starting items. So, we went eight days drinking hog shit water without being able to purify it and no real no way to get food really.

So, then we migrated, went down to the coast. And then once we got to the coast, it was just a smorgasbord of food. I was finding all kinds of fish, spearing fish, spearing crabs and stuff. So, it just depends on the situation.

Joey - Does that take all of your time while you're there is looking for food?

Patrick - Oh yeah. I like exploring. So, people will do different like jobs. My job was basically getting food. On Last One Standing, Kai and I ended up, taking down a two hundred- and forty-pound Nyala. I caught nine, ten catfish, like giant catfish and stuff like that. So, it was one of those things where, you know you got to figure out what kind of assets you have and who's best at using them and working and trying to figure out how to like take down bigger prey.

Joey - did you find yourself having to motivate yourself to keep going? Were there a lot of really down days?

Patrick - no if anything like you throw me in a new country it is something to explore. It's like, I got to check this out as much as I can because, you know, there's a time limit. Like a lot of people think of it as we have to survive twenty-one days or forty days or forty-five days. But for me, I only have forty days to

enjoy this as best as possible I only have twenty-one days to explore and do this. So, I just want to make the most of it out there because then when it's over it's over.

Joey - Is there any uh place in the world that you want to go you haven't been yet that you want to explore?

Patrick – Antarctica...

Joey - what's the reason for that?

Patrick - I want to do it. I want to do a naked and afraid challenge on every continent. That would be my goal. It would be fun to have hiked on every continent and Antarctica is one of the hardest ones to get to. So, I would say Antarctica is pretty high on my list. I could see it from the distance from Argentina.

Joey - When you were there on your first Naked and Afraid challenge, what survival skill did you find that helped you out the most while you were there?

Patrick - I would say fire making. Because honestly, the first night it like poured rain. We couldn't get the fire going fast. I remember before the challenge started, it rained like every day. Before we even got there, it rained every day. So, all of our Tinder, Mallory and I, all of our Tinder was soaking wet. And it was so hard to get fire when everything's just drenched. But eventually we figured it out on day two. But you know, if we hadn't gotten fire, that would have meant we're not able to cook. We're not able to drink our water because the water down there were villages around Argentina and stuff where they just kind of like throw their waste into the river. So, we would boil our water for ten minutes just to make sure and there would be like this like sediment of slime on the bottom that we just didn't want to touch or know what it was.

Joey - I would say fire is one of the big things. Did you come back thinking that you had learned anything about yourself?

Patrick - yeah one thing that I learned was that I survived twenty-one days without anything, basically. And it made me look at my backpacking kit and say, like, well, what do I really need?

Joey - Why am I carrying all this?

Patrick - Yeah. So, you know, I did the New England Trail and I was I forgot my tent or actually, no, I forgot my tent stakes. When I got dropped off and I was like, well, I can't set up the duplex without tent stakes or I can, but it's like a pain in the butt. I was like, it's a short trail. I don't need it. So, I just left my tent and everything in my dad's truck. and backpack the New England Trail without any tent. It rained a couple times at night and you know I just slept through the rain wrapped up in a piece of Tyvek that I use as a ground cloth. The next day you know dry out my stuff but yeah it goes to show like how easy you can like overcome and how little you actually need.

How many hairbrushes do I need to backpack the Appalachian Trail? And there's some women out there... my friend's done pack shakedown for, and they have two giant hairbrushes. He's like, why do you have two hairbrushes? And I remember he tells me this story. He's like, she scoffs at him. She's like, have you ever tried to get hair out of a hairbrush without a second hairbrush?

Joey - That's a good point but okay. Well do you find yourself nowadays, after you've been through several of these extremely hard challenges, and all these through hikes, that you're just used to things

that most people aren't used to? That you can sleep through anything? That bugs don't bother you? That your body becomes accustomed to certain things?

Patrick - In castaways the first two nights had like the worst bugs ever, right? Heather and Andrew are screaming. They're like I can't sleep! I'm freaking out! But I'm just lying there like just shut up just go to sleep. They'll go away when it gets colder. If you watch it, you can see me just like they're in like the fetal position, just getting bit up by bugs and stuff like that. I'm just like, it's not that big of a deal. They're swatting them. Everybody told me afterwards, like when I met everybody, like Boo Lent and Kira, they're like, oh yeah, we didn't sleep for the first two nights. We couldn't sleep because the bugs were so bad. And I was like, oh yeah, I just was yelling at Andrew and Heather to stop complaining.

Joey - My goodness. Well, if there's one thing that it is really hard to get used to, it's probably bugs. In a normal person's life, those are the hardest things because whether you get used to the bites, the sounds, and things crawling on you, it's just not fun.

Patrick - I think for me, and this is why I say I'm kind of a bit crazy, that's why I can do it. For me, the worst and hardest thing for me is coming back. Like when you get off a trail, you get off a Naked and Afraid, then you're just like, oh, what am I supposed to do now? Uh, I guess I'll watch TV or like go for a day hike or it, everything starts. Like you just get that adrenaline rush and then you become an adrenaline junkie where it's just like, I need it all the time.

Joey - Yeah. Well, you know, a lot of people talk about getting back to normal life and how they crave that experience again once they come back to normal life. And they also talk about how it changes you out there. Do you feel like a part of you has changed each time or what's changed about you since you've been through some of these?

Patrick - Oh, yeah. After I hiked the Appalachian Trail and the Long Trail in 2015, I couldn't go back to regular life. I was like, no, I'm done. And that's when I just started backpacking full time and then doing different challenges, doing whatever I could to, like, avoid normal life. It's one of those things where you get out there and you're either like a one and done or a triple crown and done or you're a lifer. And there's a lot of lifers out there. And I'm one of them, I guess. It's hard for me to live conventionally anymore.

Joey - We talked about you not being hungry. Are there any other, what we say, long-term physical or any other effects from being on the show or not eating for long periods of time? Are there any other effects that you've gone through?

Patrick - You get hair loss, like temporary hair loss. Like, so your hair will start to like fall out. Like when we get out of some of the challenges, the starvation ones, like your hair will get like, you have to comb it out. And not having a toothbrush that, that one, you know, like you have to go to the dentist afterwards, pretty, get a cleaning and hope for the best kind of thing. I said, I probably gotten the most damage, done to me though, like through hiking with like the frostbite and stuff like that. I have nerve damage from my knees down and both my legs from that. So that's probably the thing that haunts me the most, I would say.

Joey - Was there anything between your first experience on Naked and Afraid and your second that you said, if I go back, if I get a chance to go back, I'll do this differently. I won't do that again. I'll do this differently.

Patrick - Yeah. I remember thinking that I'm going to be nicer. Like I'm not going to be as like a brute force kind of thing. And it lasted maybe like ten days.

Joey - Yeah. Well, you're out there and you have to live, so I totally understand.

Patrick - Between my second one and my third one, though, I did it a 180. I was like, I'm going to be overly myself. I'm just going to like go full in. You get a little nervous how you're going to look on camera sometimes. You know what I mean? Like, oh, people are going to watch this. I better act like a nice guy. So, my first two, I was kind of feeling that way. But my third one was like, ah, people are going to know me. I'm just going to be me.

Joey - On many of these reality shows, you have the good guy, the villain, or whatever. What do you see yourself as?

Patrick - I'm probably like... I would probably say I'm a villain. I'm really good to my friends, and I'll never betray my friends, ever. You know what I mean? I will never, ever betray my friends, and my friends will all tell you the same thing. But if you piss me off, I will enjoy making your life miserable. And like sometimes, you know, sometimes I have a tendency to have that kind of itch where I'll just be like, oh, just looking for a reason like that, like the short guy in the bar, you know, just looking for a reason that sometimes is me.

Joey - What's the biggest misconception that people have about naked and afraid, do you think?

Patrick - I would say, you know, probably one of the biggest misconceptions is that, you know, that everybody's an expert. I think they try to get some of the best survivalists and stuff, but there's also a lot of people that are trying for the first time or trying, like they want to attempt the challenge. You know, it could be like a homemaker that is like, oh, I want to try to do this or someone that's just really good at fishing. But like, you know, they fish on a boat with like a sonar and all this other stuff. And you put like a hand line in their hand and tell them to, you know, go over to the ocean and catch something. And they're not coming back with anything.

Joey - I can definitely see that. Do you think it's more about entertainment or is it more about survival?

Patrick - I say it's probably like a blend of both, you know, like there's like some challenges that you'll watch and you'll be like, OK, this person, you know, admittedly doesn't have the survival skills, but they are a fan of the show. So, they're doing a fan challenge, you know, and they'll like try their best to, you know, do well. And then there's like the pros, like Matt Wright, who's like a great hunter. And he's like one of their longtime people. That's like about the survival. You're seeing this person do amazing things, but that doesn't discount the person that's not as adept at it, doing amazing things as well to get by. So, I'd say it's a bit of both, survival and survival and entertainment because everyone it feels good to like root for somebody that's like just like you and like coming off the couch and we're just like okay like if I always thought that I could do it like let's see if this guy can.

Joey - Yeah, in each of these shows, people pick out their favorites. They start with the people, and that's for sure. That's pretty normal about it. Where will we be able to find you in the near future, seeing what's coming up with you?

Patrick - I mean, honestly, I kind of live by the seat of my pants. I just barely moved back into my old place and I'm like looking at like what's around. I'm like looking on like social media. Like that's the

reason that I have social media. Some people try to get famous and stuff like that. Like I don't really give a crap about that. I'm looking at social media and I'm like looking through my friends. I'm like, where's my friend doing? What's my friend doing? And I'm like, okay, like that's what I want to do next. And once it hits, then I just go and do it. Southeast Asia has been pretty intriguing lately. Cause it looks like it's relatively like pretty inexpensive. It's a short flight from here in Hawaii and it's like all uncharted territory for me. I haven't been to Asia yet.

Joey - Asia is beautiful. Philippines is beautiful. Man, I can't wait to go back. Can't wait to go back. Man, I really appreciate you coming on and visiting with us and giving us a little background into who you are, letting us get to know you a little bit better. And, as I had hoped for, it was educational and entertaining. So, it was it was definitely good to get to know you. We've talked a few times and it's really good to have some face to face. And once again, I am very jealous of what you get to do. And I'm really jealous right now of where you live.

Patrick - Oh, man. Right.

Joey - Oh, man. Well, I'm glad everybody. we'll be able to listen to you and get to know you a little better on the podcast coming up. For those who listen to us each week and support us, thank you for making sure that you put us on your alerts and we get to come into your houses every week. I know that you want to follow Patrick on his Instagram. It's at Say it for me again.

Patrick - Dosukinuta. The Dosukinuta.

Joey - The Dosukinuta. Okay. Well, I'll put it on there where people can just click it, and it'll just come up. So anyway, thank you for joining us, and thank you for being a part of our lives each day. Love you all. Get out there and do something hard. Do something cool. And whatever you do, look out for number one, and don't step in number two. We are out.