

The Dosukinuta Interview with Patrick French

Good day everyone and welcome to THE Overland Podcast where we talk about all things that pertain to moving yourself OVER LAND...

Although many of our listeners are into either feet or vehicle-based travel, we like to visit with those who have expertise in different areas, or have had a ton of experience in areas that might be a little different than ours.

In doing that we can learn and be entertained all at the same time.

Intro

So, today we have with us on the podcast, Patrick French, also known as the Dosukinuta

- Most of us are very familiar with trail names or road names
- Yours is very unique, where did this come from?

Tell us about yourself. Where are you from?

How did you develop a love for the outdoors?

You like it (the outdoors) better with clothes or without?

For someone who has a completely out of the ordinary career, as a kid what did you want to be when you grew up?

Do you think you are somehow related to Hugh Jackman? Deep resemblance there when you let yourself go for a while.

Backpacking

11 Crowns, 23 different thru hikes, 21k miles

Which was your most memorable?

- What is your favorite trail you have ever done and why?
- What was the hardest?
- The Hay Duke Trail looks unreal.

What's your daily mileage goal?

Give me your major go to gear...

- Backpack ◦ Tent
- Sleep system (bag/quilt/pad)
- Cook system (go to food)

- Layers (clothing layers)

How do you stay in shape to be ready for anything? Do you have a workout regimen?

Being a star multiple times on Naked and Afraid, did you ever participate in Hike Naked Day on June 21 of every year celebrating the Summer Solstice?

Speaking of being Naked...

You have been on Discovery's Naked and Afraid multiple times...

Naked and Afraid

What motivated you to apply for Naked and Afraid?

What was your initial reaction when you found out you were selected for the show?

Most people would never consider being NAKED on worldwide television.

- Did that matter at all to you?
- Are you normally a modest person?

What was your first impression of your survival partner?

- Did you and your partner ever have disagreements, and how did you work through them?

How did you prepare mentally and physically for the experience?

What was the most unexpected challenge you faced during the experience?

- As outdoors people, we spend a lot of time preparing for the elements of the outdoors
- We pick our layers... we spray our clothing down with Sawyer Products for ticks
- We carry sunscreen and mosquito spray
- I would see the absence of this being a huge challenge...was it?

How did you handle the mental and emotional toll of being isolated and vulnerable in the wild?

What was the most difficult moment, and how did you push through it?

What was your strategy for finding food and water?

Did you ever find yourself having to be motivated to keep going?

What survival skill do you feel helped you the most out there?

What did you learn about yourself that surprised you?

What was it like to return to “normal” life after such an intense experience?

- Many people talk about how “thru-hikes” will change you as a person
- Because of the impact of doing something hard and being by yourself
- Which experience in your life changed you the most?

Were there any long-term physical or psychological effects from the show?

Would you ever do it again, and if so, what would you do differently?

What’s the biggest misconception people have about the show?

Looking back, do you feel the experience changed you, and if so, how?

Conclusion and WrapUp

As I had hoped for, it was educational and entertaining...

How can we support you in your future endeavors personally?

What can we hope to see from you in the future?

Thank you for taking time and visiting with us...

- And for those who listen to us each week and support us
- Our main sponsors, Midwest Adventure Outfitters, Glacial Gear, UltraliteSacks, Blue Sail Coffee
- THANK YOU for making sure this podcast happens each week!
- Love you all! Get out there and do something hard, something cool
- And whatever you do, look out for number 1 and don’t step in number 2!
- We are out!