

Alone

INTERVIEW ISAIAH TUCK

ATTENDEES OF THE 2025 NAWEOA CONFERENCE IN ERIE, PENNSYLVANIA MAY HAVE NOTICED A TABLE ADORNED WITH SURVIVAL GEAR AND EVEN CHATTED WITH THE FRIENDLY GAME WARDEN WHO STOOD ALONE. I HAD THE PRIVILEGE OF MEETING AND INTERVIEWING ISAIAH TUCK.

Nych: Isaiah, know all of your brothers and sisters of the badge were rooting for you. Can you tell us about yourself, job title, and wildlife agency?

Tuck: I was born and raised in southern West Virginia. Being outdoors was just part of who I was. Now, I'm a Natural Resources Police Officer for the WVDNR.

Nych: Where exactly were you dropped off in the 11th season of Alone?

Tuck: We were dropped off in the Mackenzie River Delta in the Northwest Territories in Canada. We were 125 miles north of the Arctic Circle.

Nych: I noticed the History Channel opted to focus the season's initial, on-the-ground footage on you and instantly made the game warden connection and how you protect natural resources. Was this intentional? Did producers or contestants comment on your game warden background?

Tuck: I can't speak as to their intent, but they were pretty excited to have a Game Warden on the show.

Nych: Speaking of production, were there any surprises in the editing process and how you were portrayed?

Tuck: I wasn't really surprised. However, I do wish they'd have shown more of my survival skills and food procurement.

Nych: What skillset would you advise aspiring survivalists to sharpen?

Tuck: Starting fires. Any kind of practice helps! You could do anything from a friction fire or even use a BIC lighter. Just get that dirt time in.



Nych: Game wardens rely on tools and gear. What 10 items did you select?

- Tuck:
- 1) a -60 degree sleeping bag
 - 2) ferrocium rod
 - 3) Leatherman multitool
 - 4) shovel
 - 5) saw
 - 6) bow with nine arrows
 - 7) 2-quart Dutch oven pot
 - 8) paracord
 - 9) snare wire
 - 10) fishing line and hooks

Nych: Wildlife officers are resourceful. What other items did you find?

Tuck: I actually found quite a bit of stuff. On the show, you are only allowed to keep certain items as long as it doesn't give you too much of an advantage. Some of the stuff that I was allowed to keep was a gill net, a gas can, and a shovel.

Nych: What aspects of being a game warden were advantageous to your performance on the show?

Tuck: I was used to working alone. We can't depend on anyone else most of

the time. When we have a job that needs done, game wardens just figure it out.

Nych: The theme to this issue of IGW is natural beauty and wonder. What splendor stood out the most across your Arctic landscape?

Tuck: My favorite view was of the river in the early mornings. I'd sit on the bank and just stare at the light fog over a completely undisturbed water surface. The reflection of the sky meeting the tops of the trees was

as clear as a mirror.

Nych: Alone often alludes to "drop shock", the mental disorientation and emotional instability upon arriving. How were you affected?

Tuck: My initial thought was pure jubilation. I wasn't used to such excitement being somewhere. But after a little time passed, it got more real when I discovered that I had a momma grizzly with a cub on my property. I realized I was actually putting my life in danger and started second-guessing my decisions. Those feelings came and went pretty quickly.

Nych: As you stated on the show, game wardens protect our natural resources. What wildlife did you observe? Harvest?

Tuck: I saw many different types of owls and other birds. There were many beavers. I was able to procure pike, squirrels, and rabbits.

Nych: You built quite the abode. Can you take us on a tour of the "super shelter" you constructed?



Tuck: I called it "The Bunker". It was a form of modified A-frame that was half-way dug into the ground. I wanted to utilize the heat and insulation from the earth for those cold winter days. I managed to make the largest fireplace that's ever been on the show. For the roof, I used the tarp provided by production to keep the camera gear dry. The front and back of the shelter were composed of logs with moss filling the gaps.

Nych: "I'm going to get a ticket for water pollution!" you cleverly joked as you washed your clothing in the river. Can you tell us about a memorable ticket you wrote?

Tuck: We had a very significant deer case a few years back where a local and a couple out-of-staters poached 18 deer in less than 36 hours. They got hemmed up pretty bad.

Nych: Settle the score. Who lasts longer, hunters or anglers?

Tuck: Tough call, but ultimately I'd say anglers on the show.

Nych: Isaiah, you were open and authentic with a national audience. You shared difficulties having a child, hardships of miscarriages,

and financial burdens of IVF. It was truly powerful when you asked your deceased brother for guidance. Can you describe this moment?

Tuck: My brother was my best friend. It's not uncommon for me to still ask him for advice...even though he's gone. I do so by remembering who he was and what he stood for. That helps me make decisions that would likely mirror his own to make him proud.

Nych: How long did you last? Ultimately, what made you tap out?

Tuck: I had to leave on day 23. What took me out was an unknown pain in my chest. I had it for 15 days. It just got worse and worse until the pain would put me on my knees. I decided that it wasn't fair to my family to keep putting my health at risk.

Nych: What food did you crave? What was your first meal after returning from the wilderness?

Tuck: I craved any kind of pasta dish! My first meal coming out of the woods was a warm cup of bone broth. It was the best. Contestants are put on a very strict refeeding plan when they come off the show.

Nych: Do you remain close to any of your fellow contestants?

Tuck: Our season is one of the closest they say they've had. All ten of us stay in touch on a very regular basis.

Nych: How has Alone changed your life, both personal and professional?

Tuck: Personally, I got to play in the woods and be a kid again. It was a very healing and spiritually fulfilling time for me. Professionally, I've found myself in more of a calmer state and not so stressed out all the time.

Nych: I can only imagine your family's reaction as you returned. Describe the homecoming.

Tuck: My homecoming was perfect. I met up with my wife and my one-year-old and just bear hugged them. The rest of my family slowly integrated themselves back into my life so as not to overwhelm me after being alone for so long.

Isaiah, know you are far from Alone in NAWEOA. You have the respect and support of more than 9,000 members. Thank you for inspiring and providing a positive image for game wardens across the country.

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