

# Standing Naked and Afraid in the back 50?

By Ted Brown  
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Every once in a while, The Sidekick and I tune into Discovery Channel, to watch the reality series 'Naked and Afraid'

Like most reality shows, it features a challenge where a man and a woman are dropped into a hostile, hot, buggy area, and are expected to live off the land for 21 days, before hiking to a pre-arranged evacuation site. They're complete strangers, and have never met before.

They can only take one item each, like a hatchet, or a fire starter.

And one more stipulation—they're totally naked for the entire 21 days.

Now before everyone nods their

head knowingly, saying, "Totally naked, eh? Hmmm, now we know why they're watching it," all the sensitive parts are blurred. It isn't risqué by any means.

As we watch them deal with the elements, some couples compliment each other, while others develop an instant dislike for each other from the get-go.

There's no cash reward or incentive for the participants, beyond bagging rights for hanging in for 21 days.

Earlier this week The Sidekick and I talked about the challenges.

The first thing, no food. They live off the land, eating bugs, snakes, lizards, crabs—you name it. And they have to cook it, which requires fire, and in some cases, water.



## A Ted Bit

Water— try and find water in a scorched landscape like the Yucatan desert in Mexico, where the temperature sits at 100 degrees Fahrenheit, and the beaches are lined with sharp coral, which can slice your foot open like a razor.

But I think the aspect that renders them most vulnerable is the lack of clothes.

Just thinking about walking barefoot across the driveway makes me cringe, not even considering hiking through waist-high brambles and jungle grass, totally naked. Man, that undergrowth could be nasty, if you get my drift.

Then there's the bugs.

The Sidekick and I often sit on the verandah, to enjoy the outdoors. After a dozen mosquitoes buzz by, she's usually the first to say, "Okay, I'm going in..."

Meanwhile, our 'Naked and Afraid' team tolerate bugs 24/7, all day, all night.

Just thinking about spending 21 'minutes' naked in the back 50 of the farm, would be challenge enough for me.

Imagine sleeping on bare ground, naked, bugs crawling all over your body, and some wild animal growling a few hundred yards away in the dark.

That's challenging enough, not considering being thousands of miles away from civilization.

We watched two episodes last week. In the first, the man and woman worked as a team, overcoming obstacles, watching each other's back (figuratively.)

They were quite successful.

Meanwhile, the second team included an immature girl who's idea of outdoor survival skills was to talk to her grandfather about roughing it.

She was vomiting the first day, her partner trying to encourage her to keep hydrated but 'that water tastes like smoke.' She bailed out after 7 days.

Yup, it's a unique show, and every time I see it, I take a moment to pause.

And then I realize how much I like my clothes...

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