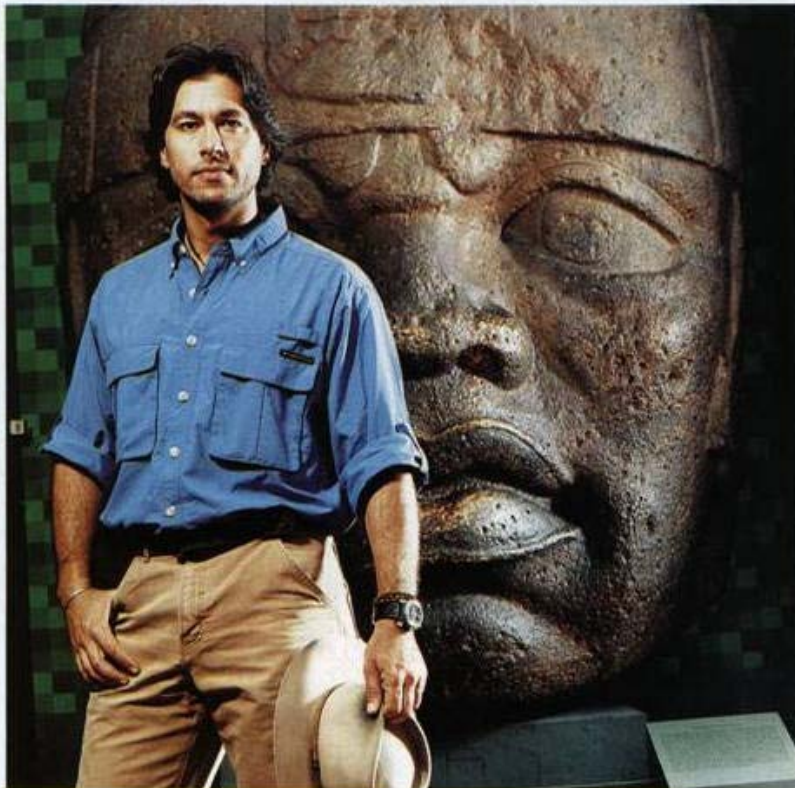


MY FAVORITE THINGS

The History Channel's Indiana Jones

With a little inspiration from classic explorers, and the occasional Cuban cigar, TV host and wilderness survival guide **JOSH BERNSTEIN** keeps his cool no matter where he lands. *By Abraham Strep*



NEW YORK CITY NATIVE JOSH BERNSTEIN FIRST HEADED WEST AS A 15-YEAR-OLD ON A summerlong wilderness trip. Eleven years later he became CEO of the Boulder Outdoor Survival School (BOSS), the country's oldest such school. Now, as host of the History Channel's hit show *Digging for the Truth*, he spends nine months a year exploring ancient archaeological sites, while still running BOSS. When he's not on the road, he lives in New York and Utah.

✧ **MY INSPIRATIONS**
Shackleton. God, he went through some expeditions. I've been doing this for three years, and if I place my timeline against his, I say, Yeah, I can push through. Teddy Roosevelt (pic-



ture) was also a great adventurer, a war hero; he went to the Amazon, and he had a life as president and socialite. These were people who were able to live in the modern world and still go on expeditions.

MY HATS
I have several, all named Henry. Henry I is 20 years old, but I've lost him; Henry II is probably 18 years old, and he's at home. I'm wearing Henry V right now. They're all cowboy hats. Anyone who spends a good portion of the day under the sun wears a hat.

MY THERAPY
Workouts really help me recharge. And if I need to clear my head in New York, I'll go for a walk in Central Park. If I can get a day in where I



go to the gym and hit Central Park, it's been a good day.

<< **MY TUNES**
I've been out of the country for three years, so it's hard to stay current. But I like Kelly Joe Phelps. I can listen to *Shine Eyed Mister Zen* over and over again.



^ **MY HOME**
In Utah I live in a 21-foot yurt that I put together. I have no problem going from the deserts of Utah to the streets of Manhattan. I love the diversity of both worlds.

MY MUST-HAVE
My med kit travels with me everywhere. It has emergency items: epinephrine, antihistamines, and a wide selection of antibiotics.

>> **MY GUILTY PLEASURE**
I celebrate the end of every shoot with a cigar. I smoke maybe one every two weeks. That's it. I only smoke Cubans. More often than not it's a Cohiba Siglo VI.

MY FIRST HANGOUT
I was probably three years old when I first went to [New York's] Museum of Natural History. I love the dioramas. Some of them were made decades ago, and they still capture the imagination in ways that the most modern multi-



^ **MY WELCOME TO THE JUNGLE**
Soon after I took over at BOSS, I went to the Bolivian jungle. I knew the desert, but the whole jungle-Amazon thing was new. The ecosystem there reacts quickly to any intruder, and the insects really do rule. You feel a sense of awe at how much power the animals in the jungle have. You don't get that in the desert.

media presentations can't. If I had to be trapped in one building, it'd be there.

MY READING
I'm predictable. I love the West, and I love the environment, so I've read maybe 80 Louis L'Amour novels and all of Edward Abbey's books. Abbey has an environmental ethic with an attitude, and he doesn't pull his punches. *The Monkey Wrench Gang* is a good one.



MY SOUVENIRS
The items I've brought home from each adventure help me appreciate the cultures and the lands I've explored. Axumite crosses from Ethiopia, antique blankets from Peru and Bolivia, cashmere from Mongolia, bronze sculptures from Greece — there are too many to list them all.

>> **MY DRINK**
Lagavulin double-matured single-malt scotch. It's smokier than other Islay single malts; being double matured, it tastes more of the cask. It's not available in U.S. stores, but I have three bottles at home that I cherish.