

S5E1

First shift: Between 2001-2002

- The sky clears and Locke finds himself alone
- Daniel Faraday returns to the Island with the Zodiac raft. Bernard informs Sawyer and Juliet that the camp has disappeared. Daniel explains that it hasn't disappeared, but rather hasn't been built yet and asks to be taken to something man-made. Juliet suggests the Swan station.
- On their way to the Swan, Sawyer demands answers from Daniel, who explains that the Island is skipping, like a record on a turn table, because Ben turned the wheel.
- While climbing a hill, Locke sees the beechcraft crash. He goes to inspect the plane and is shot off the cliff by Ethan Rom. As Ethan prepares to kill Locke, the sky lights up again.

S5E1

Second shift: 2005 or later

- The light clears and it's dark out. Locke notices that Ethan is gone. He hides by the burnt beechcraft to check his wound.
- Sawyer, Juliet, Daniel, Miles, and Charlotte arrive at the destroyed Swan station, meaning that they are now sometime after the discharge. Sawyer and Juliet want to see if they can warn Jack and the others not to get on the helicopter, but Daniel explains that they can't change anything.
- Richard Alpert finds Locke and tends to Locke's bullet wound. He gives Locke a compass that he says Locke must return to him in another time. Richard tells Locke that the people on the helicopter are already back home, another indication that this encounter takes place post-helicopter crash. Richard also tells Locke that the only way to save the Island is to get his people back and that Locke will have to die to do that. At this point, the sky lights up again.

S5E1

Third shift: Between 2001-2002

- In the daylight Locke looks up at the beechcraft and sees the engine smoking through the trees, showing that it has recently crashed.
- The light clears and the group at the Swan find the Hatch, still buried. Sawyer knocks on the front door, trying to get the occupants to open the door and get supplies. Daniel convinces him that he can't get in. After Sawyer, Juliet, Charlotte, and Miles leave. Muttering to himself that he hope this will work, Daniel knocks on the door, and Desmond comes out wearing a HAZMAT suit, suggesting that this shift takes place before the day of the crash. Daniel tells Desmond that he's special and the rules don't apply to him. He then tell Desmond that if he ever gets off the Island, to go to Oxford and find Daniel's mother. The flash occurs before Daniel can tell Desmond the name of his mother.

S5E2 and S5E3

Fourth shift: 1954

S5E3

- At the beach, the survivors try to start a fire. Neil complains, saying that they're wasting their time and they could move again at any moment. Daniel returns to the beach and explains that they can't leave the Island without a new bearing, which Daniel decides to start working on right away. Miles leaves to find something for the camp to eat.
- At night, Bernard is still trying to start a fire. Charlotte tells Daniel that she's having a headache and that she forgot her mom's maiden name. She asks him if he knows what's happening to her. Miles returns with a dead boar and asks for a knife. Neil starts to rant and insult his fellow castaways and is suddenly struck by a flaming arrow. The camp is hit by a rain of flaming arrows and the survivors try to flee, many of them dying in the attempt. Later, Sawyer and Juliet trek through the jungle trying to regroup with the other castaways, but are captured by three men. As one of the men is about to cut off Juliet's hand, Locke intervenes and saves Sawyer and Juliet.

S5E3

- Daniel, Charlotte, Miles and two other survivors arrive at the creek. The other two survivors accidentally detonate a mine and are killed. The Hostiles take Daniel, Charlotte and Miles prisoner.
- The Hostiles take Daniel, Charlotte and Miles back to Richard at their camp.
- Daniel tells Richard that he is in love with Charlotte.
- While Locke, Juliet and Sawyer are making their way back to the creek with Jones and Cunningham, Jones snaps Cunningham's neck before he can reveal where the Hostile's camp is and escapes into the jungle.
- Locke tracks Jones' trail and finds the location of the Hostiles' camp anyway.
- Ellie takes Daniel to the Hydrogen bomb so that he can disarm it. Daniel tells her to bury it in concrete.
- Locke walks inside the Hostiles' camp to talk with Richard. He discovers Jones is really Charles Widmore.
- Locke returns the compass to Richard and asks how he can get off of the Island. He tells Richard to visit him on the day of his birth on May 30th 1956 before he skips through time again.

S5E3 and S5E4

Fifth shift: 2004 (Aaron is born)

S5E3

- When the flash ends the camp is gone. Daniel is reunited with Charlotte, but she suddenly collapses with blood pouring out of her nose.

S5E4

- Locke convinces the group to head to the Orchid using the Zodiac raft to try to end the Island's skipping.

- The remaining islanders see a beam of light in the distance. Locke recognizes it as being from the hatch.
- On the way to the beach, Miles starts to get a nose bleed.
- Sawyer finds Kate delivering Claire's baby, Aaron. He skips through time before disturbing them.

S5E4

Sixth shift: 2005 or later

S5E4

- When the survivors reach the beach, they find their deserted camp, but the Zodiac raft is missing. Instead they find two outrigger boats. One contains a plastic bottle with an Ajira logo on it.
- They steal one of the boats and plan to take it around the Island to the Orchid, but are followed and shot at by an unknown group in the other outrigger. They skip through time again before the other boat can catch up.

S5E4

Seventh shift: 18 November 1988, Three Days After Danielle's team left Tahiti

S5E4

- In the middle of a storm, the remaining survivors try to bring the boat to land. While on the beach, Juliet's nose starts to bleed.
- On the beach they discover wreckage with French writing.
- The French survivors are out in the water in a life raft. They find Jin floating in the water and bring him to the Island. There, a very pregnant woman introduces herself to Jin as Danielle Rousseau.

S5E5

- Danielle's team is listening to the numbers being broadcast over their radio. Realizing there must be a radio tower on the island, they ask Jin to take them to it.
- On the way to the tower, the Monster captures Montand, dragging him into a cave. The rest of the team enters the cave to save him. Jin stops Danielle from entering the cave just before the next time shift.

S5E5

Eighth shift: January 1989, when Danielle kills Robert

S5E5

- Jin finds himself alone at the Monster's cave. He sees a pillar of smoke in the distance and heads toward it. There he finds two of the Science expedition's bodies covered in flies. Danielle is holding Robert at gunpoint claiming he has gone crazy.

- She shoots Robert. When Jin tries to stop her, she believes he is sick too for disappearing. She calls him the carrier, and fires at him as time shifts again.

S5E5

Ninth, Tenth and Eleventh shifts: Unknown

S5E5

- Jin is still at gunpoint, but this time by Sawyer, who is excited to discover he is alive.
- Locke leads the group of seven to the Orchid to end the time shifts.
- As time skips twice more in immediate succession, almost everyone is getting nosebleeds and Charlotte is becoming delirious.
- Daniel doesn't want to leave Charlotte, they're arguing until next time shift happens.

S5E5

Twelfth shift: Unknown Sometime After The Orchid has Decayed

S5E5

- Locke, Sawyer, Jin, Miles, and Juliet leave Daniel to take care of Charlotte while they reach the Orchid just in time for another time flash.

S5E5

Thirteenth shift: Between the time the Well and the Orchid are built

- The Orchid is gone, so following Charlotte's advice, Locke looks for the Well and climbs down it.
- Charlotte dies in Faraday's arms.
- Locke drops to the bottom of the Well when the rope disappears from the time shift. There he meets Christian who confronts him for letting Ben turn the frozen wheel instead of doing it himself. He shows Locke the wheel and tells him to put it back on its proper axis
- At this point we know from S5E8 that they are all briefly in the timeline where the Giant Statue was still standing.

S5E5 & S5E8

Fourteenth shift: Before the Orchid is built

- As Locke adjusts the wheel one more time flash occurs.
- The flash that occurs when Locke turns the wheel brings the remaining LOSTies to 1974