

SURVIVAL MANUAL

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Call it Z-Day, World War Z, or the Zombie Apocalypse, but either way, you'd better be prepared! This survival manual will help you be ready for the worst that the walking dead have to offer.

Oh, and when you're done, you'll be eligible for the Emergency Preparedness merit badge too!

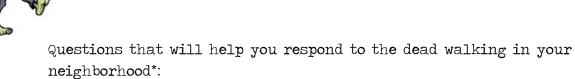
"While aggressive quarantine may contain the epidemic, or a cure may lead to coexistence of humans and zombies, the most effective way to contain the rise of the undead is to hit hard and hit often."

> -P. Munz, I. Hudea, J. Imad, and R.J. Smith, "When Zombies Attack!" (2009)

KEY DEFINITIONS USED IN THIS MANUAL					
Prepare					
Respond					
Recover					
Mitigate					
Prevent					

KEY QUESTIONS... TO ASK YOURSELF BEFORE Z DAY

Questions that will help you prepare for a zombie outbreak*:



Questions that will help you recover from world war Z*:

Questions that will help you mitigate and prevent Z-day*:

*or other dangerous situation or emergency.

ZOMBIE OUTBREAK RESPONSE TEAM ROLES
Make notes on what a group of Scouts should be prepared to do, the training they need, and the safety precautions they should take to fulfill the following roles during a zombie outbreak:
Crowd and traffic control
Messenger service and communication
Collection and distribution services
Group feeding, shelter, and sanitation

COMMAND 6 CONTROL

Be prepared to take instructions from the following organizations:



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HOME DEFENSE PART ONE

1. Find out who is your community's top zombie hunter (emergency management director) and learn what this person does to prepare, respond to, recover from, and mitigate/prevent zombie attacks and other emergencies in your community.

With parental approval, use one or more of these websites to answer this question:

- Center for Disease Control Zombie 101 http://blogs.cdc.gov/publichealthmatters/2011/05/preparedness-101zombie-apocalypse
- Ready.gov

• Community Emergency Response Teams

• American Red Cross

www.ready.gov www.citizencorps.gov/cert www.redcross.org

Take notes in the space below so that you are ready to discuss this information with your counselor. Based on what you learn, make any appropriate changes to the chart you developed on the previous page.

2. Prepare a personal zombie survival pack you would take with you for a mobilization call. Consider the following items for inclusion in your kit.

□ Work gloves	□ Change of underwear	□ Hard hat
D Pocket knife	and socks	□ Pencil and small
□ Small bag with toothbrush, toothpaste,	□ Personal first aid kit	notebook
soap, comb, and toilet	□ Emergency food Outdoor clothing as determined by weather conditions (winter jacket, gloves, etc)	neckerchief)
paper Flashlight with extra batteries		Compass and maps of areas you are likely to serve
\Box 15 feet of nylon cord, needle, thread, and shoelaces,	□ Water bottle and water treatment equipment	WatchPoncho or raincoat
□ Lighter or matches in Ziploc bag	Cook kit and canteen	Face mask for air filtering

HOME DEFENSE PART TWO

1. Prepare a family emergency kit (backpack or waterproof box) for use by your family in case you have to evacuate on Z-Day! Use this checklist for ideas:

□ Three-day supply of water (1 gallon per person per day)

□ Three-day supply of non-perishable foods and eating utensils

□ Special items (or food) for elderly people, babies, and pets in your family

□ Family first aid kit with Soap, wipes, or antibacterial hand gel

□ Crank-powered radio and flashlight

□ Extra clothing appropriate for the season and blankets or sleeping bags for each family member

□ Copies of important family documents (such as insurance policies, birth certificates, prescriptions lists, and emergency contacts lists) kept in a waterproof bag or container

□ Cash and coins (credit cards and ATM's often don't work during emergencies)

2. When the dead rise, there won't be much time to get the word out! Prepare a written plan for mobilizing your troop when needed to do emergency service. If there is already a plan, explain it. Tell your part in making it work.

3. Hold a family meeting and discuss the following:

- a. Make an evacuation plan for the ten situations on the table you created earlier in this workbook. Make sure to discuss a plan of escape in case of fire in your home.
- **b** Explain to your family the contents of the family emergency kit. Ask them for recommendations of other items they might suggest.

Then meet with your counselor and report on your family meeting, be sure to discuss their responses to the family emergency kit, and share your family evacuation plan.

KEEP CALM AND PREPARE FOR ZOMBIES

Merit badge experience and activity book designed by:

