



SURVIVAL MANUAL

Issued to: _____

Date: _____

Unit: _____

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 respond to the dead walking in your neighborhood*:

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 & CONTROL

Be prepared to take instructions from the following organizations:



	PREPARE	RESPOND	RECOVER	MITIGATE & PREVENT
1. Home kitchen fire				
2. Home basement/storage room/garage fire				
3. Explosion in the home				
4. Automobile crash				
5. Food poisoning				
6.				
7.				
8.				
9.				
10.				

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-101-zombie-apocalypse>
- Ready.gov www.ready.gov
- Community Emergency Response Teams www.citizencorps.gov/cert
- American Red Cross 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.

- | | | |
|--|--|--|
| <input type="checkbox"/> Work gloves | <input type="checkbox"/> Change of underwear and socks | <input type="checkbox"/> Hard hat |
| <input type="checkbox"/> Pocket knife | <input type="checkbox"/> Personal first aid kit | <input type="checkbox"/> Pencil and small notebook |
| <input type="checkbox"/> Small bag with toothbrush, toothpaste, soap, comb, and toilet paper | <input type="checkbox"/> Emergency food | <input type="checkbox"/> Handkerchief (or neckerchief) |
| <input type="checkbox"/> Flashlight with extra batteries | <input type="checkbox"/> Outdoor clothing as determined by weather conditions (winter jacket, gloves, etc) | <input type="checkbox"/> Compass and maps of areas you are likely to serve |
| <input type="checkbox"/> 15 feet of nylon cord, needle, thread, and shoelaces, | <input type="checkbox"/> Water bottle and water treatment equipment | <input type="checkbox"/> Watch |
| <input type="checkbox"/> Lighter or matches in Ziploc bag | <input type="checkbox"/> Cook kit and canteen | <input type="checkbox"/> Poncho or raincoat |
| | | <input type="checkbox"/> 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
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