

**DR DALE'S**

**ZOMBIE**

**DICTIONARY**

**THE A-Z GUIDE**

**TO STAYING**

**ALIVE**



**Based on the sell-out  
Edinburgh Fringe show.  
2010 tour has now  
begun!**

# INTRODUCTION

Hi, I'm Dr Dale from Dr Dale's School of Survival, and I'm here today to make sure you don't get your intestines ripped out.

First of all let me thank you for buying this book. Thank you for taking this positive step to guarantee your own survival should the dead rise. You should take a moment to feel a great sense of inner peace and satisfaction that you had the strength to admit that you weren't fully prepared and you needed the help of the *Zombie Dictionary*. You needed the help of Dr Dale. Yes, that's it, let that cosy feeling of needing me just flow right through you.

OK, that's enough inner peace and self satisfaction we should really get down to the business of making sure you don't die... And rise again.

Those of you who have purchased this book in the hope of finding out all about the best firearms, heavy artillery, torpedoes, missiles, tanks and submarines will be sorely disappointed. Here at the School of Survival those are not the kind of survival methods we teach. During a zombie apocalypse guns will be in short supply – they also require ammunition and constant maintenance to make sure they are at peak performance. All this means that they are unreliable. You need to learn how to survive using anything and everything you can get your hands on as well

as a healthy dose of common sense and that is what we shall be focusing on in these pages.

Throughout this dictionary there will be facts that will shock, astound and amaze you in equal measure – but be aware that none of the advice given can be taken as definitive. As yet, no zombie has ever risen from the grave to test our theories on – but like most resourceful, intelligent people, here at the school, we have researched our information thoroughly using movies, books, blogs, forums, Wikipedia and a man down the pub who we think is called Bob or Bert – can't really remember, but he does wear a hat.

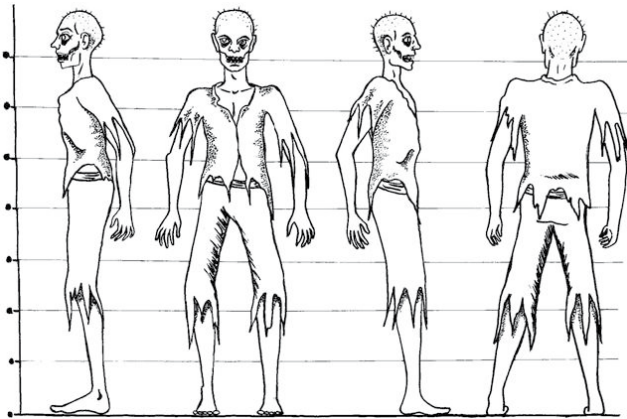
We hope you have an informative and life-changing journey with us through the pages of the *Zombie Dictionary* and should, in fact, this information not be useful and you don't survive a zombie apocalypse we are happy to give you a full no qualms refund if the book is returned within 30 days of purchase, with a valid receipt, by the person who bought it.

Stay safe.

Dr Dale

# ZOMBIES: THE BASICS

As many of you know, the word zombies begins with a Z which is the last letter of the alphabet and though some of you may find it too radical a step to cope with at this stage of your training I am going to cover 'the Z word' first – as I feel it's important we all know what we're dealing with.



There is certain knowledge that I will take for granted during the book as I assume you are all aware of the basics of Zombie Mythology. For those who aren't – here they are:

### 1) A zombie is dead!

In films and other media we have seen different variations of the zombie theme, the most radical of which is that zombies don't necessarily have to be dead (see *28 Days Later* and *Planet Terror*).

Here we see humans who have been infected by chemicals or a virus which, through metabolic transformation, show all the criteria of zombies – so they are called zombies. This is not the case – they are not zombies. It is unfortunate that the media has tagged them as such as when the apocalypse comes it will cause confusion and possibly death on a mass scale as the general public won't know what they're up against. Here in this book we only deal with dead zombies. That being when a person becomes clinically dead and after an unclassified length of time they reanimate and begin trying to eat the living.

### 2) A zombie bite is infectious.

If you are bitten by a zombie you will turn into a zombie, within a matter of days or less. It doesn't matter if the zombie's teeth merely graze your skin – any contact from the undead's mouth is fatal and should be avoided at all costs. Dependant on which form of zombie you encounter this transformation can take various forms (see **Classification**).

### 3) zombies try and eat you.

Who knows why, but the primary goal of a zombie is to eat the living. That's it. That is all they have in their day planners. If there's nothing to eat they will just wander around aimlessly until something to eat comes along. Sounds like an ideal life really, apart from the undead bit.

4) Zombies can only be 'killed' by destroying the brain.

A zombie's Achilles Heel is not its heel but its brain and the only way to destroy a zombie is to destroy the brain. As all other bodily functions and systems shut down on death, the only thing that keeps the zombie going is its brain. This causes additional problems as it means zombies are impervious to pain so will keep coming until you achieve a head shot (the reason you go for a head shot is that the brain is kept in the head – that's the round thing on your neck with hair on top and a face on the front). This is why choice of weapon is important – but more of that later.

Those are the basics of zombies and that is all you need to know so far. Don't worry about *why* the dead have started to rise or indeed *how* the dead have started to rise. Once they rise it does become somewhat of a mute point. Your only concern once the apocalypse begins is to *survive* – not to question the whole affair.

Remember, the zombies won't be bothered why it happened – they'll just be focused on eating you. You need to focus too. On living.

Let us continue...



## AARDVARK

In African folklore the aardvark is much admired because of its diligent quest for food and its fearless response to the strong, warlike soldier ant. In the even of a zombie apocalypse, we should all take a lesson from the humble aardvark in order to survive, using the analogy that you are an aardvark and the undead hordes are a swarm of warrior ants. Do not take this analogy too far though, as zombies cannot be killed with Nippon.

African Hausa magicians make charms from the heart, skin, forehead and nails of the aardvark, which are then pounded together with the root of a certain tree. Wrapped in a piece of skin and worn on the chest, the charm is said to give the owner the ability to pass through walls or roofs at night.

Should you happen across an aardvark during the apocalypse and wish to try this technique, we recommend getting a friend you are not terribly fond of to attempt it first as we cannot guarantee the success of the charm having never used it ourselves. A better use for an aardvark given its average weight of 40–65 kg and length of up to 2.2 metres is to freeze it solid and use it as a bludgeoning weapon.

## ABYSS

An abyss, as described in the Collins dictionary, is a very deep hole or chasm and you most certainly wouldn't want to end up in one of those during the days of the dead. Abyss, however, is also a very atmospheric word that can be used to good effect when you wish to seem like a mean and moody person of action when implementing a dangerous plan.

EXAMPLE 1: Your entire group is poised at the exit to your safe house ready to leave and seek out food and supplies. Just before you open the door you turn and say ‘Time to enter the Abyss’, raise your eyebrow, nod slowly, and leave. The others regard you as brave and wise.

EXAMPLE 2: You are in the safety of your sanctuary and decide to go to the bathroom to relieve your bowels. As you reach the door you turn to the rest of the room and say ‘Time to enter the Abyss’, raise your eyebrow, nod slowly, and leave. The others regard you as brave and wise.

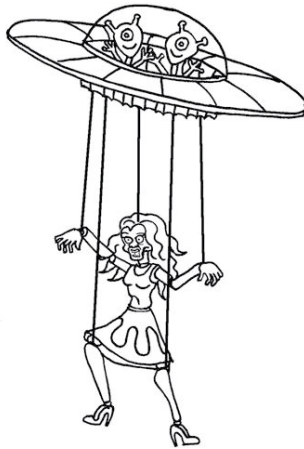
EXAMPLE 3: Not to be confused with Abyssinia (the country). If you announce, ‘Time to enter Abyssinia’ the others will regard you as geographically incompetent or wonder how you are getting to Ethiopia (where there isn’t much food anyway).

## ALIENS

I know exactly what you’re planning to do – you’re planning to skip this bit because you think it’s all a bit silly to be discussing aliens in a book that purports to be about zombies. Well, I’m afraid if you want to learn all there is to learn you’re just going to have to suck it up and carry on reading as aliens may very well be an issue.

It is likely if not possible that should there be aliens out there in the vast unknown, that they could have the technology or the capability to reanimate the dead and make them hunger flesh. We have chemical weapons of our own so it’s reasonable to assume that the aliens may invade our planet by turning our

dead against us. They could also come along and take over our bodies much in the way of *Invasion of the Body Snatchers* (the original and not the wishy-washy Nicole Kidman remake. Didn't you just want her to stop whining about her kid and shoot Daniel Craig in the head?). Thus they create the parasitic zombie (see **Classification: Parasitic Zombie**). It is also mildly plausible that the zombie apocalypse could be an accident on their part (we're managing to destroy our own planet by a series of industrial 'accidents' so its no great leap to think an alien species couldn't do the same).



These theories, are of course conjecture. As yet, there has been no definitive proof that there is any life out there in the vast glory of space other than this one little planet just spinning around trying to make something of itself. It would, however, be rather self-indulgent of us to assume that we are the only intelligent life form to exist in the universe, either by God's design or by evolutionary process (whichever your favourite cheese happens to be) which may lead you to wonder why, if

they are ‘out there’ have they not bothered to show themselves yet?

Scholars will say that it is because we are at heart a violent race and are intent on our own destruction, so intelligent life from far-off planets would not dream of coming here for fear of being captured, experimented on or infected by our dirty human genes. I have my own personal theory on why aliens have decided to steer clear and that is that in September 1977 the Carpenters released the song ‘Calling Occupants of Interplanetary Craft’. Anyone passing by in their spaceship and hearing that blasted all over the airwaves would have serious second thoughts of visiting a planet that beseeched the ‘interstellar policeman’ to give us a sign we’ve reached him. They would just wind up their windows and fly on by, warning the kids in the back seat never to get mixed up with the weirdos on the planet down the road.

FACT 1: The British have a long standing joke about folks from America being a bit kooky and out there. So any Brits out there care to explain why this song only charted at number 31 in the US charts whilst you took it all the way to number 9? (And you Irish have nothing to laugh about! It reached Number 1 in your charts!)

FACT 2: To stop any nerdy nerdy geek geeks writing in I am fully aware the original was released by Klaatu in 1976 but they were a progressive rock band who named themselves after the alien from *The Day the Earth Stood Still* so you expect them to be a little ‘out there’. The Carpenters sang Burt Bacharach lyrics and Sesame Street songs, what on earth are they doing trying to contact aliens? Did I just answer my own question then?

## ALLERGIES

When a person becomes a zombie, they will keep the physical characteristics from when they were alive (for example, blue eyes, large nose, ginger hair – god forbid). They will also carry over any physical ailments – meaning that if they were in a wheelchair when alive, they would still be unable to walk as a zombie. Deductive reasoning should then state that if a person was allergic to something when they were alive, they will be allergic to it when they become a member of team Z. If we are to believe this theory then the best weapon to carry around with you is a peanut.

Approximately 798,188 people are allergic to peanuts in the UK (that's about the population of Leeds... Or two Manchesters... Four Portsmouths or 40 Bangors). In a worst-case scenario this allergy can cause anaphylactic fatality or even severe death. So laying many peanuts around the outside of your safehouse should act as a reasonable deterrent.

Unfortunately, as everything but the zombies brain has shut down and it tends to be the respiratory system that is affected by anaphalacticaicalaphan...(these long medical words escape me, but you get the drift) this may not actually work, but if this is the case, you could also try throwing the peanuts really hard and hope to pierce the skull, or if you had a lot of peanuts you could drop them on a zombie, thus crushing him. Or if you dropped a peanut from the top of the Empire State building it could reach the velocity of a bullet and smash the zombie's brain... Or you could just use an axe.