

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!**

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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.

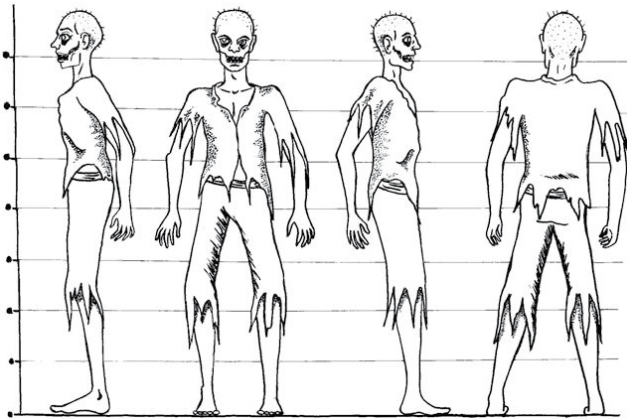
We hope you have an informative and life-changing journey with us through the pages of the *Zombie Dictionary* and should, in fact, this information not be useful and you don't survive a zombie apocalypse we are happy to give you a full no qualms refund if the book is returned within 30 days of purchase,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

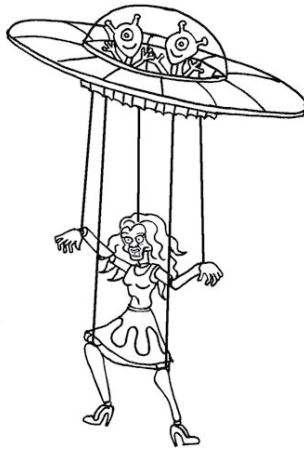
EXAMPLE 3: Not to be confused with Abyssinia (the country). If you announce, ‘Time to enter Abyssinia’ the others will regard you as geographically incompetent or wonder how you are getting to Ethiopia (where there isn’t much food anyway).

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.

ALTRUISM

Ah! Good! I was hoping that there would be an A word that would cover this subject of selflessness and helping others. That way I wouldn't have to wait too long before attempting to instil in you the true nature of how to act around other people during a zombie apocalypse – being altruistic isn't it.

When the undead begin to rise you must become the most selfish, self-absorbed, egotistical person EVER. Survival is (and this may come as a shock to some of you) about surviving and you're only going to do that if you completely and unequivocally look after number one. And if I need to make this any clearer – the number one I am talking about is YOU.

1) Do not give your food away to anyone unless you are getting something useful in return (even if they are dying of hunger – by giving your supplies to them you only delay the inevitable death of both of you).

2) Do not give your weapons away to anyone unless you get something useful in return (you will learn from this book that anything can be utilised as a weapon so if someone is useless enough to have found nothing to use as a weapon it will be a waste of time giving them your valuable items).

3) Do not let anyone into your safe house – even if you know, love and cherish them. What's to say they haven't been bitten or infected? Even a loved one will lie to you in order to aid their own survival.

4) Lie, cheat and steal to get what you want. Even consider murder as a viable option (as the apocalypse rages on, resources will become scarcer and it will become a dog eat

dog world. Make sure you are the biggest dog in the kennel otherwise you will be left with nothing).

This may all seem a little harsh and if you are a mild-mannered person of essentially quite a British upbringing it will appear a completely alien attitude to have. Trust me now, though. If you do not adopt this attitude you will fail in your quest for survival. You can learn to live with the guilt.

ANIMALS

One of the most frequently asked questions by anyone attending the seminars is ‘Dr Dale, can I have your telephone number?’ the answer to which greatly depends on how attractive and affluent the questioner is.

One of the second most frequently asked questions is ‘Can animals become zombies?’ As we have yet to experience the apocalypse and so are unaware of what form of outbreak we will encounter, it would be remiss of me to give a definitive answer.

However, research at the School of Survival states that it would be highly unlikely for us to come face to face with a zombie hamster (not mainly because hamsters are so small and would have to be perched on a bookcase, or a child’s head, in order to come face to face with you).

The deductive reasoning behind this is as follows:

A: The most likely cause of a zombie outbreak is through experimentation gone wrong. The experimentation would have to be carried out on humans in order to be transmitted to humans in order to create a zombie apocalypse. The fact that the experiment was so complex that it could reanimate a human corpse that wanted to eat flesh and could only be destroyed by eliminating the brain

would mean that it would be a very specific experiment unlikely to cross-pollinate to other species with different genetic make-up and biology. Ergo, the zombie virus would not transmit to animals.

Bear in mind that science is not an exact science and animals such as chimps have a very similar genetic make-up to humans so may be infected. Rats too, are initial test subjects in labs, so may be infected and pigs are similar to humans in some ways as CSI use them for recreating crime scenes and decomposition tests – so they may become infected too.



The virus may also mutate or evolve after time and begin affecting animals – both humans and animals can be equally affected by rabies which is the current closest virus to a zombie virus. In fact, humans may not become infected at all and we may be faced with a squirrel apocalypse which does not bear thinking about. Come to think of it, your best bet on hearing of a zombie outbreak, is to kill all nearby animals immediately – including beloved family pets – and put them in cold storage to be used later for food. It's always better to be safe than sorry.

ANIMALS (TRAINING OF)

Should it turn out that animals cannot catch the zombie virus and you didn't follow my advice of immediately placing them in cold storage due to some misguided sentimental attachment to your gerbil called Puffin, you could always consider the option of *training* animals to help you during the zombie apocalypse.

Animals can be trained to carry out any number of simple tasks, either regarding scavenging missions, search and rescue, attack and defence, diversion, guarding safe houses or carrying supplies. The obvious choice of animal to undergo the training is, of course, dogs.

However, even though they are probably the most domesticated and easily trainable of animals, this does not necessarily make them the best option. There has been a long history of dogs and humans having a strong emotional bond, some people even value the companionship of our four legged friends over other humans and dress them in little outfits and put bows on their ears and carry them around in purpose made handbags and make videos of them doing cute things like falling down stairs or chasing their own tails and then send the tapes to 'You've Been Framed' giving ITV a reason to keep showing the program and torture the rest of humanity... My point being (apart from that people who do that should be stabbed with a pointy stick) is that humans can become easily attached to dogs and would be unlikely to send such a close 'friend' out to battle a hoard of zombies unprotected.

Taking this emotional weakness into consideration, after many hours of research we have discovered that the best animals to train up are sheep.

The good thing about sheep is that there are lots of them

and they all look alike. They are docile and easily led and can be trained up to carry out simple tasks. Scientists can also clone sheep. So if you do run out of natural sheep you can just nip along to your local cloning centre and get some more. The mere fact that they all look alike means that if you have several highly trained sheep on your team you will be unable to tell them apart and therefore will not become emotionally attached to them (unless you put different coloured hats on each of the sheep, but bear in mind that whilst you are not looking the sheep may swap hats meaning that you may still be uncertain of which sheep is which. They're crafty like that, are sheep).

There is only one issue regarding the use of sheep when training up animals, that being that sheep are not very good at multitasking and so you will only be able to train up each sheep to carry out one specific task. These tasks are as follows:

Attack Sheep:

A sheep that will attack. Sheep aren't particularly good at jumping so their attacks will be focused mainly on areas of the zombie below the knee level. It is possible to train the sheep to lever itself on its hind legs against the zombie, therefore raising its mouth to chest level, but this still won't take it to the level of the brain. The only hope you have when using an attack sheep is that the zombie will stoop low to fight back, thus putting its head in the line of fire. Either that or you could train the sheep to stand on top of each other.

Defence Sheep:

Sheep can be trained to form natural barriers against doors and windows and can cause enough ballast (depending on the number of sheep) to hold closed a door or window, or block a passageway or street. You can also use defence sheep whilst

travelling from place to place. If you stand in the centre of a group of sheep then the zombies will attack them first leaving you time to escape while the undead chomp on your woolly friends.

Reconnaissance Sheep:

A sheep can blend into most surroundings as long as it is covered in snow or clouds. If this is the case then you can send a sheep to carry out reconnaissance work by strapping a video camera to its back and as it cannot be seen it will be able to return to you unscathed.

Guard Sheep:

The piercing 'Baa' of a sheep could raise the dead. But it's not raising the dead you're worried about; it's alerting yourself to the presence of the undead.

Sheep are always alert. They may fool onlookers by being seemingly docile and stupid, but secretly those deep piercing eyes are watching every movement like a hawk. A sheep can also be trained to recognise your friends as well as your enemies and can be placed as an effective sentry on a door as long as the password is 'Baa'.



Search Sheep:

This is the one area of difficulty we have had in effectively training sheep. More often than not when sent on a search mission to find supplies they will invariably lead us to grass. Be prepared to put time and effort into training the search sheep. Unless you like grass.



Of course, sheep are not the only animal that can be trained to carry out these tasks. These creatures have also shown themselves to be suitable for training: cows, pigs, ducks, badgers, frogs and voles. Just ensure that should you run out of sheep and have to use a different animal for sentry duty that you make your team aware that the password is no longer 'Baa' to avoid unnecessary confusion.

ANORAK

NO! NO! NO! They are brightly coloured and so you will be easily spotted and they rustle so you will be heard from a million miles away. OK, so they're waterproof, but I can assure you that rain will be the least of your worries. The only consolation to your wearing an anorak is that when you become a zombie (which you will because your friends will happily sacrifice you) it will be twice as enjoyable to kill you.

ANTHRACITE

Anthracite coal is probably the best fuel to use during a zombie apocalypse. Not only does it burn with little smoke or flame so will be less likely to attract attention, but it also gives off intense heat and lasts longer than normal coal. The only downside to using this particular form of fuel is that it is very difficult to come by.

Your best bet to actually obtain this special and rare item is to find an anthracite mine and to make that your command post and sanctuary during the siege of the dead.

A plus point to setting up your base in an anthracite mine is that in its very nature a mine is underground (apart from cloud mines) and thus will have limited and easily guarded access points where zombies could get in. A negative point is that there are very few anthracite mines around. The most famous of all the anthracite mines is based in Pottsville, Pennsylvania, and although this may seem like a bit of a trek for some of you, we do recommend you make the effort to reach it. Not only does it have an anthracite mine, but it is also built on top of seven hills (making it easier to fortify). The population is also very low, currently estimated at under 15,000, so there'd be fewer zombies to kill if they become infected).

I think this advice is best summed up in the words of General James Nagle: 'In times of the rising of corpses head for the Pottsville Anthracite mine in Pennsylvania.'

Wise words indeed.

ARMOUR

Do not bother wearing a suit of armour.

It will be heavy, unwieldy, and difficult to manoeuvre in; it will greatly reduce your speed and most importantly is an absolute nightmare to remove when you need a wee.

ATTORNEY (SOLICITOR/ LAWYER)

An attorney will not be useful during an apocalypse (although if mine survives he assures me that he has found a legal loophole that will grant me ownership of Devon should all the inhabitants die).

You should, however, keep an attorney on retainer during your training prior to the apocalypse for when that stray throwing star hits an old lady in the head, or you accidentally knock a post office down with a rickshaw. They will keep you out of prison and quash any fines leaving you to continue your preparation.

AUTHORITIES

From all the research we have done into how people within positions of power and authority will react during a zombie apocalypse, we have garnered one singularly important piece of information: they will be of no help at all. Their complete ineptitude, ignorance and failure to accept the seriousness of the situation before it's too late will no doubt lead to hundreds of thousands dying and being reanimated. So our advice is to not bother going anywhere near any person in a position of power, because you will end up dead.

Councils and Governments will nod sagely and tell us that everything is under control even when their offices are overrun and their secretaries are being gnawed on by the undead.

What do they have to worry about – they've got their own secret bunkers to dive into? And they probably started the whole thing anyway by sanctioning some deranged scientific experiment.

The Army will follow protocol to the letter. Trusting that their superiors know what's going on they will quarantine infected areas leaving those who are uninfected unable to escape. They will pay no attention to anyone who is trying to explain to them that their whole family has just been eaten and they will happily nuke entire cities just to keep the infection under control, with no regard for anyone who may still be alive inside. After all, what's a little collateral damage between friends?

What do they have to worry about – they've got guns as standard issue? And they probably started the whole thing anyway through some deranged weapons experiment.



The Police will pat you on the head and tell you to run along home now, sonny, when you try and explain to them that the local shopping centre has been invaded by the undead. On hearing that this has then actually happened they will incarcerate you and hold you to blame. They will immediately instigate marshal law and kill anything that vaguely resembles a zombie. We are led to believe this is due to fear and panic, but really it's because deep down they're all power-crazed maniacs who are all fully paid up members of the local fascist society.

They will pay no attention to anyone else's advice and invariably get themselves killed en masse due to badly organised strike teams. They will most definitely set up a road block somewhere that consists of two police vehicles placed in a chevron formation and then hide behind their bonnets with a megaphone (one or both of these police vehicles will then subsequently explode).

What do they have to worry about – they've got the law on their hands? And they probably started the whole thing anyway by failing to spot and control the initial outbreak.

Secret Government and Non-Government Organisations will stay very much out of the way. They will never have left their office or secret laboratory. Ever. They will attempt to aid the other authorities by feeding them irrelevant information so that they don't get the blame for the mass carnage that is occurring. They will be continually searching for a cure to the infection and will always be so close but so far.

What do they have to worry about – they have endless funding and resources and are securely locked away in their high security offices? And they probably started the whole thing anyway, that being the kind of thing secret organisations do.

The Women's Institute will call a meeting immediately to attempt to reschedule the jams and jellies social to a time when Marjorie isn't devouring her husband. They will try and find an alternative venue for the summer fête as the field they had planned to use is now over-run with the undead. They will realise that raffle prizes will now become more difficult to come by as shops are being looted by scavengers, and they know that they will have to cancel their coach trip to Bognor but will have to come up with an alternative social event to keep their members happy.

What do they have to worry about anyway? They probably started the whole thing...or perhaps not. Who knows though?

FACT 1: Though we have made it perfectly clear that the authorities as a whole are not to be trusted during an apocalypse, there is usually one member of each group who is plucky, courageous and willing to help (they're usually new to the department so haven't had time to be poisoned with cynicism and machismo). If you must go to the authorities try and link up with this one person.

FACT 2: All research regarding the authorities reaction to the rising of the dead has been taken from varying filmic sources and is probably in no way connected to how they will react in real life. For all we know they already have a secret zombie plan that will save us all when the dead rise – but how can I comment on that if they insist on keeping it a secret! If they just told us the truth now and then and were a little bit more transparent then maybe they wouldn't be depicted as Hitlerian egomaniacs or shambling goons in every zombie film that has ever been made.



BACTERIA

In 1998 some American Scientist found the time and the funding to discover that the number of bacteria on earth was 5,000,000,000,000,000,000,000,000,000. One can assume from this man's findings that:

- (a) in over ten years this figure has increased and
- (b) this man never got much sex.

So, how will this very long number affect us when attempting to survive a zombie apocalypse. Bacteria will be both our best friend and possibly our worst enemy during these dark times.

There are good bacteria and there are bad bacteria (for proof of this, speak to Mr Yakult). Unfortunately, we are more likely to encounter the bad bacteria (the likes of which cause tetanus, typhoid fever, diphtheria, syphilis, cholera, food-borne illness, leprosy, tuberculosis and other life-threatening illnesses) than the good bacteria (like Lactobacillus and Lactococcus that make cheese).

With society on its knees medicines are going to become scarce and so we will be more susceptible. There is not much you can do about this other than take minor and simple precautions like ensuring you and your sanctuary are kept clean. If you do suffer injuries, attempt to sterilise them and if food begins to spoil get rid of it. Should you, however, discover a way in which to destroy all bacteria I implore you – DON'T. Bacteria is also our greatest natural asset in the war against zombies. It is bacteria that makes them rot.

So, although this may seem like a rather time-consuming way to defeat the undead, bear in mind that given the right conditions (hotter climate) and with the help of insects, a

human body can rot away to just bone in anywhere between 50–365 days. So with the help of bacteria it will all just be a case of bedding down and waiting for our inevitable victory! With a wine and cheese celebration afterwards.

BALD

This is the best way to present one's head during a zombie apocalypse – and quite possibly the rest of your body too should you be a rather hirsute person. The reasoning behind this is less to do with fashion and more to do with giving a zombie less to grab onto should you be attacked. Zombies are known to fight like girls and will grab your hair, bite and quite possibly pinch you too if they have the chance.

Having no hair will also make you a faster swimmer – according to the Goodhew theory of aerodynamics.

BARRICADES

A barricade is what is needed when a door just won't do the job on its own. If you have a large number of zombies to keep out then you need to pile as much stuff as possible in front of all the access points to make it as difficult as possible for them to get in. Furniture is the preferred item for use in a barricade. Those of you who regularly watch TV will note that in situations when a barricade is needed, there is usually a well-placed chest of drawers or cabinet next to the door or window that needs blocking. Don't rely on one being there when you need it. If you have decided to make an ultra-modern apartment building your sanctuary you might have noticed that the minimalist attitude

of the previous tenants leaves you with very little furniture. This is where your inventiveness will have to come into play and you may be forced to use alternative items to create a barricade i.e. books, clothes, fish (if the previous tenant has an aquarium). As long as you have enough of something, it will make an effective enough barricade.

Be aware that a barricade does not have to be placed in front of a door or window – you can also pile items onto stairs, making upper floors inaccessible, and down corridors, essentially blocking off segments of your safe house.

Two areas of concern need to be noted:

- 1) As well as being effective at keeping zombies out, be aware that your barricade should also be easy to dismantle in case you need to get out of your safe house quickly.
- 2) Never build a personal barricade by constructing four walls of furniture completely around yourself with a roof on top. It may be confused by other survivors as an unlit bonfire and then you will be in the same situation as hedgehogs on bonfire night.

BIRDS

Birds are around so much that in normal everyday life we rarely notice them. During an apocalypse, though, it is worth keeping an eye out for our feathered friends as they can tell us much about how safe an area is.

At this stage it is worth noting that evidence would suggest zombies will eat any fresh/living meat. So we will presume that birds are also viable prey for the undead.

Pigeon

Pigeons are generally found living in urban areas and are known as the rodents of the bird world due to their habit of scavenging. They are also very intelligent and will become aware that zombies are a danger to them. With this in mind, they can act as an advance warning for you. If you see a flock of pigeons suddenly rise then you can be assured that something has disturbed them and you can keep away from that area of town. The downside to this is that if a flock of pigeons was in that area, there was probably something worth eating. Make your choice! Stay or go – but the pigeons warned you.

Crow

Like any carrion-eating bird, if you see a flock hovering about you can be certain there's something dead below – and the more crows, the more dead things. It is true that, like pigeons, these creatures will show caution once they realise it is dangerous to attack zombies, but they are also braver and devise tactics to pick off the flesh without being caught. This is how you will know that the dead meat they are after is still alive. If it weren't a threat, they wouldn't be hovering, they'd be down there eating it. Be warned, though. Once crows realise that zombies are tasty pickings, they may attack the living too, as they will not be able to differentiate between the two. And being attacked by birds isn't nice – just ask Janet Leigh.

Ostrich

Contrary to popular belief, ostriches do not bury their heads in the ground when faced with danger; rather, they lie their necks flat and lower their bodies so they blend into the landscape and thus look like a mound of earth. This is actually quite clever so let's immediately stop with the ridiculing of the humble ostrich

and begin paying this bird some respect. With a top speed of 45 mph (the fastest bird on land) and with a kick that can cause death, an ostrich is a good role model to have.

Flamingo

The Queen of Hearts used one as a croquet mallet – which is a good enough reason as any to use a flamingo as a battering weapon. If a fictional character from a children's story book can do it then by golly so can you.



Chicken

Of course this bird is useful! They lay eggs which will sustain you if you can capture one and keep it in your safe house. If all else fails you can also eat it. In fact, you could eat any bird at all if it's cooked properly, although a chicken will make a more substantial meal than a budgie. The largest bird is the ostrich, but he is a god amongst birds so you wouldn't want to anger

the god of ostrich by eating him. After the ostrich I suppose the next best thing is Big Bird of Sesame Street. You'd need a lot of Tupperware boxes to keep the leftovers after cooking him!

BITES

If you are bitten by a zombie you can do one of two things: either kill yourself by destroying your own brain, or let someone else kill you using the same brain-destroying method. DO NOT ignore the fact you have been bitten and hope it will go away. It won't. Eventually, you will become a zombie thus making survival more difficult for other living folks who weren't stupid enough to get bitten.

No one knows exactly how long it takes to transform once you have been bitten. Because of this it is wise to regularly make all the members of your group strip naked to check that no one is hiding anything. Take no chances either! If someone says they cut themselves shaving, assume they are lying and smash in their head immediately.

If you are alone when bitten with no plausible way of destroying your own brain, then unfortunately there is no way to stop yourself from becoming a zombie. There is, however, a way in which you can stop yourself from becoming a danger to other survivors and that is to neutralise your own head. This can be done in a variety of ways but my preferred method is to use cling film. Wrap it multiple times around your head, and then gaffer tape it afterwards (with maybe a few staples). Then, when you do rise you will be unable to bite other survivors. Other methods of head neutralisation include visored motorcycle helmets, heavy duty bin bags and strapping a cat to your face.

BOAT

The use of boats to aid your survival is a sensible one – as long as you use caution and remember that zombies can survive under water and withstand strong currents.

Let us look at some of the options you have:

Battleship

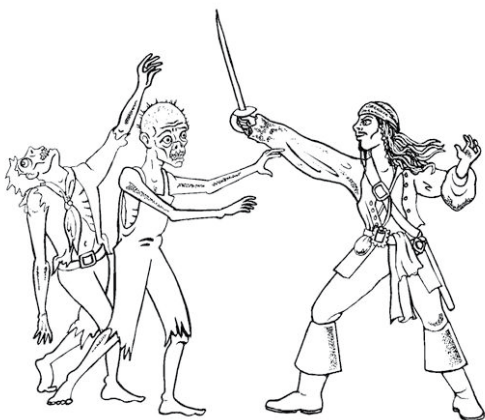
Built to withstand heavy weather conditions and contains weapons and supplies. Be aware that it is not constructed for comfort and fuel will be hard to come by. The armed forces are also known for manning their ships with fine specimens of humankind, which will make it easier to repopulate when the time comes.

Rowing boat

If your safe house is near a river or canal it is always handy to have a rowboat as a means of escape across the water to use should the need arise. However, we would not recommend living in one, especially if there is a team of more than 7 in your group, as it may get a little cramped and water-bound zombies can easily overpower a rowboat and capsize it.

Cruise liner

These boats are great if you can find one that isn't swarming with infected – but due to the fact they are *public* liners that is unlikely. But if you do manage to secure one, as long as it is well stocked and kept off shore these are the best boats to live on – as long as you don't mind playing bingo every night from 5–7p.m.



Pirate ship

Not the most substantial vessel to attempt long-term survival on the choppy ocean waves, but it is certainly the coolest. It will also give you the right to cease washing and braid your hair. You can also create sea shanties about yourself and catch scurvy, none of which will really help in surviving a zombie apocalypse.

Peddle mechanism swan boat

No.

BOTOX

Want to stay looking calm during a zombie apocalypse? That furrowed brow and those worry lines starting to affect your team's confidence in you? Is constantly fighting the undead taking its toll? Worry no more as Botox could very well be the one thing every survivalist needs in their kit. Small injections of

Botox into the lined areas on your face will eradicate any signs of worry making you look cool, calm and collected at all times. Botox can also be used to control excessive sweating, stop facial tics, treat migraines, help bladder control, alleviate pain involved with muscle disorders, fly an aeroplane, explain the theory of relativity and make a mean gazpacho soup. (The last three are currently unconfirmed but undergoing clinical trials).

The effect of Botox as a weapon against the undead cannot be commented on until we can be aware of exactly how a zombie operates physiologically and whether large doses would cause temporary or fatal paralysis of the muscles or nervous system within the brain. You can be assured, though, that studies will likely reveal that eight out of ten zombies injected with Botox will notice younger more vibrant looking skin.

BYPASS / BYROAD

Bypass roads are going to be extremely useful during the dark days of the apocalypse as they will be one of the safest routes to travel from A–B. No matter what mode of transport you decide to use, car, bus, motorcycle, tank, walking, boat, pram or dog, by using bypass roads you will stay out of built-up areas where there are likely to be more infected. By their very nature, bypass roads ‘bypass’ or ‘pass by’ towns and cities without actually going straight through them, and although the temptation may be quite high to enter built-up areas to scavenge for supplies, we highly recommend against it if you wish to live. Stay on bypass routes and get what you need from smaller villages and remote farms, avoiding urban areas.



It is with this in mind that the School of Survival is lobbying for more bypasses to be constructed. When the dead finally rise, a bypass will be more useful to the survival of the human race than a field, some trees and an area of natural beauty. So if a faceless construction firm, the council or the government wishes to build a bypass in your area, ignore those who are fighting against it in order to preserve the habitat of the blue-spotted toad and get that bypass built! In the end, whose survival is more important? Yours or a toad?

About the Author

Dr Dale is the founder of the School of Survival, a society of experts who live for one purpose only: to train the masses to survive the rising of the undead and other such currently fictitious and mythological creatures.

www.howtosurviveazombieapocalypse.co.uk

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