

When Zombies Strike
Surviving the Apocalypse



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Introduction

What if it happens? What if one day, we wake up and realize that our worst fears have taken place? I'm talking about the dead rising from the dead ... if this happens, human race, as we know it, will not exist. Life each day will become a constant struggle – a struggle that none of us want to have to deal with, but if we want to live, we will be forced to fight our way through it.

Chapter One: The Cities to Live in

Everyone knows you need to avoid staying in large cities, unless you want to become zombie food. However, this doesn't mean you cannot live in a city. The question is – which city has the best chance of making it through the apocalypse.

Think About Defense

When choosing the best city to live in, you have to consider defense. The best defense, after all, is a good offense, especially when it comes to the undead rising from the ground. If you would like to live in a city that is prepared for this sort of stuff, you may want to look into places where a large amount of the population works in the military, or in occupations such as security, law enforcement, or public safety.

If you plan on killing zombies, obviously only a headshot will do the chance. You have to think though, ammunition and guns don't just pop out of nowhere. Military bases have armories, and so do police departments.

If you want to kick some undead in the butt (or shoot them in the head, per se,), the best place would be the Virginia/Beach Norfolk area and this is all due to the major U.S. Navy presence. This area ranked high in defense and is followed by Baltimore, Atlanta, Kansas City, and Washington D.C..

Don't even think about Grand Rapids, Michigan. In only a matter of hours after the outbreak, the place will be overran with zombies. In fact, this area scores the lowest in terms of defense. Portland, Oregon, and Detroit didn't get a good rating either. So, it looks like the East Coast is a great place to be, but Michigan will be in trouble.

Good Containment

Okay, so you're squeamish and you don't really want to go out there and fight – the thought of shooting a zombie in the head terrifies you. That is perfectly fine, because we also have a place for you. We understand, you don't want to be drop dead in the middle of everything. You need to go someplace where construction and engineering are the main occupations. In

a city where there are a large amount of construction workers, you should be able to build up pretty fast.

If you're looking for good containment, the best cities are Salt Lake City, Houston, Detroit, and Seattle.

The Cure for a Zombie Virus

Some people will be fighting, while others will be building. Then, you'll have those people who will be seeking a cure to the entire scenario. After all, a cure to this virus may be the only hope for survival. If this is what you're after, you're going to need a place that is full of doctors and scientists.

The zombie cure will probably come out of Boston, San Diego, San Francisco, Baltimore, or Indianapolis.

Take a look at the places most likely to survive from a zombie outbreak

- Salt Lake City, Utah
- Boston, Massachusetts
- San Diego, California
- Virginia Beach
- Indianapolis, Indiana
- Denver, Colorado
- Kansas City, Missouri

Here's the places least likely to survive an outbreak (these are the places you should avoid at all costs):

- Las Vegas, Nevada
- Milwaukee, Wisconsin
- Jacksonville, Florida
- Providence, Rhode Island
- Miami, Florida,
- Los Angeles, California
- Tampa, Florida
- Chicago, Illinois
- New York, New York

Chapter Two: The Weapons You Need

Crossbow – A crossbow would be a good survivor weapon. In fact, they're probably better than a compound bow. When you saw Darryl on *The Walking Dead* using a crossbow, you probably laughed. Thanks to Darryl Dixon, the crossbow is now being looked at as one of the best weapons to survive a zombie attack. You could use the crossbow for anything from a zombie apocalypse, to real-world collapse of society.

One of the biggest advantages of using a crossbow during a zombie outbreak is the silent signature. You see, whether you're out hunting for food, defending yourself against looters, or fighting zombies, there are times where you don't want anyone else to know your location. A loud "bang" coming from a gun could bring in guests that you just don't want to deal with.

Another advantage of the crossbow is the fact that the ammo can be reused. Time after time, we've witnessed Darryl walking up to his prey and pulling the crossbow bolt from the zombie so that he could use it during a future attack.

You also have to consider the fact that it doesn't take a whole lot of talent to use the crossbow. In fact, with a tiny amount of practice, even newbies can be accurate. However, with a regular bow, you will really have to aim in order to make sure you hit the zombie in the right spot. Plus, you have to worry about the draw of the string, hand placement and hold, hold, hold ... with a crossbow, you just point, aim and squeeze the trigger ...

Machete

Oh yes, a machete will definitely be needed during a zombie outbreak. The machete is for close-range combat, obviously. During those times where you are face-to-face with a zombie, using your hands probably isn't going to work – you need something that is sharp and powerful, like a machete.

Kukri

The Kukri is a traditional Indian weapon. It is used in various ceremonies and has many practical applications – it can be used to clear brush, split small logs, chop small trees, and so on. As it ranges in length, I highly recommend you going for one that has a longer blade.

Axe

The axe is one of the oldest man-made weapons out there – it is built for everything in regards to survival from making your way into a safe-house, to chopping down wood to make a fire. Weight, however, is a major disadvantage. However, in no time at all, a well-placed blow can take a zombie down. Most of the modern axes have wooden handles and steel heads and are built for specialized functions. The best axes to go for during a zombie apocalypse would be the brush-axes, fire-axe, and the pick axe because of its versatility and weight.

Katana

The katana is one of the deadliest edged weapons out there. The Japanese samurai use it as their primary weapon. It has a curved blade, so it will easily slice clean through a zombie. The blade ranges from 27.6 to 28.7 inches long. Using a katana will require a confident grip.

Chapter Three: Assembling Your Team

During a zombie outbreak, you don't want to run rampant with your head cut off. The only true way of surviving something this hectic involves order. With those thoughts in mind, it is important that you start assembling your team right away.

Sure, the occasional loner has a tendency to wander through the post-apocalyptic landscape without being killed, but most people will make it by creating structured and diverse social units. Watching television, you may be under the impression that these type of resourceful people just fall together after the world has crashed down. However, let's come down to reality for a second or two. In reality, you will more than likely be stuck with your whiny co-workers, friends, or relatives ... unless, of course, you are a step ahead of everyone else and plan ahead.

You need to start assembling your team today ... that's right, I said TODAY, even though the outbreak hasn't happened yet. Like I said, you need to stay

one step ahead of the game. When forming your team, consider people that have good personalities, a will to live, and amazing skill sets. Invite those people to join your zombie survival team ... try to find a way to invite them, without sounding crazy.

Here's some suggested archetypes you may want to consider:

Medical Professional – Oh yes, every team need a medical professional. Even without being threatened by a virus, living life in the apocalypse is a medical minefield. Survivors have a tendency to get hurt a lot and without proper sanitation, diseases can surface. You should try to include some medical professionals in your team, even if it's just a veterinarian, because they can come in handy for survival.

Determined Leader – We cannot forget about a leader. We need someone that is calm and steady. Someone that isn't afraid to take charge and make decisions for the entire group. You may want to look into a police officer or some other form of public service person. Just remember though, having leadership during something as harsh as a zombie apocalypse can be very stressful, and stress tends to bring out the worst in people. So, I have no other way to say this, but try to avoid psychopaths.

Wild Warrior – Every group needs a half-crazed but fearless person – you need a fighter. Someone that will take one for the team and run with it, even if it seems there is no purpose. Swat team members, and navy seals would be great candidates for this role right here.

Wise Counsel – There will come a time where the leader needs some advice. During this time, he/she should have someone that is reliable and intelligent to turn to. The wise counsel should be someone that is a little older, perhaps a cleric that can help solve problems.

A Kind Person – Something as bad as a zombie apocalypse can really bring you down and for this reason, you need a kind, caring soul in your group. This is someone you can go to during your darkest of days to be cheered up. This type of role is filled with psychologists, and school teachers.

Chapter Four: Survival Kits

You don't want to be caught in the wasteland without survival kits. Survival kits include everything you need in order to make it through those dark days. Are you ready to learn how to make your own zombie survival kit?

I'm going to cut to the case and tell you what you need:

- 600 rounds of ammo – simply because you never really know.
- Weapons of your choice
- A comfortable backpack – you are going to need to store your gear.
- A sleeping bag – sooner or later, you will need to sleep.
- Red glow sticks – these are great light sources.
- Folding shovel – this is great for digging latrines, but at the same time, it is also a good close quarters weapon.
- A map of the area
- Compass – in order to work with your map, and for help navigating.
- Rope – You will need a lot of rope ... a couple hundred feet.
- Tarp – This will help you make a quick tent
- First Aid Kit
- Thick Garbage Bags – These come in handy for waterproofing.
- Toilet Paper – I shouldn't have to say anything further on this one.
- Spare clothing
- Non Perishable Food – Ramen Noodles, MREs, granola, beef jerky, canned food, etc.
- Clean drinking water
- A book – because there will come a point where you will get bored
- Pocket knives

If you want to make your own survival kit, those are the things I would highly recommend. Of course, you could just make it easy on yourself and buy some zombie survival kits that are already made – yes, those type of things really do exist.

Chapter Five: Things You Should Never Do During a Zombie Outbreak

If you have any form of fantasy life, you probably have an idea of what you're going to do when zombies start to pop up from the ground. Perhaps you have already picked your favorite location, or maybe even your favorite weapon. In this chapter, I am going to tell you the things you should never do during a zombie outbreak ...

Don't Make Friends

I'm not trying to be mean here or anything, but when zombies are popping out of the ground, that isn't the best time to start making friends. I understand, you really want to take this opportunity to make friends, but it isn't a good idea. When you're walking around in the world of the undead, you need to resort back to the team that you should have created. If you do happen to stumble across someone that seems pretty cool, you should evaluate them and never let your guard down ... in all actuality, you should never let your guard down during this time.

Avoid the Gun Store

During a zombie outbreak, where do you think people are going to run? Here's a scenario for you – society is crashing, so people go to the gun store! Do you even know how to use one? That noisy gun will give away your location and should only be used in a real emergency, so it's not really what you need. So, let's just avoid that gun in the beginning. Sure, you could get to the gun store before everyone else ... but I think that is impossible. The main reason an individual opens up a gun store (besides money) is because they have been waiting for this event. Their entire lives, they have had a gun pointing at that entry way. You're not going to catch them in the back sleeping. Okay, so you manage to convince the owner to let you in so you can get a gun – you are now in a well-fortified building that holds a large amount of weapons and ammunition. Now, you are faced with choices – let more people in, or watch the stranger's pound on the door as the zombies are ripping them apart. You will eventually have to skip past your morals and shoot these noisy panicked people before they figure out how to break in. So yes, it's best to avoid this entire scenario and just stay away from the gun shop.

Don't Fight Zombies with Fire

Fighting zombies with fire is only going to waste your time. When you have a swarm of zombies creeping in on you, don't toss a Molotov cocktail into them. It will take a well-engulfed body a good 15 minutes to burn, and that is a lot of time to sit there and watch a zombie.

Don't Search for that Common Safe Place

You may have already picked out a nice shopping center where you can wait out the zombie apocalypse. That isn't going to happen. There are various problems with this plan. First, during a zombie apocalypse, you're going to sit in a corner, cowering? I think you deserve a better plan – many people will be at that shopping mall, because it's the common "safe" place – we all know that. You're going to hate yourself if you miss the entire apocalypse while you're in a mall trying to figure out all those mannequins. If you're really clever, you're probably going to try going on a cruise. There is safety, food and no possible zombie ...hold on. You want to spend the rest of your days slowly dying at sea? Let's say your horrible plans work out and you found a nice liner where you can live and restart human society. Is that a level of responsibility that is any less terrifying than actually going out there, manning up, and fighting zombies? You will have to create an entirely new currency, judicial system, and government. That precious "safe place" away from the zombie war will turn into a never-ending boat party with constant fights and deaths amongst people. I think it would be best if you avoid trying to find that common safe place that everyone else will be going to.

Conclusion

Okay, it is highly unlikely that the dead will start popping up from their graves in order to feed on human flesh, but at the same time, you may be surprised to learn that official plans have been prepared. That's right, the U.S. Centers for Disease and Control, has even reached out to offer advice on dealing with this type of scenario. The United States military has set up camp on islands for the sole purpose of training for zombie outbreak – it goes without saying, it's best to be the one that is prepared, than to be the one left standing there with a zombie chewing on the back of his neck. Yeah, you better be prepared ...

