

NOAC 2024

CU Boulder



SEEK NEW HEIGHTS

How to Survive a Zombie Apocalypse

Fight or Flee and steps for the first weeks of an
Apocalypse

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Meet Your Trainer

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With my wife Lindsey in Alaska



Learning Objectives

- 1. Objective 1: **First Minute**
- 2. Objective 2: **First Day**
- 3. Objective 3: **First Week**





1.

First Minute

- Anatomy of a Zombie
- You're seeing a Zombie for the first time
- Fight or Flee
- Recognition
- Assessment





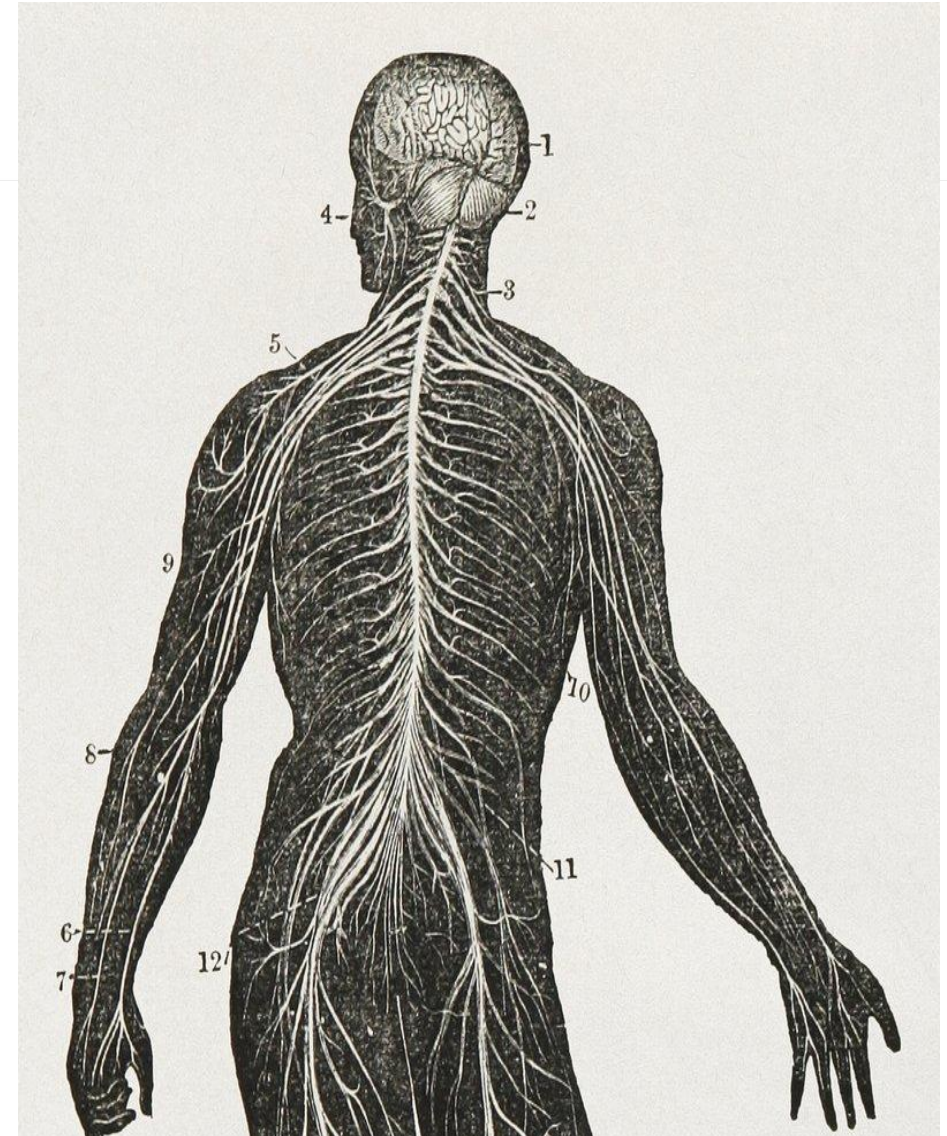
Zombie: a will-less and soulless human corpse revived by witchcraft or a virus

Traced back to 17th century in Hattian folklore



Human Anatomy

- At the very core, humans are a central nervous system
- The rest of your body is composed of organs to keep your brain alive, and muscles and bones to move and perform tasks to continue the survival of the brain
- Because the body cannot operate without the CNS controlling it, to destroy a zombie, you must destroy its CNS
- Just the brain may not be enough to fully stop a zombie



First Minute



- You see a Zombie for the first time
 - You had no Warning
 - You didn't hear anyone screaming
 - No Emergency broadcast
-
- How do you react?
 - How does your body react?



Fight or Flee:

An Automatic Physiological reaction to an event that is perceived as **STRESSFUL** or **FRIGHTENING**



FIGHT

- When your body feels danger is present and believes you can overpower the threat
- Brain releases signals to your body to prepare for the physical demands of combat
- Extra adrenaline is released to reduce the effects of pain and to increase strength and endurance

Physical cues:

- Clenched jaw or fists
- Shaking
- Tense
- Eyes widen



FLY

- Your body believes you cannot overcome the danger but can avoid it
- Similar to Fight but rush of hormones and adrenaline are to improve stamina
- Allows body to run longer and faster than normal

Physical cues:

- Restless
- Eyes darting around
- Fidgety



FLOP: you faint



Fawn: Attempt to
calm the threat by
nurturing



FREEZE:
Your body
doesn't react



TO BE VERY CLEAR



FIGHT: You might die

FLEE: You might die

FLOP: You WILL die

FAWN: You deserve to and WILL die

FREEZE: You and others WILL die

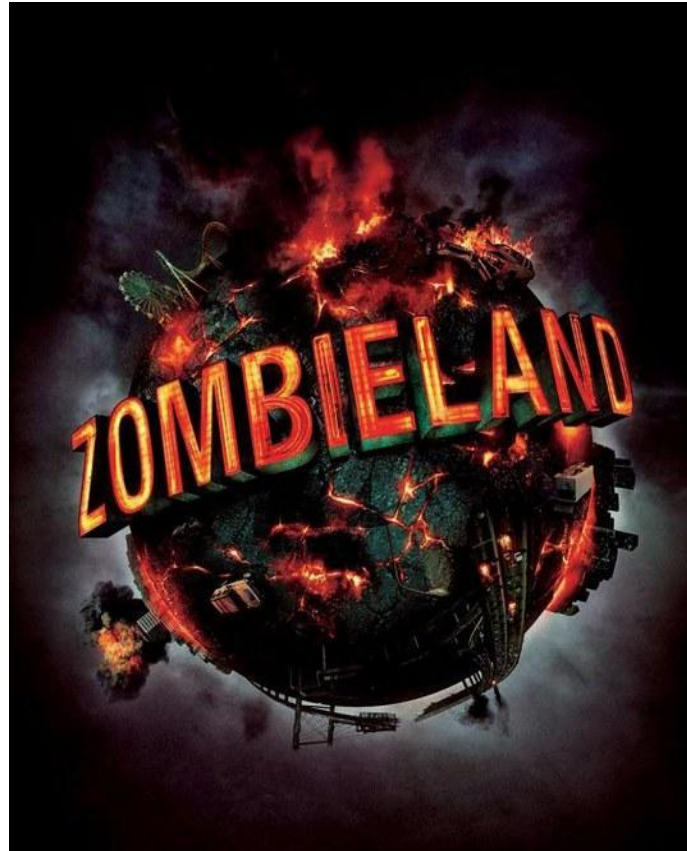


Recognition:
identify someone or
something based of
previous encounter
or knowledge

Recognizing danger
from the past or
repetition increases
your preparedness



We have been seeing zombies for years



Assessing Zombies:

What do you see?

- How fast are they?
- How strong are they?
- How do they spread?
- How many are there?
- What do these zombies most closely resemble?
- How long can you fight them off?
- Can you fight them off?
- Does it affect animals too?

What do you have at your disposal?

- Do you have a weapon?
- Are you in a crowded area?
- Is there a clear and obvious path of egress?

Based on everything, should you fight or flee?



What if you can't make an assessment quick enough?

- When in doubt, flee.
- Fleeing can buy yourself time to reassess the situation to prepare for either a fight or continuing to flee
- Cardio improves stamina which helps with both
- You must be prepared to fight AND flee to survive



Activity Time

Fight or Flee





Recap

- DON'T FREEZE
- DON'T FAWN
- DON'T FLOP
- Fight or Flee
- Recognize and Assess
- Be ready to both Fight and Flee
- You have to be both physically and mentally prepared





2. First Day

- You've survived your initial encounter with a zombie
- You've fought it off or fled **for now**
- What do you do next?



S.T.O.P.
Stay calm
Think
Observe
Plan





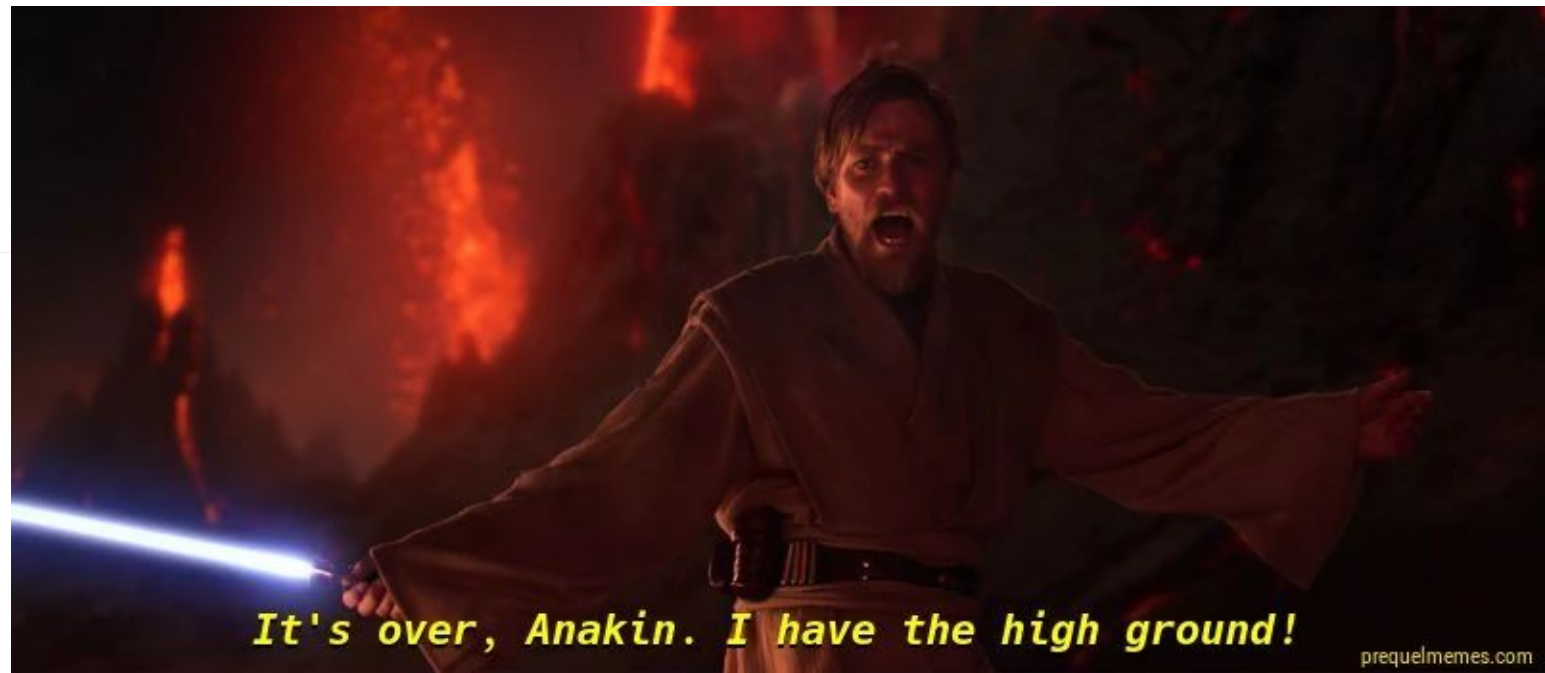
Shelter

- Must provide safety and security
- What provides safety will depend on your situation
- All Survival scenarios rely on shelter first
- Almost all scenarios you will survive longer in shelter without food and water than without shelter



Safety and Security examples

- High Ground
- Rural Land
- Aircraft
- Guns
- Island
- Boats





Stay Alert even when in Shelter

- Safety doesn't have to be permanent
- You should NEVER assume that it is
- Not just shelter from zombies, but also other people
- Plan depending on your location
- Don't just think about places to go but also to avoid
- Trust your gut





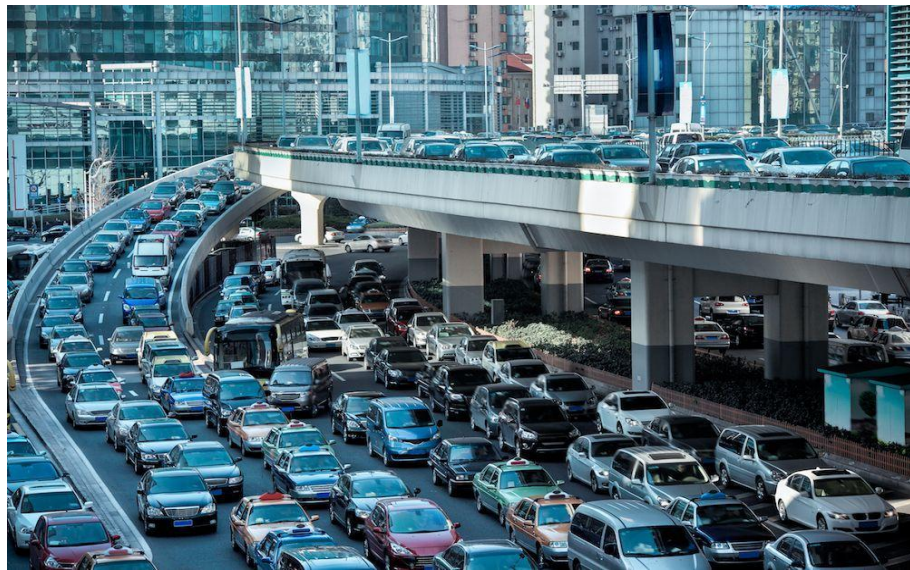
Places to avoid:

Cities: High concentration of people will rapidly turn into high concentration of Zombies

Highways: Cars will be abandoned and block the path

Places you don't have an exit strategy from. **DON'T GET CORNERED**

With Evil people: Throughout history people have used chaos to seize control and prey on the weak and less fortunate



Having and choosing allies:

- Ally is defined as combine for mutual benefit
- Safety doesn't mean alone
- Trust your gut
- Having more People will play a larger role in the days to come



First Day Recap

- Fight/Flee to safety
- S.T.O.P.
- Seek Shelter in Safety and Security
- Shelter doesn't have to be permanent
- Avoid/escape high population areas
- Don't shelter alone if possible
- Trust your gut with both shelter and allies





3.

First Week

You've made it to safety, either temporary or permanent
Now we focus on what is essential for staying alive long term



Vital for survival in the first week

- Drinking Water
- Exit Strategy
- Allies
- Medicine
- Literature
- Food



DRINK WATER

- Humans can Survive 3-5 days without water depending on location and climate
- 2-3 liters a day on average to survive. Can survive on less but not indefinitely
- Potable water, free of contaminants and parasites
- Adds up quickly depending on number of people and how accessible it is





Exit Strategy / Escape

- Have a Go Bag: a bag with general provisions that you can leave quickly with and survive off of for a few days
- Transportation and destination planned with contingencies
- **MUST BE PRACTICED**



Allies Continued:

- Adds to overall skill set and knowledge of group
- Lightens the work load of everyone
- Improves Security
- Brings more unique ideas to the group



Medicine:

- When the USA declared independence in 1776, the average life expectancy of males was 34, with modern medicine, today is 77.
- Without medicine, all common illnesses and injuries could be fatal
- Focus on common remedies for Cough and cold, flu, stomach virus, allergies, pain and infections
- First Aid Supplies are also vital
- Hospitals, vet clinics, and pharmacies



Literature

- Internet and phones will last roughly a month at most
- Researching various fields of study that you or your group aren't proficient in
- “Best time to plant a tree is 30 years ago, second best time is right now”
- Homesteading
- Agriculture
- Water Filtration
- General knowledge of residential construction
- Gun operation and maintenance
- Melee combat
- Fitness
- Radio Operation
- Boat and Vehicle operation and maintenance



Food

- Average Human can survive weeks without food but that doesn't mean you should
- Going back to literature, a book that covers local edible plants would be a valuable resource
- books on trapping and hunting would also be beneficial
- raiding homes and stores for provisions
- Vegetables and fruit that can be replanted



Recap of First minute, day, and week

First Minute

- Don't Freeze
- Fight or Flee
- Recognize
- Assess
- Be ready
- Be Prepared

First day

- S.T.O.P.
- Find Shelter
- Must provide Safety and Security
- Have a backup plan
- Have an Exit Strategy
- Avoid High population areas

First week

- Find drinkable water
- Plan and practice an exit strategy
- Try and gather more allies
- Medicine and first aid
- Literature
- Food
- Start planning even longer term



After the first week, first month

The first month is entirely up to you. Too many variables play into preparing. Now solely depends on 2 key factors.

- Can you survive the way you are living where you are?
- Will the Zombie Apocalypse end?



Takeaway Challenge

Buy and read a book
about something you
know nothing about that
will help you survive

