



Surviving a Zombie Apocalypse Outdoor Adventure Weekend

September 28-30, 2018
4-H Camp Bristol Hills
4437 Kear Road
Canandaigua, NY

Tentative Schedule

Friday

6:30 pm or later: Arrival and registration
7:00 pm: Dinner- Chili and Corn Bread (Gluten Free & Vegan Options available)
8:00 pm: Meet and Greet Activities & Ice Breakers
8:30 pm: S'mores by the fire
9:30 pm: All Quiet

Saturday

7:45am-8:30 am: Breakfast
9:00 am-10:30am- Rotation 1
10:45 am-12:15pm- Rotation 2
12:15pm-1:15pm Lunch
1:15pm -2:45pm- Rotation 3
3:00pm-4:15pm Rotation 4
4:30-5:30pm Zombie Games on the Field
5:30 Dinner
6:30 Zombie Scouting Hike/Free Time
7:30: Evening Activities
8:30- Evening Program
9:30 All Quiet

Sunday

7:30-8:30 Breakfast
8:30-10:00 Surviving the Zombie Apocalypse Team Challenge
10:00 Wrap up
11:00 Clean up/Depart

Building Strong & Vibrant New York Communities

Cornell Cooperative Extension of Livingston County is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal employment and program opportunities.

Location: 4-H Camp Bristol Hills is located in the Bristol Hills region of the Finger Lakes, just 30 miles south of Rochester. The property boasts over 120 acres of beautiful land including fields and meadows for playing, a pond for fishing, a gorge for hiking, and much more. Over 20 cabins will accommodate overnight stays, a dining hall with full kitchen amenities is where we will eat our meals and bathhouses with flush toilets are available.

Housing: Cabins sleep from 7 to 20 individuals and include bunkbed style cots. Cabins have electric, but no heat and no running water.

What to Bring:

- Reusable Water Bottle/Coffee Mug
- Bedding including sheets, sleeping bag and pillow (cabins are not heated)
- Toiletries, including toothbrush, toothpaste, towel, shower shoes, soap, washcloth.
- Outdoor clothes appropriate for the weather. Autumn weather can be changeable, so packing a variety of things is your best bet- think layers. You might also consider raincoat, hiking boots, hat, sunglasses and extra socks.
- Flashlight or headlamp and batteries
- Copy of your signed health forms and Code of Conduct
- Favorite snacks.

Meals will be provided from Friday Dinner through Sunday Breakfast. If you have any dietary considerations please indicate when registering.

Cost: \$70 per person, including staff, chaperones and youth. Payment must be made to CCE Seneca by **September 15, 2018**.

Registration Link for Staff:

https://apps.cce.cornell.edu/event_registration/main/events_landing.cfm?event=ZombieApocalypse-2_245



Surviving the Zombie Apocalypse Workshop Options

Fishing

Learning to fish like a survivalist sure comes in handy during a Zombie Apocalypse! Learn to set up your line, cast, select and use bate given your conditions. All equipment will be provided.

Forest Tools and Travel Tricks for beating the Zombies:

There's lots of ways to beat out a zombie, compasses, measuring sticks and the forest might not be what comes to mind first, but it's true, they'll help you survive. Join us to outsmart the zombies using the power of the forest. Learn about how to navigate away from danger, what the forest has to offer that might save you and enjoy some fun outdoors!

Outdoor Cooking

There is no need to starve when zombies attack, but you do need to be resourceful, clever and knowledgeable. We will explore a variety of outdoor cooking tools, fuels and foods that are likely to be available during a Zombie Apocalypse.

Preparedness

When Zombies infiltrate an area, you need to be able to get out fast! What should you pack? In this workshop, find out what to pack (and what NOT to pack) as well as ways to effectively pack those items for successful survival of the Zombie apocalypse. This knowledge is also good for day and overnight hiking when Zombies aren't involved too.

Science of Fire

Fire is essential for life after the zombies. You need it for cooking, warmth, and protection. Learn the science behind starting and maintaining a fire.

Wild Edibles

When food is scarce and you need to survive, foraging skills will be essential! Learn what plants are not poisonous and how to use/prepare them as food.

Zombie Insects

That's right- insects play a role in the Zombie Apocalypse! Learn about the use of insects in zombie defense and detection, go on a zombie insect hunt and see what local insects you can find. Finally, learn how to pin morphos, owls and other tropical butterflies. Each participant will receive the materials and instruction they need to pin a zombie butterfly, which they can take home with them.

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SURVIVING A ZOMBIE APOCALYPSE REGISTRATION FORM

Outdoor Adventure Weekend

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4-H Camp Bristol Hills

Canandaigua, NY

Note to Counties- This form can be used to collect information from participants that is needed in order to complete the online registration form. Registration form and payment due **September 15, 2018.**

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Participant Information	
First Name	Last Name
Address	City/State/Zip Code
Email	Phone
Gender Identity	Are you of Hispanic or Latino ethnicity?
Race	
Age of Participant?	T-shirt Size
Are you enrolled in 4-H?	What County are you enrolled in?
Do you have a Photo Release on File?	Do you have a signed Code of Conduct on File?
Do you have a completed Health Permission Form on File?	
Please list any Dietary Restrictions	Do you have other health concerns?
Chaperone Name	Do you have a roommate request?
Emergency Contact (name and phone number)	
Program Choices	
Workshop Choice #1	Workshop Choice #2
Workshop Choice #3	Workshop Choice #4
Workshop Choice (alternate)	