

Zombie Fight or Flight

The zombie apocalypse has begun! Players are survivors of the initial outbreak. They have been thrown together by chance, and can only survive and reach safety as a team.

Zombie Fight or Flight is a collaborative card game. All players win if they can survive long enough to reach **The End**. All players lose if they run out of provisions or cannot recover from their zombie encounters.

Number of players (basic game): 4-8 (See "Adaptations" for a 2- or 3-player game.)
Recommended ages: 8+
Duration of a round: Approx. 1-10 minutes

Contents

Fight Cards (Red)
Skirmish 13
Combat 7

Flight Cards (Yellow)
Backtrack 5
Evade 5
Flee 3

Recovery Cards (Green)
Heal 12
Rest 8

Provision (Blue) 8

The End 1

Play of the Game

At the start of the game, each player is dealt four cards. Each card represents an action that the group can take. Some actions require energy: Fight (**Combat** or **Skirmish**) or Flight (**Backtrack**, **Evade** or **Flee**). Other activities replenish energy and allow Recovery: **Rest** or **Heal**. One activity is energy-neutral: **Provision**.

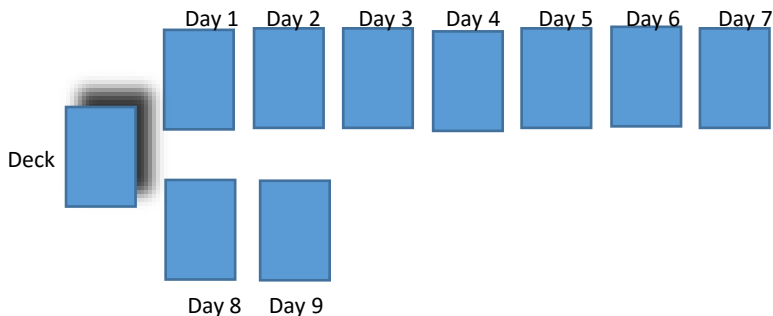
The End can only be played at the end of the game. This card is played as the final card to win the game – it indicates that the parties have survived the zombies and have reached safety.

Order of Play

Choose who deals first (after each round, the deal passes to the left). The dealer deals four cards to each player. Players keep their cards hidden from each other (but see "Communication" below). The player to the dealer's left plays first, and play initially moves clockwise.

Each card represents one day for the group. On their turn, a player plays a card face up from their hand to indicate that day's activity for the group. After playing a card, the player draws a replacement card from the deck to replenish their hand. Cards should be played in a row in the centre of the table. Once seven cards have been played, one week has been completed – start another row.

DIAGRAM – Lay out cards as "weeks"



The Cards

Provision: A Provision card must be played (by any player) at least once in each week. If no Provision card has been played by the end of each week (by the end of the seven-card row), the whole group has succumbed to hunger – the round is over and the zombies have won.

Fights: The **Skirmish** and **Combat** cards represent encounters with zombies! A **Skirmish** is a minor zombie encounter, while **Combat** is more serious. If either a **Skirmish** or a **Combat** card is played, the group's health and energy is depleted. Until the group has recovered from the fight, it cannot take actions requiring energy – with one exception (described below). Only **Provision**, **Heal** or **Rest** may be played. If a player cannot legally play a card at their turn (they only have cards requiring energy – Fight or Flight cards), the group has succumbed to the zombies – the round is over and the zombies have won.

Exception: Second Skirmish: If the group has not yet fully recovered from a Skirmish, a second Skirmish card may be played. If a second Skirmish is played before the group has fully recovered from the first Skirmish, the fight becomes a Combat! In this case, the effect of any Recovery card already played after the first Skirmish is lost, and the group must restart the recovery process (play two Recovery cards, including at least one Heal – see below).

Recovery: The way the group recovers from Combat or Skirmish depends on which card has been played.

- A **Skirmish** is a low-impact fight. To recover, the group must play any combination of two Recovery cards: Rest+Rest; Rest+Heal; or Heal+Heal. (A Provision card may be played while the group is recovering, but does not aid in recovery!)
- A **Combat** is a high-impact fight. To recover, the group must play two Recovery cards – as with a Skirmish – but in this case at least one must be a Heal. The only possible combinations to recover from a Combat are Rest+Heal OR Heal+Heal.

Heal: At least one Heal card must be played to recover from a Combat. It can also be used as one of the two cards needed to recover from a Skirmish. Heal also may be played at any time in the game.

Rest: This card can be used to help recover from a Skirmish or Combat. Rest also may be played at any time in the game.

Evade: Skip the next player's turn. An Evade can only be played if the group is not still recovering from a fight.

Flee: Skip the next two players' turns. Like Evade, Flee can only be played if the group is not still recovering from a fight.

Backtrack: Reverse direction of play. If play was going clockwise, play changes to counter-clockwise, and vice versa. Game play continues in the new direction until another Backtrack is played. Backtrack can only be played if the group is not recovering from a fight.

The End: This is how you win the game! Once the group has survived for three weeks (21 cards played), the path to The End begins. Starting at the beginning of week four, the team must go five days without a Fight. The five days only start counting after the team has finished recovering from the last Fight. After the five days' play, The End can be played (on the next turn of whichever player holds The End). If the group survives five days without a Fight, but after that a Fight card (Skirmish or Combat) is played before The End, the five-day count restarts. Keep in mind that your group must continue to Provision every week during this time.

When the deck runs out, play continues, but players cannot draw a new card after playing. If players have no more cards but The End has not been legally played, the round is over and the zombies have won.

Ways the Team Can Die (Lose)

1. Failure to play a Provision card during each week.
2. Failure to recover from a fight. The player whose turn it is cannot legally play any cards. (e.g. they have only Fight or Flight cards in their hand).
3. Failure to reach five consecutive zombie-free days to allow players to reach The End.
4. Running out of cards!

Ways the Team Can Escape (Win)

1. Surviving three weeks + five consecutive days zombie-free, then playing The End.

COMMUNICATION IMPROVES

After the first week is over (seven cards have been played), the group has been together long enough that the players start to communicate better – as one hopes would occur with a group learning to survive as a team! Players still cannot tell others what is in their hands, BUT they can show one card to give other players an indication of what might be in their hand. Starting on the first day of the second week, once a player plays a card and then draws a replacement card, that player places one card from their hand face up in front of themselves. (If a player is skipped because of an Evade, Flee or Backtrack card, they wait until they next play a card before showing a card from their hand.)

On each turn after a player has a card showing, they may play either a card from their hand or their face-up card. If they play a card from their hand, their face-up card remains in place in front of them, and the new card they pick up goes in their hand and stays hidden – they cannot change the face-up card. If they play the face-up card, after they draw a replacement card, they must choose a new card from their hand to show face-up.

Variations of Zombie Fight or Flight – Adjusting difficulty

Surviving zombies is hard – even experienced players only win a small portion of the time. Depending on the ages and experience level of your team, you may choose to play any of these variations.

Casual Play: When players are first learning the game, play with the entire deck. Younger players may choose to continue this variation.

Experienced Play: Once players have learned the game, they should increase the level of difficulty by removing up to 4 Heal cards from the deck. This makes it harder to recover from zombie encounters, and the group will find it much harder to survive to The End.

Challenge Play: For an even harder version (very experienced players, or just a group that wants a harder path), remove up to four Heal and two Rest cards from the deck – and good luck!

Three players: If you are playing with only three players, deal each player a hand of 5 cards instead of 4. The rest of the rules remain the same. (With three players, playing Flee means play skips both other players – so the same player will play two turns in succession.)

Two players: With two players, deal each player 6 cards instead of 4. The rest of the rules remain the same. (With two players, playing Evade means play skips the other player, so the same player will play two turns in succession. Playing either Flee or Backtrack is like a free turn, as play simply passes to the other player.)

Drunken Zombie Fight or Flight

Recommended Ages: Legal drinking age

Follow the rules for the regular version of Fight or Flight EXCEPT:

- Whenever the team has a **skirmish**, everyone must take a drink. (Alcohol, taken immediately after exposure to the zombie virus, prevents zombification.)
- Whenever a team has a **combat**, everyone takes two drinks. (More serious injuries have occurred.)
- If the team dies, everyone takes three drinks in preparation for the next round of play.