

how to make a zombie costume

How to make a zombie costume is an exciting endeavor for anyone looking to stand out at Halloween parties, horror-themed events, or just for fun. The beauty of a zombie costume is its versatility; you can create a terrifying look with items you might already have at home or by purchasing a few inexpensive supplies. In this article, we will guide you through the process of making a zombie costume from scratch, covering everything from clothing choices to makeup techniques.

Gathering Your Materials

Before diving into the costume-making process, it's essential to gather all the necessary materials. A well-planned list will save you time and ensure you don't forget any crucial elements.

Clothing

1. **Old Clothes:** The key to a convincing zombie look is to wear clothes that you can tear, stain, or otherwise ruin. Look for:
 - A tattered shirt (long or short sleeve)
 - Baggy pants or a dress
 - Accessories like a scarf or hat that can also be distressed
2. **Footwear:** Choose shoes that look worn out or are easy to dirty. Ideally, they should be old sneakers or boots.
3. **Zombie Accessories:** Consider adding props to enhance your zombie look, like:
 - A fake weapon (like a plastic axe or a bloody knife)
 - Chains or ropes to give a "captured" vibe
 - Gloves that can be torn or stained

Makeup Supplies

Creating a convincing zombie look requires effective makeup. Gather the following supplies:

1. **Foundation:** Choose a pale or white foundation to give your skin a deadened appearance.
2. **Face Paint:** Green, gray, and black face paint can help create a sickly, undead look.
3. **Fake Blood:** Use store-bought fake blood or create your own using corn syrup and red food coloring.
4. **Makeup Brushes and Sponges:** These tools will help blend the makeup effectively.
5. **Special Effects Makeup:** Optional items like liquid latex, tissue paper,

and face wax can help create wounds or scars.

Additional Props

Consider incorporating additional elements to create a more comprehensive zombie persona:

- **Contact Lenses:** White or colored lenses can add a chilling effect.
- **Wigs:** A messy, unkempt wig can complement your look.
- **Fake Teeth:** Zombie fangs can enhance the monstrous appearance.

Creating Your Zombie Costume

Now that you have all your materials ready, it's time to start putting everything together. Follow these steps to create your zombie costume.

Distressing Your Clothing

1. **Tearing:** Use scissors to create rips and tears in your shirt and pants. Focus on areas like the sleeves, hem, and knees.
2. **Staining:** Apply fake blood or brown paint to simulate dirt and grime. You can also use a sponge to dab on additional colors for a more realistic look.
3. **Layering:** If you're wearing more than one layer, like a tank top under a shirt, consider tearing and staining each layer differently for a more authentic appearance.

Applying Zombie Makeup

1. **Base Layer:** Start with a clean, dry face. Apply a generous layer of the pale foundation to create a base for your zombie look. Use a sponge for an even finish.
2. **Adding Color:** Using gray and green face paint, apply it around the eyes, cheeks, and forehead to create a sickly pallor. Blend it into the foundation to avoid harsh lines.
3. **Creating Wounds:** If you're using liquid latex or face wax, apply it to areas where you want to create gashes or wounds. Use tissue paper to add texture, and then paint over it with red and black colors to simulate blood and bruising.
4. **Finishing Touches:** Add fake blood around your mouth and on your clothing. Don't forget to smudge some around your eyes for a more dramatic effect.

Completing Your Zombie Look

Once you have your clothing distressed and makeup applied, it's time to add those final touches that will complete your zombie costume.

Accessorizing

- Props: Grab any props you decided to use, such as fake weapons or chains. Make sure they are easily visible and add to the overall horror of your costume.
- Footwear: Put on your worn-out shoes. Consider adding dirt or fake blood to them for added realism.
- Wigs and Accessories: If you're using a wig, style it to look messy and unkempt. You can tease it or add some hair gel for a more disheveled appearance.

Practicing Your Zombie Walk

A crucial part of becoming a zombie is embracing the character through movement. Here are some tips for perfecting your zombie walk:

1. Posture: Hunch your shoulders and bend your elbows. Zombies often have a stiff, jerky gait.
2. Arm Movement: Keep your arms extended forward with a slight bend at the elbows, mimicking the classic zombie pose.
3. Gait: Practice shuffling your feet instead of taking full strides. Try to drag your feet and take uneven steps to create a more authentic zombie-like movement.
4. Facial Expressions: Allow your face to reflect the vacant, soulless look of a zombie. Avoid smiling and keep your mouth slightly open to create a ghastly appearance.

Final Tips for a Successful Zombie Costume

To ensure your zombie costume is both chilling and enjoyable to wear, consider the following tips:

- Comfort: Make sure your costume is comfortable enough for movement. You'll want to be able to walk, dance, and enjoy the festivities without feeling restricted.
- Weather Considerations: If you're dressing up for an outdoor event, consider the weather. You may need to wear layers or choose materials that will keep you comfortable.
- Practice: Spend some time in front of the mirror practicing your zombie expressions and movements. Confidence is key to pulling off a great costume.

- **Take Photos:** Document your transformation! Take before and after photos to capture the fun of creating your zombie look.

- **Have Fun:** Remember that the ultimate goal of dressing up as a zombie is to have fun. Embrace your character and enjoy the reactions you get from others!

In conclusion, making a zombie costume is a creative and enjoyable project that allows you to express your unique style while getting into the Halloween spirit. By following the steps laid out in this article, you can create a terrifying and memorable zombie look that will impress your friends and scare your foes. Happy haunting!

Frequently Asked Questions

What materials do I need to create a zombie costume?

You will need tattered clothing, face paint (white, black, green, and red), fake blood, and optional accessories like fake wounds, masks, or props.

How can I make my zombie costume look more realistic?

To enhance realism, use makeup techniques to create bruises and wounds, add dirt or grime to your clothing, and consider using a wig or styling your hair messily.

What type of clothing works best for a zombie costume?

Old or thrifted clothes work best; opt for items that can be ripped or stained. Dark colors, with lots of layers, can create a more eerie look.

How do I create fake blood for my zombie costume?

You can make fake blood using corn syrup, red food coloring, and a bit of cocoa powder for thickness. Mix them until you achieve the desired consistency and color.

Can I use regular makeup for my zombie face paint?

Yes, but it's better to use face paint specifically designed for costumes, as they are more pigmented and longer-lasting. You can also use regular makeup for details.

What are some easy zombie makeup techniques for beginners?

Start with a pale base for your face, then use dark eyeshadow for sunken eyes. Add fake blood at the mouth and use a stippling sponge for a textured look.

How can I accessorize my zombie costume?

Consider adding accessories like chains, old jewelry, or props like a fake weapon. You can also use a mask or zombie-themed gloves to enhance your look.

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