

Shit's Getting Weird — A Checklist

Identity & Documents

- ☐ Apply for/renew passport
 - ☐ Passport Book
 - ☐ Passport Card
 - ☐ Expedite the process
- ☐ Apply for Global Entry (Includes TSA Pre-check)
- ☐ Renew driver's license/ID
- ☐ Request official birth certificate
- ☐ Request social security card
- ☐ Request college transcript
- ☐ Get a library card

Health & Wellness

- ☐ Get on birth control
- ☐ Stock up on Plan B
- ☐ Get tested for STIs
- ☐ 90-day supply of prescriptions
- ☐ Get up to date on vaccinations
 - ☐ Influenza
 - ☐ Covid-19
 - ☐ Pneumococcal
 - ☐ Tdap
 - ☐ HPV
 - ☐ Polio
 - ☐ Hepatitis A/B
- ☐ Get eye exam
 - ☐ Order new eyeglasses
 - ☐ Order new contact lenses
- ☐ Get annual medical exam
- ☐ Get annual dental exam

Emergency Preparedness

- ☐ Make an evacuation plan^[1]
- ☐ Make a go bag^[2]
- ☐ Make a financial go bag^[3]
- ☐ Stock up on food^{[4][5]}

Purchases & Supplies

- ☐ Buy/replace electronics and appliances
- ☐ Stock up on PPE
 - ☐ N95 masks
 - ☐ Latex gloves
- ☐ Buy a car (if needed)
- ☐ Buy a home (if possible)

Safety & Protection

- ☐ Purchase a firearm
- ☐ Sign up for a self-defense class
- ☐ Research digital nomad visas^[6]

Digital Security & Privacy

- ☐ Review the [Digital Defense: Personal Security Checklist](#)
- ☐ Install [uBlock Origin](#)
- ☐ Install [Privacy Badger](#)
- ☐ Divest from Google
 - ☐ Use DuckDuckGo for search
 - ☐ Switch to [Firefox](#)
 - ☐ Install [Facebook Container](#)
 - ☐ Install [Firefox Focus](#)
 - ☐ Delete Google Data^{[7][8]}
- ☐ Divest from Meta^{[9][10]}
 - ☐ Download Facebook Data
 - ☐ Download Instagram Data
 - ☐ Delete Facebook account
 - ☐ Delete Instagram account
 - ☐ Switch to [Pixelfed](#)
- ☐ Setup a VPN^{[11][12]}

- ☐ Setup password manager^[13]
- ☐ Setup hardware security key^[14]
- ☐ Setup two-factor authentication^{[15][16]}
- ☐ Setup encrypted messaging^[17]
- ☐ Setup email masking^{[18][19]}
- ☐ Delete all period tracking apps

Other Resources

- [Surveillance Self-Defense Guide](#)
- [PrivacyTools](#)
- [Plan C](#)
- [Digital Defense Fund](#)

Learn Something

- [What To Do When The Cell Phones Go Down \(AT&T\)](#)
- [The 2025 journalist's digital security checklist](#)

Do Something

- [Some Actions That Are Not Protesting or Voting](#), by [Prisonculture](#)
- [Steps to Action: Reproductive Justice](#), by [Prisonculture](#)

Read Something

- [On Tyranny](#)
- [Surviving Autocracy](#)
- [Strongmen](#)
- [How to Be Anti-Racist](#)
- [Reflect & Resist: Books To Read During The Continued Fight](#)

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1. [Make a Plan](#) ↩
 2. [Build A Kit](#) ↩
 3. [What's a 'financial go bag?' Everything you need for your money when disaster strikes](#) ↩
 4. [37 Foods to Hoard: Ultimate survival food list available from the grocery store](#) ↩
 5. [Preppers Pantry: A prepper's guide to food storage](#) ↩
 6. [66 Countries With Digital Nomad Visas](#) ↩

7. [How to Delete Your Data from Google](#) ↩
8. [Delete Your Google History](#) ↩
9. [Mad Meta: Don't Let Them Collect Your Data](#) ↩
10. [How to Delete Facebook, Instagram, and Threads](#) ↩
11. [Proton VPN](#) ↩
12. [TunnelBear VPN](#) ↩
13. [1Password](#) ↩
14. [Yubico Security Key](#) ↩
15. [Authy](#) ↩
16. [Duo Mobile](#) ↩
17. [Signal](#) ↩
18. [What is masked email? This new spin on an old practice supercharges your security](#) ↩
19. [Firefox Relay](#) ↩