

Shit's Getting Weird — A Prep List for the Unexpected

Whether it's the global chaos, digital threats, or just life throwing curveballs, it's clear we could all use a little preparation for the unknown. The world is unpredictable, and it's better to be ready than caught off guard. It's time to take control of what you can and get yourself prepped for whatever comes next. Buckle up, because, honestly, shit's getting weird.

Identity & Documentation

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

Health & Wellness

- ☐ Get on birth control
- ☐ Stock up on Plan B
- ☐ Get tested for STIs
 - ☐ HIV Type 1
 - ☐ HIV Type 2
 - ☐ Herpes 1
 - ☐ Herpes 2
 - ☐ Hepatitis B
 - ☐ Hepatitis C
 - ☐ Chlamydia
 - ☐ Gonorrhea
 - ☐ Syphilis
 - ☐ Trichomoniasis

- ☐ Mycoplasma genitalium
- ☐ 90-day supply of prescriptions
- ☐ Get up to date on vaccinations
 - ☐ Influenza
 - ☐ Covid-19
 - ☐ Pneumococcal
 - ☐ Tdap
 - ☐ HPV
 - ☐ Polio
 - ☐ Hepatitis A/B
- ☐ Order new eyeglasses
- ☐ Order new contact lenses

Emergency Preparedness

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

Major Purchases & Supplies

- ☐ Buy/replace electronics/appliances
- ☐ Buy a car
- ☐ Buy a home

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](#)
- ☐ Set 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

Knowledge & Resources

- [Surveillance Self-Defense Guide](#)
- [PrivacyTools](#)
- [On Tyranny](#)
- [Surviving Autocracy](#)
- [Strongmen](#)
- [How to Be Anti-Racist](#)
- [Some Actions That Are Not Protesting or Voting](#)
- [What To Do When The Cell Phones Go Down \(AT&T\)](#)

Footnotes & References

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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](#) ↩