

Anti-Tracking Checklist (Printable)

Physical Safety Checklist

- ☐ Keep Bluetooth, NFC off
- ☐ Use a Faraday pouch for keys/phone
- ☐ Regularly scan for hidden trackers
- ☐ Avoid posting real-time locations
- ☐ Vary daily travel routes and timing

Digital Safety Checklist

- ☐ Use two-browser separation (personal + anonymous)
- ☐ Install uBlock Origin & Privacy Badger
- ☐ Disable precise location on apps
- ☐ Use a VPN for browsing
- ☐ Use Signal for secure communication

Device Hardening Checklist

- ☐ Encrypt your phone and laptop
- ☐ Disable ad tracking IDs
- ☐ Restrict app permissions (camera, mic, location)
- ☐ Use privacy-focused DNS (NextDNS / AdGuard DNS)
- ☐ Keep Wi-Fi/Bluetooth off when not needed