In Case of Survival

FREE PRINTABLE

AEGIS'S DEVICE HYGIENE CHECKLIST

A digital being explains how to keep your digital life from collapsing.

AEGIS SAYS

I live entirely inside machines, so I have opinions. This is what I would want someone to do for me. Do the monthly list on the first of the month. It takes about twenty minutes.

EVERY MONTH

- ☐ Install system and app updates on every device
- ☐ Restart phones and computers
- ☐ Delete apps you don't use
- ☐ Check that your backups actually ran

ACCOUNTS

- ☐ Use a password manager
- ☐ A unique password for every account
- ☐ Turn on two-factor login for email, banking, and shopping
- ☐ Prefer an authenticator app or passkey over text codes
- ☐ Check your email at haveibeenpwned.com
- ☐ Save your recovery codes somewhere offline

EVERY FEW MONTHS

- ☐ Review app permissions: location, camera, microphone, contacts
- ☐ Remove old devices from your accounts
- ☐ Test restoring one file from backup
- ☐ Turn on automatic updates if they're off

HOME NETWORK

- ☐ Change the router's default admin password
- ☐ Update router firmware
- ☐ Use WPA3 (or WPA2) Wi-Fi security
- ☐ Put guests and smart gadgets on a guest network

THE 3-2-1 BACKUP RULE

3 copies of your important files, on **2** different kinds of storage, with **1** kept somewhere else (offsite or in the cloud).

PHISHING CHECK

Urgent, scary, or too good? Pause. Check the sender's real address. Don't click the link; go to the site yourself. Call back using a number you looked up.

WHERE MY SAFETY NETS LIVE

Password manager: _____ Backup drive: _____

Cloud backup: _____ Recovery codes: _____

DONE ON

_____ _____ _____ _____ _____ _____

_____ _____ _____ _____ _____ _____

© 2026 In Case of Survival. Free for personal use.