

# Mobile Phone Security Checklist

*Checklist · Lock Down Your Phone — IOS And Android.*

**Your phone holds more sensitive data than your computer ever will. Run through this in 20 minutes for either iPhone or Android — most settings have direct equivalents.**

## Lock Screen & Biometrics

- Strong passcode set (6+ digits or alphanumeric, NOT 1234 or your birthday).
- Face ID or Touch ID enabled.
- Auto-lock set to 30 seconds (Settings → Display & Brightness → Auto-Lock).
- Lock-screen notifications hidden (don't show preview content when locked).
- Wallet, Camera, Control Center disabled from lock screen if you carry cards.

## Find My / Find My Device

- Find My iPhone / Find My Device is ON.
- Send Last Location is enabled (sends location before battery dies).
- Activation Lock is on (prevents reset and reuse if stolen).
- Trusted family members are added as Family Sharing for shared finding.

## App Permissions Audit (5 Min)

- Settings → Privacy & Security → Location Services → review every app.
- Set anything you don't actively need to 'While Using' or 'Never.'
- Review Microphone access — remove anything that doesn't need to listen.
- Review Camera access — same rule.
- Review Contacts and Photos access — most apps don't actually need these.

## System Security

- Operating system is up to date (latest major version).
- Automatic Updates are enabled.
- Lockdown Mode considered if you're high-risk (journalist, activist, etc.).
- USB Restricted Mode (iOS) — Settings → Face ID → USB Accessories → OFF.
- Cellular and SIM PIN set (prevents SIM swap on stolen device).

## App Hygiene

- Delete apps you haven't used in 60 days.
- Only install apps from the official App Store / Play Store.

- Review subscription list — cancel anything you forgot you were paying for.
- Sign out of any accounts you don't use weekly.

## Lost / Stolen Phone Plan

- I know how to remote-lock and remote-wipe my phone (icloud.com or android.com/find).
- My carrier knows me — I have a porting PIN set with them (defends against SIM swap).
- My password manager and email recovery codes are NOT only on this phone.
- I have a backup MFA method (recovery codes or hardware key) if I lose this phone.

### DID YOU KNOW?

#### **1 In 4 Americans Reuses A Password Across 5+ Sites.**

If yours is one of them, a single breach exposes your whole life. The fix is the password manager you've been putting off — Day 9 of our 30-Day Sprint walks you through it.

[Visit Making Sense Of Security →](#)