WEEKEND DISAPPEARANCE: DATA ERASURE CHECKLIST
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Print it off, check it off

Friday Night: Accounts & Data Deletion

Make a running list of every account found

☐ Check breach exposure at HaveIBeenPwned.com

☐ Search for old accounts at JustDelete.me

☐ Search email for:
   • "Confirm your email"
   • "Verify your account"
   • "Welcome to"

☐ Unsubscribe from newsletters & spam

☐ Delete any account you don't need

☐ Strip bios, photos, usernames of the ones you keep.

☐ Delete Facebook (not just deactivate)

☐ Clean out Google
   • Wipe all logs
   • Disable location history
   • Revoke 3rd-party app access
   • Delete unused services (Docs, YouTube, Gmail aliases)

Saturday: Devices & Browser Fingerprints

☐ Phone:
   • Disable iCloud
   • Kill Siri
   • Revoke app permissions
   • Remove unused apps
   • Switch to open-source apps
   • Use offline tools (maps, music)

☐ Browser:
   • Install Firefox + uBlock Origin, CanvasBlocker, ClearURLs, Cookie AutoDelete
   • Setup separate browser profiles
   • Install Tor Browser
   • Disable autofill, history, telemetry

☐ Strip metadata from files:
   • Use MAT2 (Linux)
   • Use ExifTool
   • Or re-export clean formats (PDF, TXT)

Sunday: Comms & Storage Lockdown

☐ Switch from Gmail to Tuta, Proton, or Mailfence

☐ Use SimpleX, Session, Signal, or Briar for messaging

☐ Notify people: no more SMS or iMessage

☐ Encrypt your storage:
   • Cryptomator (easy, drag-and-drop)
   • VeraCrypt (full vault)

☐ Sync via rclone or Syncthing (ditch Dropbox & Google Drive)

☐ Harden OS:
   • Remove telemetry
   • Clear logs and caches
   • Create fresh user account
   • Backup encrypted, then wipe old drives
   • Consider switching to Linux