



## The Prepper Phone

The following document outlines how I currently have my smart phone configured. The main tenets that I have are privacy, security, offline apps, and phone add-ons. Obviously, it is probably best to just have a cheap Voice and Text dumb phone that does not have GPS or apps. However, in today's world, having a smartphone is a key tool to have for EDC (Everyday Carry) purposes. Here is a list of items that I have included with my "Prepper Phone".

### Exterior Modifications and Add-Ons

Here is a list of physical add-ons and modifications that I include on my mobile phones:

1. **Use a Protective Case for your Phone:** We all probably already do this, but if you don't, I recommend including one. It's not just used to protect your device but I also use it as a method of storing small, thin items in the back of the phone for EDC or emergency purposes.
2. **Buy a Wired Headset:** I am no longer using wireless headphones (e.g., Bluetooth) with my electronic devices due to EMF concerns. I recently purchased a nice [EMF reader](#) and I am not wanting to see that amount of RF going directly towards my brain. Here's the [wired headset](#) model that I am currently using.
3. **Use a Faraday Bag on occasion:** I like to go digitally off grid from time to time using a faraday bag to ensure that my whereabouts are not being tracked. I like to think of it like a whale or dolphin coming up for air, and then going under water again. I come up for air for my digital data, and then put my phone in a faraday bag to completely take it off grid when I desire. I have been enjoying the [Silent Pocket Faraday Bag](#). A bulkier but less expensive option is the [Mission Darkness Faraday Bag](#).
4. **Attach Camera Cover:** I am covering the selfie camera and laptop webcam with an [ultra-thin camera cover](#). When it's not actively in use, I have it in the closed position so a hacker can't use my camera to spy on me. These are super easy to install and gives me peace of mind. I don't use one on the rear facing camera because I normally have my device sitting on flat surfaces with the screen facing up, so it's technically covered anyways.
5. **Insert a Micro SD Card for Extra Storage:** I have a [256GB Micro SD card](#) inserted in my phone to allow me to have a completely offline copy of Wikipedia for emergency purposes. I use [Kiwix](#) for viewing the Wikipedia offline documentation, including pictures.
6. **SIM Tray Tool:** I store one of these [tiny tools](#) behind the protective case of all of my smartphone devices, just in case I need to move my SIM card to another device.
7. **Bandaid:** I store 1 to 2 Band-aids behind the protective case of my phone.
8. **Extra Cash:** I store a \$20 bill behind the protective case of my phone just for have some emergency cash on hand, if need be.

# Privacy & Security

This is a major concern than I have with using a smartphone. Again, you should probably just get rid of your smartphone all together and go with a dumb phone that just does Voice and Text. The Nokia 3310 is a popular option for a lot of people concerned about privacy. The [Purism Librem 5](#) and the [Light Phone 2](#) phones are good options too, but a little expensive right now for my taste. Let's just assume that you would prefer to keep your smartphone. Here are some tips to make your phone more secure from hackers and to add a little more privacy. There is a really great video on the YouTube channel [The Hated One](#), who featured a lot of this information in a video titled "[How to protect privacy on your phone in 5 minutes | Tutorial for normies](#)". You should definitely check it out. Here are the primary tips that I have leveraged from that video to help protect privacy on my phone:

**Get an Application Firewall.** The Hated One recommends [Netguard](#) for Android and [Lockdown](#) for iOS. These are used to block network access to apps that don't need it (e.g., Calculator aka Spyware). Please note, this will take the only available spot for a VPN on your phone, but according to The Hated One, that's fine.

**Don't rely on a VPN.** As [The Hated One](#) mentions, most apps have access to your phone through GPS, Wi-Fi, and Cellular Triangulation and most modern connections through reputable websites are encrypted with HTTPS anyways, which renders VPN useless. Blocking unwanted network access all together does much more than re-routing your traffic through a single VPN hop.

**Encrypt Your DNS (Domain Name System).** This is the Internet's system for converting alphabetic names into numeric IP addresses. For example, when a Web address (URL) is typed into a browser, DNS servers return the IP address of the Web server associated with that name. As stated by [The Hated One](#), if you really care about 3<sup>rd</sup> parties tracking your shopping habits, Encrypt your DNS. Android phones with Pie or later support encrypted DNS system wide. Go to *Settings -> Network & Internet -> Advanced -> Private DNS*. Enter *dns.google* as the host name. I use *1dot1dot1dot1.cloudflare-dns.com*. For iOS, The Hated One recommends the [DNSCloak](#) App.

**Disable Personalized Advertising.** This will restrict how much data that apps can use. On Android, go to *Settings -> Ads -> Opt out of Ads Personalization*.

**Disable Location Services.** When you need to do something that requires your location, use your Web Browser instead of an app, which will require 24/7 access to your device location in addition to other data.

Disable Google Location Tracking. [Here's a good article from Android Police](#). It provides all of the information you'll need to disable Google location tracking on your Android phone. Here's a highlight from that article:

*First, when you're logged in to multiple Google accounts, you'll need to switch between each user and turn off tracking individually, as the settings only apply on a per-account basis. More importantly, when you turn off Location History, it doesn't mean Google has stopped tracking your location altogether. You need to turn off another option called Web & App Activity.*

*In short, Location History stores all location data that's logged automatically by Google apps (like Maps storing a timeline of all the places you've visited).*

*Web & App Activity, on the other hand, logs your location every time a query is manually entered on Search, YouTube, or other places to give you localized results. Tricky, we know. So if you want to stop Google from tracking you altogether, switching off both options is the way to go.*

***Disable Google location tracking on Android devices (both Location History and Web & App Activity)***

***Disable Google location tracking on the web***

**Disable all Telemetry** (data sharing): When installing apps, deselect any data sharing. As mentioned by [The Hated One](#), “It’s never collected anonymously, even if they tell you that.”

**Switch out your main Social Media Apps to Use Progressive Web Apps (PWA’s).** I have made shortcut versions of all of my primary social media apps like Facebook, Twitter, and Instagram. When using a Native Mobile app you have to surrender your local file storage, contacts, mic, camera, location, device identifier and more. Instagram does not play nicely with the Browser version, so I have a single device with it set up that I use for posting for Urban Prepper purposes. I disable its network access using NetGuard when not actively posting a new image.

[PLEASE SUBSCRIBE TO “THE HATED ONE” FOR GREAT PRIVACY RELATED CONTENT!](#)

## **Lockscreen Emergency Information**





Everyone should already be using some sort of authentication at your phones lockscreen. I do **not** use Fingerprints or Face Recognition. Instead, I prefer to use either a PIN, Pattern, or Password. I can always change those if that data gets compromised. I can’t change my fingerprints or face. Also, be sure to enable 2-Factor Identification whenever prompted.

At the lockscreen, you will see text at the bottom that states “Emergency”. I made a video about this a few years back. This allows an emergency responder or someone who finds your phone access to your emergency information, such as Contact Info and any special medical needs (e.g., conditions, medications). I recommend filling this information out just in case you are injured and not conscious during a medical emergency.





## Primary Apps and Browsing


The primary apps on your mobile phone that interact with the outside world are your text messaging, phone, web browsing, internet search engine, and email. I no longer use the default mobile apps for these items as much as possible. Fortunately, there are some great replacement options out there that are more privacy minded:

APP ICON	APP NAME	FUNCTIONALITY	LINK	DESCRIPTION
	<b>Signal</b>	<i>Encrypted Text Messaging</i>	<a href="#">Android</a> <a href="#">iOS</a>	Signal uses standard cellular telephone numbers as identifiers and uses end-to-end encryption to secure all communications to other Signal users.
	<b>Brave</b>	<i>Non-Tracking Browsing</i>	<a href="#">Android</a> <a href="#">iOS</a>	Brave is a free and open-source web browser developed by Brave Software, Inc. based on the Chromium web browser. It blocks ads and website trackers, and provides a way for users to send cryptocurrency contributions to websites and content creators.
	<b>DuckDuckGo</b>	<i>Private Search Engine</i>	<a href="#">URL</a>	DuckDuckGo is an internet search engine that emphasizes protecting searchers' privacy and avoiding the filter bubble of personalized search results. DuckDuckGo distinguishes itself from other search engines by not profiling its users and by showing all users the same search results for a given search term. Use this as your default search.
	<b>Protonmail</b>	<i>Encrypted Email</i>	<a href="#">Android</a> <a href="#">iOS</a>	ProtonMail offers encrypted email, which makes it virtually impossible for anyone to read it except the sender and the recipient.

## COMMS



Here are a few of the apps that I have installed that are related to COMMS (Communication). There are a lot of options out there, but these are the primary ones that I have been using. Since your phone is a COMMS device, these apps are more for off-grid communication purposes.

APP ICON	APP NAME	FUNCTIONALITY	LINK	DESCRIPTION
	<b>Scanner Radio</b>	<i>Fire and Police Scanner</i>	<a href="#">Android</a> <a href="#">iOS</a>	Listen to live audio from over 7,000 fire and police scanners, weather radios, amateur radio repeaters, air traffic and marine radios from around the world.
	<b>Repeater Book</b>	<i>Find Repeaters</i>	<a href="#">Android</a> <a href="#">iOS</a>	Powered by the popular community database of RepeaterBook.com and software of ZBM2.com, RepeaterBook enables you to easily find repeaters across the World without a network connection using the RepeaterBook

				Directory. Use GPS, search or network to find Repeaters. Displays distance, heading and full repeater details.
	<b>goTenna</b>	<i>Off-Grid Communication</i>	<a href="#">Android</a> <a href="#">iOS</a>	goTenna powers robust, secure, decentralized communication networks compatible with your phone. The goTenna app works with your device to enable 100% off-grid messaging, GPS, and other fantastic features like 'push for help'.



## TOOLS

I have a few apps that provide me with various tools for conversions, calculations, and measuring.



APP ICON	APP NAME	FUNCTIONALITY	LINK	DESCRIPTION
	<b>Smart Tools</b>	<i>Tools, Calculations, Conversions, and Meters</i>	<a href="#">Android</a> \$3	Smart Tools contains 6 individual apps that does a variety of handy conversions and measurements: Rulers, Units, Distance, Sound, Compass, Light.
	<b>ConvertBee</b>	<i>Currency and Unit Converter</i>	<a href="#">Android</a>	Convertbee is an easy-to-use currency converter and unit converter for length, weight, temperature, volume and multiple other units of measurement. Convertbee is useful for international travelers, students, cooks, engineers and anyone else who needs to convert bee-tween units.

## Navigation

Navigation is a main capability when having a smart phone. These are a few of the navigation apps that I use, which are mainly for offline maps, both for city streets in addition to hiking.


APP ICON	APP NAME	FUNCTIONALITY	LINK	DESCRIPTION
	<b>Waze</b>	<i>Navigation</i>	<a href="#">Android</a> <a href="#">iOS</a>	Always know what's happening on the road with Waze. Even if you know the way, Waze tells you about traffic, construction, police, crashes, and more in real-time. If traffic is bad on your route, Waze will change it to save you time. Be careful. It's owned by Google. Use your firewall (e.g., NetGuard) to turn off its network access when not in use.
	<b>OsmAnd</b>	<i>Offline Maps and Navigation</i>	<a href="#">Android</a> <a href="#">iOS</a>	OsmAnd is an offline navigation application with access to the free, worldwide, and high-quality offline maps. Information about sea objects and a contour map of sea depth. Basically convenient sea maps you can use without the internet.



	<b>BackCountry Navigator TOPO GPS</b>	<i>Offline topo maps and GPS</i>	<a href="#">Android</a> <a href="#">iOS</a>	Use offline topo maps and GPS on hike trails without cell service! The GPS in your Android phone can get its position from satellites, and you don't have to rely on your data plan to get maps. Have more fun and safe GPS adventures in the backcountry. (free and paid versions)
	<b>AllTrails</b>	<i>Hiking, Running &amp; Mountain Bike Trails</i>	<a href="#">Android</a> <a href="#">iOS</a>	Discover nature with hiking, biking, backpacking and running trails around the world. Log your hike, walk, run or mountain bike ride with our GPS activity tracker. Download offline maps, get to the trailhead and start your outdoor adventure.







## **First Aid**

While it's better to have actual training for applying first aid, I also have an app to use as a reference for various first aid situations.

APP ICON	APP NAME	FUNCTIONALITY	LINK	DESCRIPTION
	<b>First Aid - American Red Cross</b>	<i>First Aid</i>	<a href="#">Android</a> <a href="#">iOS</a>	The official American Red Cross First Aid app puts expert advice for everyday emergencies in your hand. Get the app and be prepared for what life brings. With videos, interactive quizzes and simple step-by-step advice it's never been easier to know first aid. Simple step-by-step instructions guide you through everyday first aid scenarios. Fully integrated with 9-1-1 so you can call EMS from the app at any time. Videos and animations make learning first aid fun and easy.

# INTEL

Knowledge is power! I have several different apps that provide offline information for general knowledge in addition to survival tips.

APP ICON	APP NAME	FUNCTIONALITY	LINK	DESCRIPTION
	<b>Kiwix</b>	<i>Offline Wikipedia</i>	<a href="#">Android</a> <a href="#">iOS</a>	The app is a lightweight piece of software reading bigger files stored on your device or SD card: once it is installed, you can select which additional content you would like to download and be ready for when your phone is off-grid.
	<b>Offline Survival Manual</b>	<i>Survival Information</i>	<a href="#">Android</a>	This is a Survival Manual which is fully working offline. It contains info on how to make fire, build a shelter, find food, heal and other useful content in a case of emergency.
	<b>SAS Survival Guide</b>	<i>Survival Information</i>	<a href="#">Android</a> <a href="#">iOS</a> \$6	For over twenty years, the SAS Survival Guide has been the definitive guide to surviving any situation, anywhere in the world.
	<b>PlantNet Plant Identification</b>	<i>Plant Identification</i>	<a href="#">Android</a> <a href="#">iOS</a>	PlantNet is an application that allows you to identify plants simply by photographing them with your smartphone. Very useful when you don't have a botanist on hand! PlantNet is also a great citizen science project: all the plants you photograph are collected and analyzed by scientists around the world to better understand the evolution of plant biodiversity and to better preserve it.
	<b>CCW 50 State</b>	<i>Laws and Reciprocity</i>	<a href="#">Android</a> <a href="#">iOS</a> \$2	This comprehensive app empowers the law-abiding CCW (concealed or open carry permit) holder (or anyone who wants to lawfully transport a firearm in any state.) It gives you direct information needed to follow the maze of arcane, complicated, and dissimilar gun laws in each state and in each situation. Easy-to-use User Interface and Laws & reciprocity updated monthly or more frequently!
	<b>Knots 3D</b>	<i>How to tie knots</i>	<a href="#">Android</a> <a href="#">iOS</a> \$5	Used by arborists, fishermen, firefighters, climbers, military and boy and girl scouts the world over, Knots 3D will quickly teach you how to tie even the most difficult knot. With more than 140 knots, Knots 3D will be your go-to reference! Grab some rope and have fun!