

Social account travel checklist

Keep ownership, recovery and your working routine under control.

For Instagram, Facebook and authorized business accounts.

TWO WEEKS BEFORE

- ☐ Open the recovery email and confirm the attached phone number.
- ☐ Check whether your recovery number will receive messages abroad.
- ☐ Enable a suitable second factor; store backup codes securely.
- ☐ Confirm the owner and backup administrator for business assets.

ONE WEEK BEFORE

- ☐ Update devices, browsers and official apps; review extensions.
- ☐ Review sessions and remove unfamiliar or retired devices.
- ☐ Verify password-manager recovery and a separate backup route.
- ☐ Test any planned browser proxy; record renewal responsibility.

BEFORE DEPARTURE

- ☐ Tell authorized teammates who handles urgent account issues.
- ☐ Keep recovery options separate from the phone or bag you may lose.
- ☐ Save content assets and essential instructions in approved storage.

ON ARRIVAL

- ☐ Start with your familiar device and trusted app or bookmark.
- ☐ Confirm the Wi-Fi network and complete its legitimate portal.
- ☐ Review alerts using device, time and activity as well as location.

IF ACCESS FAILS

- ☐ Save the exact message and any review deadline or case number.
- ☐ Use official review for suspension and recovery for compromise.
- ☐ Keep passwords, session files and recovery codes private.