##### Last updated 23/09/2021

Emergency Safety Tips

*Immediate actions you can take to improve your safety in Afghanistan.  
  
The escalation of armed conflict, and the temporary failure of key infrastructure is an indication to prepare for a situation where one may have to stay at home for a period of time, without access to telecommunications, shops, or finance.*

*This list of recommendations is intended to help prepare you for some of those possibilities and recommend appropriate actions to help you stay safe, and connected. You may want to discuss these with your family and/or house mates.*

Communications

1. Sim Cards.  
   Networks go down. Make sure you have a sim card from every operator in case you lose 3g or all phone signals. Sometimes local sims are down but roaming sims are operational. You can buy a virtual e-sim from [e-sim.net](http://e-sim.net) or [airolo.com](http://airolo.com) as a backup.
2. Setup Multiple Phones  
   Prepare multiple phones. Keep them fully charged. If you are stopped at a checkpoint or your house is raided, you will be able to present one phone as a decoy phone. Wipe personalised messages, or photos from all devices.
3. Sat Phone.  
   If you don’t have one, or can’t buy one then write down the names of people you know who have one and may let you use it in an emergency.
4. Setup multiple user accounts on Android.  
   Android phones are capable of having multiple-user accounts. Setup multiple users so you can quickly switch to a decoy user account that contains no personal information or data.
5. Bluetooth Mesh network apps.  
   Prepare for when networks go down by forming a private bluetooth communication network for you and your family or friends. Download an app like Bridgefy now, before there is no more internet. Unfortunately these rarely work effectively over long distance (even though they claim to) but can be useful for household or street level private chatting.
6. Zapya  
   Download [Zapya](https://play.google.com/store/apps/details?id=com.dewmobile.kuaiya.play&hl=en&gl=US) so that you can install, share and store apps for install when 3G or wifi is down. Then download useful DMGs, like Bridgefy, that you can share with others.
7. Download Google Maps offline.  
   Download google maps. Save maps you need now, or might need in the future, offline.
8. Secure messaging apps.  
   Use encrypted apps like Signal and Telegram. Set messages to disappear automatically.
9. Walky Talky Radios  
   2-way radios guarantee lines of communication stay open even if the phone lines go down.
10. Emergency numbers  
    Batteries die. Prepare for power outages. Do not rely on your mobile phone address book.Write down emergency numbers and addresses by hand and ensure that your family does the same.
11. Charge Bank  
    Purchase a USB charge bank.
12. Download a virtual sim.  
    Use Numero (Available in the app stores) to register virtual sims. If you have 3G you can use these virtual sims to call people from a real number without being traced.
13. Facebook  
    Delete any friends who you think may be connected, or likely to connect with the Taliban.  
    Secure your account by privatising your photos, changing your FB name and removing your face from the picture.

Food

#### Resources and Finance

1. Withdrawal  
   ATMS get overrun. Withdraw money as often as possible. Banks may be down for a long time. Take out as much as you can as often as you can.
2. De-risking your accounts  
   Banks fail. Don’t keep all your money in one service. If you can’t withdraw all your cash then reduce your reliance on any one service by transferring your money in multiple accounts or wallets.
3. Cryptocurrencies  
   Store any money that you don’t need in a stable coin crypto currency like USDT. Use P2P services to transfer your money into an online wallet. Remember that if you loose internet, you will not be able to access your wallet.
4. Hide money  
   Hide money and valuables in multiple places. If you are likely to be raided or robbed then keep one decoy stash of hidden cash that you can give to your assailants.
5. Gas  
   Gas prices will likely rise. Buy ahead early on to prevent being overcharged in the future.
6. Water   
   Ensure access to drinking water for at least 7 days. Around 4 litres per person per day is the minimum. In high temperatures you will perspire more and your water consumption goes up.

#### Documentation

1. Identity documents  
   Documents can be stolen during raids or at checkpoints. Photoscan all documents to a secure online location. Share the password with someone you trust who can access the documents on your behalf if you need them but don’t have access. You can setup a free account with Google Drive or Dropbox.   
     
   Hide incriminating documents well, or destroy them if they are putting your life at risk. You can reprint the backups later

#### Digital communication safety documents

1. [Comms safety](https://bubbles.sevensnails.com/Guides_Tips_Readings/Apps_Online_Services_Safety_Guides/DSP&D-CommsSafety_ver-1.0.pdf)
2. [Digital Safety](https://bubbles.sevensnails.com/Guides_Tips_Readings/Apps_Online_Services_Safety_Guides/Your%20Phone%20and%20How%20It%20Identifies%20You%20by%20Default.pdf)
3. [Digital Safety 2](https://bubbles.sevensnails.com/Guides_Tips_Readings/SupportMyanmar/Safety%20TIps%20JPGS/Eng/DigitalSafety_Eng_2.jpg)
4. [Personal Safety](https://bubbles.sevensnails.com/Guides_Tips_Readings/SupportMyanmar/Safety%20TIps%20JPGS/Eng/PersonalSafety_Eng.jpg)
5. [Your phone and how it identifies you](https://bubbles.sevensnails.com/Guides_Tips_Readings/Apps_Online_Services_Safety_Guides/Your%20Phone%20and%20How%20It%20Identifies%20You%20by%20Default.pdf)