

STG Security Kit: Avoid Getting Locked Out Of Your Account **Date Created:**

To prevent lockout if you forget or lose your login information, keep the details below in a safe place, such as printing them and storing them in a safe deposit box or fireproof safe, or storing them on an encrypted disk volume.

Password Manager account login

Password Manager vault URL

Password Manager login - email address

Password Manager - Master password

Password Manager 2-step login - recovery code

TOTP Seed Phrase (Authenticator key)

Primary Email account login

Primary Email URL

Primary Email address

Primary Email - password

Primary Email 2FA - recovery code

TOTP Seed Phrase (Authenticator key)

Password Manager [Two-step login methods](#)

- Email ☐ Email Address
- Text Message ☐ > Phone number
- Authenticator App ☐ > Name of app
- Passkey ☐ > Where saved
- Hardware Key ☐ > Description

[Two-step login details](#) (e.g., TOTP secrets, device identifier)

Second email (i.e., Proton Mail, Proton Authenticator)

Second Email URL

Second Email address

Second Email – password

Second Email 2FA – recovery code

Second Email TOTP Seed Phrase (Authenticator key)

Other details

(e.g., mobile/computer login, encrypted export passwords)

**N
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t
e
s**

<https://vault.bitwarden.com> samplePWM@gmail.com

<https://mail.google.com> sampleMail@gmail.com

<https://account.proton.me> sampleSecond@proton.me

Log in with passkey enabled in YubiKey with red sticker; use PIN 5878
Zeke is the Bitwarden emergency access contact.
Backup YubiKey is in the safe at Bob's house.

hangover-rabid-zebra Recovery key on reverse
YubiKey with blue sticker in desk; PIN 5878