



Crypto After Me

Printable Crypto Safety & Inheritance Checklist



Important:

Print this checklist. Fill it in by hand. Do not save a completed version digitally, do not email it, and do not store photos of it on your phone. Keep this checklist somewhere safe, such as a safe, locked drawer, legal folder, or with other important documents. Only your trusted loved ones should know where to find it.

This checklist belongs to:

Name: _____

Emergency contact / trusted person: _____

Date last updated: _____

Backup trusted person: _____

1

1. My crypto accounts

I use these exchanges:

☐ Coinbase

☐ Binance

☐ Kraken

☐ Bitvavo

☐ Bybit

☐ OKX

☐ Crypto.com

☐ KuCoin

☐ Other: _____

Login email used: _____

Password manager used: _____

2FA app or device used: _____

Where can my loved ones find recovery instructions?



Important:

Exchanges usually require identity documents, legal proof, or inheritance documents before they give access. Do not assume your loved ones can simply log in.



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2. My wallets

I use these wallet types:

- | | | |
|---|---|---|
| ☐ MetaMask | ☐ Phantom | ☐ Rabby |
| ☐ Trust Wallet | ☐ Coinbase Wallet | ☐ Backpack |
| ☐ Ledger hardware wallet | ☐ Trezor hardware wallet | ☐ Safe / multisig wallet |
| ☐ Other: | | |

Wallet name / purpose: _____

Example: _____ Main Ethereum wallet, Solana NFTs, Long-term storage, or Hardware wallet.

Where is this wallet installed?

- | | | |
|--|---------------------------------|--|
| ☐ Phone | ☐ Laptop | ☐ Browser extension |
| ☐ Hardware wallet | ☐ Other: | |

Does this wallet have its own seed phrase? Yes / No / I am not sure: _____

Seed phrase reference name: _____



Seed phrase note:

A seed phrase works like the master password to your wallet. Anyone with these words may be able to access your crypto. Do not write it on this page, save it digitally, photograph it, email it, or store it in the cloud. Print this checklist and write the seed phrase by hand only in the final section, making sure it matches the correct wallet.



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3 3. Blockchains I use

- | | | | |
|------------------------------------|------------------------------------|-----------------------------------|----------------------------------|
| ☐ Bitcoin | ☐ Ethereum | ☐ Solana | ☐ Sui |
| ☐ Base | ☐ Arbitrum | ☐ Optimism | ☐ Polygon |
| ☐ Avalanche | ☐ BNB Chain | ☐ Cosmos | ☐ Near |
| ☐ Other: | | | |

For each chain, write down what kind of assets may be there:

Ethereum: _____

Solana: _____

Sui: _____

Bitcoin: _____

Other: _____

Examples: tokens, NFTs, staking, DeFi positions, liquidity pools, airdrops, domains, gaming assets.



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4. Hardware wallets

☐ Ledger

☐ Trezor

☐ Keystone

☐ Tangem

☐ Other:

Where is the hardware wallet stored? _____

PIN location or instruction: _____

Recovery phrase reference name: _____

Recovery phrase location: _____

Passphrase used? Yes / No / I am not sure: _____

If a passphrase is used, where can instructions be found? _____



Important:

A hardware wallet without the PIN, seed phrase, or passphrase may not be enough to recover the assets. Keep the hardware wallet and the matching seed phrase instructions easy to connect, but do not store them somewhere unsafe.



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5 5. Passwords and 2FA

My password manager:

- | | | |
|--|--|-----------------------------------|
| ☐ 1Password | ☐ Bitwarden | ☐ LastPass |
| ☐ iCloud Keychain | ☐ Google Password Manager | ☐ NordPass |
| ☐ Other: | ☐ I do not use a password manager | |

Emergency access instructions: _____

My 2FA method:

- | | | |
|---|--------------------------------|--|
| ☐ Google Authenticator | ☐ Authy | ☐ Microsoft Authenticator |
| ☐ YubiKey | ☐ SMS | ☐ Email |
| ☐ Other: | | |

Where is my 2FA device or backup stored? _____



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6. DeFi, staking, and NFTs

- | | |
|--|--|
| ☐ I have tokens in DeFi protocols | ☐ I have staked tokens |
| ☐ I provide liquidity | ☐ I have NFTs |
| ☐ I have crypto domains | ☐ I have pending airdrops |
| ☐ I have DAO memberships | ☐ I have loans or borrowed assets |
| ☐ I am not sure | |

Platforms I use:

- | | | | |
|------------------------------------|---------------------------------|-----------------------------------|----------------------------------|
| ☐ Uniswap | ☐ Aave | ☐ Lido | ☐ Jupiter |
| ☐ Raydium | ☐ Kamino | ☐ Marinade | ☐ Cetus |
| ☐ Aftermath | ☐ Other: | | |



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7 7. Social media and crypto communities

These accounts may contain important crypto information, contacts, private messages, project access, or scam attempts.

- | | | | |
|---------------------------------------|------------------------------------|-----------------------------------|------------------------------------|
| ☐ X / Twitter | ☐ Discord | ☐ Telegram | ☐ Instagram |
| ☐ LinkedIn | ☐ Farcaster | ☐ Reddit | ☐ YouTube |
| ☐ TikTok | ☐ Medium | ☐ Mirror | ☐ GitHub |
| ☐ Other: _____ | | | |

Crypto-related usernames: _____

Important communities or servers: _____

People who may be able to help: _____

People or accounts to avoid: _____



Warning for loved ones:

After someone passes away, scammers may target family members. Never answer random DMs offering to recover crypto. Never enter seed phrases into links sent by strangers.



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8. Trusted contacts

1

Name: _____

Relationship: _____

Contact details: _____

2

Name: _____

Relationship: _____

Contact details: _____

3

Name: _____

Relationship: _____

Contact details: _____

9. What my loved ones should do first

- ☐ Do not move anything immediately.
- ☐ Do not share seed phrases, private keys, or wallet screenshots.
- ☐ Find this checklist and read it fully.
- ☐ Find my hardware wallet, phone, laptop, and password manager instructions.
- ☐ Contact my trusted crypto contact if listed.
- ☐ Check exchanges first, because they may have formal inheritance procedures.
- ☐ Check wallets and seed phrase reference names carefully.
- ☐ Be careful with taxes, legal inheritance rules, and reporting requirements.
- ☐ Do not click unknown links or answer strangers online.
- ☐ When in doubt, pause.



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10 10. My wishes and boundaries

These assets may be sold:

These assets should be kept:

These NFTs or digital items are meaningful to me:

These accounts may stay online:

These accounts may be deleted:

These people may help access my crypto:

These people should not be involved:

Other wishes:



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Important warning

Crypto is different from a bank account. There is often no customer service, no password reset, and no way to reverse a mistake. The person using this checklist should move slowly, ask for trusted help, and never share secret recovery words with anyone online.

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11. Last updated

Date: _____

Signature: _____

Next review date: _____



Final Section

Seed Phrase / Recovery Phrase Instructions



Seed phrase / recovery phrase instructions:

A seed phrase is usually 12 or 24 words. It is the master key to a wallet. Anyone who has these words can access the crypto. Anyone who loses these words may lose the crypto forever. Every seed phrase must clearly belong to the correct wallet. Before writing down the words, write the wallet name, wallet type, blockchain, and purpose. Never photograph this section, and never share these words through email, WhatsApp, Telegram, Discord, social media, or direct messages.

Seed Phrase A

Wallet name: _____

Purpose of wallet: _____

Wallet type: _____

Seed phrase reference name: _____

Blockchain(s): _____

Where is this wallet installed or stored? _____

☐ This seed phrase has 12 words

☐ This seed phrase has 24 words

Write the words in the correct order

- | | | |
|----------|----------|-----------|
| 1. _____ | 5. _____ | 9. _____ |
| 2. _____ | 6. _____ | 10. _____ |
| 3. _____ | 7. _____ | 11. _____ |
| 4. _____ | 8. _____ | 12. _____ |

For 24-word seed phrases only:

- | | | |
|-----------|-----------|-----------|
| 13. _____ | 17. _____ | 21. _____ |
| 14. _____ | 18. _____ | 22. _____ |
| 15. _____ | 19. _____ | 23. _____ |
| 16. _____ | 20. _____ | 24. _____ |



Final Section

Seed Phrase / Recovery Phrase Instructions

Seed Phrase B

Wallet name: _____

Purpose of wallet: _____

Wallet type: _____

Seed phrase reference name: _____

Blockchain(s): _____

Where is this wallet installed or stored? _____

☐ This seed phrase has 12 words

☐ This seed phrase has 24 words

Write the words in the correct order

- | | | |
|----------|----------|-----------|
| 1. _____ | 5. _____ | 9. _____ |
| 2. _____ | 6. _____ | 10. _____ |
| 3. _____ | 7. _____ | 11. _____ |
| 4. _____ | 8. _____ | 12. _____ |

For 24-word seed phrases only:

- | | | |
|-----------|-----------|-----------|
| 13. _____ | 17. _____ | 21. _____ |
| 14. _____ | 18. _____ | 22. _____ |
| 15. _____ | 19. _____ | 23. _____ |
| 16. _____ | 20. _____ | 24. _____ |



Final warning:

Never photograph this section. Never type these words into a website unless you are restoring the correct wallet. Never share these words with anyone through email, WhatsApp, Telegram, Discord, social media, or direct messages.



Final Section

Seed Phrase / Recovery Phrase Instructions

Extra seed phrase

Wallet name: _____

Purpose of wallet: _____

Wallet type: _____

Seed phrase reference name: _____

Blockchain(s): _____

Where is this wallet installed or stored? _____

☐ This seed phrase has 12 words

☐ This seed phrase has 24 words

Write the words in the correct order

- | | | |
|----------|----------|-----------|
| 1. _____ | 5. _____ | 9. _____ |
| 2. _____ | 6. _____ | 10. _____ |
| 3. _____ | 7. _____ | 11. _____ |
| 4. _____ | 8. _____ | 12. _____ |

For 24-word seed phrases only:

- | | | |
|-----------|-----------|-----------|
| 13. _____ | 17. _____ | 21. _____ |
| 14. _____ | 18. _____ | 22. _____ |
| 15. _____ | 19. _____ | 23. _____ |
| 16. _____ | 20. _____ | 24. _____ |



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