



What to Do If You Lose Your Phone, Wallet, or ID

Your No-Stress Guide to Keeping Calm When You Lose Your Literal Life Essentials





Lost your phone, wallet, or student ID? Total crisis—until you use this guide.

It helps you lock things down, replace what's missing, and avoid future freak-outs.

Like that one friend with backup plans and a lanyard.



Lost Your Phone?

Don't cry. Yet. First, try this:

- Call or text it from another phone. Someone might be nice.
- Use a "Find My Phone" app:
 - iPhone → Find My iPhone
 - Android → Find My Device
- If it's nearby but silent: Ping it from a connected device (watch, tablet, etc.)

Can't find it? Lock it down.

- Remotely **lock or erase** your device through Apple/Google
- **Change your passwords** for bank accounts, email, and school logins
- **Contact your carrier** to suspend or replace your line
- If it was stolen, **file a police report** (especially for insurance)

Set a lock screen with an emergency contact. It might just save you.





Lost Your Wallet or Debit/Credit Card?

Quick moves matter here.

- **Lock your card** through your bank app (most offer instant freeze)
- **Check your recent transactions**—report anything suspicious
- **Cancel and reorder** the card if it's not found soon
- **Contact campus** if your student ID or meal card was in there
- If your license is gone, check your state's DMV website to request a replacement

*Never keep your SSN card in your wallet.
Just... don't.*





Lost Your Student ID?

No ID = no dining hall, no printing, no gym, no nothing.

- Contact your campus card office ASAP
- Most schools offer same-day replacements (small fee may apply)
- Ask if they can deactivate the old one to prevent misuse
- Update your access credentials if it's used for doors/building entry

Snap a photo of your student ID in case you need the number for replacements.





If You Think It Was Stolen

- Report it to campus security and/or local police
- Cancel any linked accounts or access (bank, email, school apps)
- Watch for suspicious activity (like logins or charges you didn't make)
- Check lost-and-found areas just in case—it may turn up

*Even if it's a long shot, still file a report.
It can protect you later.*





Make a “Just in Case” Kit

This won't help you now, but “Future You” will be so grateful.

- Take photos of all cards and IDs
- Write down account numbers and emergency contacts somewhere secure
- Set up “Find My” features on all devices
- Turn on lock screens with passcodes
- Use password managers so you don't lose everything at once
- Keep a backup card (or emergency cash) somewhere safe in your dorm

Losing things happens. The smart move is prepping before it happens again.





Last but Not Least...

You're not irresponsible. You're just human.

Things get lost, plans fall apart, and somehow your phone ends up in a couch cushion in a building you weren't even *in*.

Take a deep breath. Follow the steps. Fix what you can. And next time? Maybe add a tiny tracker tag. No shame in being prepared.



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