

The 90-Second Room Sweep

A calm, competent check any adult can run on arrival. You're not being paranoid — you're being an adult about your own privacy.

Before you start: most hidden cameras are put there by hosts or landlords, not criminals. This isn't about fear. It's a 90-second habit, like checking the exits.

Step 1 — Map the sightlines (20 sec)

Stand where you'll be exposed: the bed, the shower, the changing spot. Turn and look back. A camera has to *see* those places. Scan anything on that line of sight — alarm clocks, "air fresheners," speakers, plants, décor, outlets, a phone charger that's plugged in but charging nothing.

Step 2 — The flashlight lens-glint pass (25 sec)

Kill the lights, close the curtains. Turn on your phone flashlight, hold it at eye level next to your eye, and slowly pan the room. A lens throws back a tiny bright pinpoint of reflected light. Move your head side to side — a real reflection glints and shifts. This catches cameras that aren't transmitting at all — the one check an app can't do.

Step 3 — Read the Wi-Fi (20 sec)

Join the rental's Wi-Fi. Open a free network-scanner app (Fing on iPhone/Android, or Wifiman). Look at the device list for anything named like a camera, "IPC," "cam," a brand you don't recognize, or a generic no-name device. **Reality check:** a host can hide a camera on a separate network, so a clean list is reassuring, not proof. Use it with Steps 1–2, never alone.

Step 4 — Follow the power (15 sec)

Cameras need constant power. Glance at what's actually plugged in. A cable running into a device that shouldn't need one — a smoke detector, a wall clock, a tissue box — is the tell.

If you find one — do this, in order

1. **Don't touch it, unplug it, or confront the host yet.** It's potential evidence.
2. Cover your exposed sightlines (a towel over it, or move) so you're private now.
3. Photograph it in place — where it is, what it's aimed at.
4. Contact the platform (Airbnb/hotel) and, if you feel unsafe, local police. Investigators can pull evidence from the device, including prints.
5. Then leave or request a move. Keep your records.

That's the whole sweep. Want the full method — the exact hiding-spot map, the RF-detector walkthrough, and the tracker check before you drive off? See [The Field Manual](#).

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