

BIP39 Seed Phrase List 22.03.2025

The screenshot shows a mobile application interface for importing a BIP39 seed phrase. At the top, there is a back arrow and the title 'Import'. Below the title, there are two tabs: 'Recovery Phrase' (which is selected and highlighted in blue) and 'File/Text'. The main text area contains instructions: 'Enter your recovery phrase (usually 12-words) in the correct order. Separate each word with a single space only (no commas or any other punctuation). For backup phrases in non-English languages: Some words may include special symbols, so be sure to spell all the words correctly.' Below this text is a text input field labeled 'RECOVERY PHRASE' with a copy icon on the right. The input field contains the seed phrase: 'Avocado bench grail pillow purpose granted beach western trade again level sector'. Below the input field is a dropdown menu labeled 'Show Advanced Options' with a downward arrow. At the bottom of the screen is a large blue button labeled 'Import Wallet'.

What Is BIP39?

BIP-39 (Bitcoin Improvement Proposal 39) is an industry standard for generating a **mnemonic phrase** (seed phrase) used by most modern cryptocurrency wallets. Key characteristics:

Parameter	Description
Mnemonic	A sequence of 12, 15, 18, 21, or 24 English words
Entropy	Random bits (128 bits for 12 words; 256 bits for 24 words)
Checksum	Ensures phrase integrity
Seed	512-bit output derived via PBKDF2-SHA512
Derivation	Uses BIP32/BIP44 to deterministically derive private keys

! Why It Matters:

Your mnemonic phrase is the only backup needed to restore access to all your crypto assets. Lose it → lose your funds. Expose it → someone else can steal your funds.

How Trust Wallet Uses BIP39

Trust Wallet is a popular open-source mobile wallet (iOS & Android) supporting hundreds of blockchains and tokens. Key points:

- On first launch, Trust Wallet generates a **12-word BIP39 phrase**.
- All private keys for different networks (Ethereum, Binance Smart Chain, Bitcoin, etc.) are deterministically derived from that single phrase using BIP32/BIP44.
- You can also **import** any existing 12–24-word BIP39 mnemonic into Trust Wallet.

Creating & Restoring a Wallet in Trust Wallet

Action	Description
Create	Open Trust Wallet → Tap “Create a new wallet” → Write down the 12-word phrase on paper (never digitally)
Verify	Confirm a few random words to verify you wrote them correctly
Backup	Store your phrase offline in multiple secure locations
Restore	Open Trust Wallet → Tap “I already have a wallet” → Enter the 12 words in the correct order

unable fabric rifle cradle daring nerve sight flip first crunch universe crew
list position magnet shuffle satoishi admit middle sting zone shock predict much
same unique pottery powder frozen inspire few round video name sleep urban
morning unveil salt parrot drill across stand amazing steak polar south service
scale fatal east exhaust wish forest border this vote best current practice
observe affair settle object castle flag erosion jacket pepper velvet time runway
supply suit plug artist slide aerobic insane female major orphan amused drink
spot field joke judge demise jar symbol peanut used label person stadium
direct royal donate vehicle legend scorpion congress whip organ useful cube maze
sponsor inner choose rail cart hawk raven save hair session canyon rain
desert usage art pluck river fashion calm gasp conduct arrive number success
nothing candy desk help book clerk neglect language still weasel junior run
manual job ghost grunt deal embark illegal general stamp around dinosaur stumble
slush enforce fiction doll regular siege clock edge catalog habit imitate nephew
expect grape voice scrap abandon reflect foot chicken volume envelope pencil pole
loud hill evidence cannon cross pave rigid they chat mouse park glow
forward gravity puzzle twin way lonely bus bird sport crane shell oxygen
wait update chunk mimic unit pilot turtle vacant minute upper please warrior
divert jealous foil height excess prefer absorb cabin idle pipe blade above
lunch notice biology speed twenty exercise eight better artwork seat rescue spice
treat quiz buzz drive blast square differ evoke injury day harvest potato
paper empower roast animal negative keen second false winner chief corn charge
wrestle swap shy captain warfare special cruise bag aspect hire foster okay
distance citizen flash fever spring climb tragic cute maple punch north pattern
tomato kidney protect gain make paddle another magic bamboo case fatigue become

trend clever melt ask hazard absent license skill coconut series load merge
ensure legal black win goose reopen avocado gallery online remain dry trumpet
group jump then sudden mercy near glue banana expand robust custom capital
match orient build weekend found canvas mule bargain defense balcony govern bracket
hope various jungle balance leaf island forum hybrid camp enough physical entire
foam member exist ladder goddess frost rookie walk awful evil casual cash ritual jazz busy lamp cloud broccoli skin change butter detail concert finish
cup vapor engine decrease level deer stuff garbage property van add wolf
aunt plastic notable embrace convince table lucky tail doctor random situate coil
emotion alley begin twelve clean more spike eagle tide october drum term boss insect between brick exit finger alarm pet loan option amount hobby
earth muffin dismiss roof hover rule shoot pear ozone tuition tool chuckle police valley recycle impose angle market street plate galaxy fiber autumn winter
month upgrade unfold appear smooth alter oval laugh hero student office race
fish coffee perfect size shop joy wheel execute attack journey merit disorder pupil enroll drastic possible cake camera measure phone deposit any damp pride
nuclear place gorilla bar floor render tongue shadow enact window olive rib fresh clinic work walnut guard volcano cherry typical bonus zoo prevent pause
recall point panic tooth side seed behave truly carpet peasant soda baby noise copy garment public hint off keep shoe crisp grant portion ocean
spend jelly razor escape sing brand pyramid bench apple crouch dynamic yard
dial horn belt trash wreck lunar element tip proof that ball tank syrup team cricket host suffer pigeon can news tent purpose abuse minimum
nature memory shift coral famous pink move figure fury ship column stomach
noble next man slot misery method someone myth oblige mask ring gather leg cabbage olympic where romance bacon profit saddle body bachelor budget nest
spider song friend auction fault dawn couple draft lemon regret furnace radar

kitten message error youth neither sail favorite small senior lend mad cheese
chapter reason raw people connect advance almost quarter orange capable beauty mom
cable spare width stairs come west badge festival sign try mammal humble
split region display umbrella flat acid spell soft zero multiply summer room
deputy such boring reduce electric prosper uncover neck lady trophy donor actual
city puppy virtual search enable motor gloom urge snow despair core coach
bless gauge inmate shove burger utility great snack resemble uncle wear bulk
curve base leopard february tackle canal nurse kitchen earn chase style mandate
glory zebra exchange bullet gap trust iron sketch whale security reward surge
honey bottom slight upset relax toward nut opera response common chronic just
sand liar surface antenna carbon replace result clog hungry close kid dumb
glove matter include fiscal arch bubble course web master cat share guilt
power switch state miss brisk faith hello aim grain sure elephant bread
deny media car taxi scheme fox cattle degree love ride damage act
horror blood survey heart flock history truth creek network prepare film join
mechanic resist hedgehog lazy accuse dose sense excuse scrub silent fold chef
flee space depth gesture length anchor inch range trim industry tray bone
all wedding fancy once write board maid tunnel shoulder educate craft attract
crush early auto buyer empty when dove one achieve already trigger harbor
sustain beach sheriff year hidden reject sword install smoke hotel view ordinary
orbit promote confirm force timber orchard ready crowd arrange unfair vendor afraid
erode enter actor air obtain menu verb good jeans echo drip meadow
advice pulp until cliff ginger silk teach giraffe lumber awesome unusual wide
genius tissue glide illness pumpkin mind over gun cigar casino soap bronze
coin kick fruit give price immune shine rabbit double control moon gospel
praise cargo adjust involve rocket unhappy surround quality wisdom depart crack shrimp
ability village motion squirrel gas stool math cool dog arctic movie remember
bitter jaguar interest lawn poem ice elder muscle truck hand canoe gossip

absurd alien grit correct oven route dance spread area exhibit prize laptop
account apology dragon inherit napkin announce churn three task very type whisper
fossil endless veteran peace luxury wife dwarf sunny diet monitor skirt exclude
cluster tower fork produce tape mango sound vintage lift medal chimney slice
loop luggage library two garden system rural swarm rude awkward normal meat
crucial attend note indoor axis process comfort front exact embody input divorce
crawl lab demand onion drama club valve uphold skate visit sphere category
transfer grief bean culture kingdom humor stove primary ribbon return extra erupt
sweet pulse payment acoustic broken domain sick decide crazy comic bundle shaft
wheat crime gate pizza turn million picnic infant tilt chest pass explain
analyst avoid sunset strong crater aware rapid true reveal liberty feature kangaroo
monster mass old fog alone sad soccer enemy poverty merry call strategy
cactus mother assault wink purity daughter verify moral vibrant grab planet ill
arm box find left armed inside shed enlist use stick argue afford
civil palace green risk tired sniff hospital cook staff opinion globe fantasy
pudding excite inquiry original half fee agree champion palm dice symptom fat
income renew bright logic under problem improve artefact allow cruel matrix slam
segment check nice sauce abstract spin private link fine faculty like trouble
relief clay oil talk tribe ignore glass retire innocent expire theory client
holiday barrel dress obvious museum unaware ranch setup phrase snake invite cancel
buffalo nose popular vague piano sock dutch vital vanish wild slow text
frame sell proud inhale brain brush recipe army visa swallow clutch rate
crop tattoo odor venture debate ethics assume extend ketchup resource reform repair
betray path awake twist grass average receive lock soldier version census flush
lounge fade play tiger valid blur wrong isolate destroy local margin cycle
hamster title science rebuild raccoon exotic now labor depend color door cry

piece brave night occur garlic tennis because kind know party hurdle marine
leisure worth celery file screen boat gold able blue clown basic quit
alert coast knock father project catch purchase borrow clarify letter fame patient
rare prison agent acquire wise monkey vessel total fragile combine want apart
remind riot before dentist exile boost glance curtain pony crash carry push
aisle tornado certain pledge forget toilet hundred light dinner identify banner decline
script fix suspect enrich sea hub enhance emerge duty horse offer permit
layer unknown august annual solid beef album pistol coyote blouse wasp pull
report little post trick theme defy address idea pond subject sorry april
critic else copper donkey silly outdoor oak card target gentle provide question
choice cream talent hood juice speak spray athlete mention girl pair lion
limit mosquito ceiling debris couch lobster water believe away mutual release lake
silver print discover secret era pig express focus brown alpha woman simple
scissors cotton end human actress patch firm vocal health invest parent ripple
filter salmon helmet fuel salad rebel gift stem seminar garage there music
mystery thing fly photo also pool during behind define easily clump kit
either right weird drift grid denial oyster fortune only bounce index adult
sentence stereo immense tonight document suggest employ mail always six manage evolve
trip ivory school program diamond machine source record answer issue kiss derive
fire today wonder barely loyal impulse fence slender elite real rather scout
usual purse rotate high vault quote soul egg social giggle eye fitness
gym siren obscure hunt seven grow stage since elevator deliver lecture chair
estate toss feed poet food increase ramp jewel priority boy rhythm minor
farm cause knee pioneer salon happy frog birth episode detect diagram order
clap hurry material arrest follow twice slim huge company trial milk shield
flower tumble anger elbow century page will digital turkey what radio hollow
need cupboard ski tag raise rack output town wall country author wood
patrol leader guess track spawn buddy burden glad inject asset arena child
blanket faint panther myself husband picture energy audit tortoise approve pretty sadness

shallow pen world collect latin rival later swamp danger assist vacuum oppose
main wealth flavor draw short hip witness pill live narrow venue lizard
genuine boil rent together tourist burst pitch home outer life mix test
swim battle edit voyage mesh spoon topple beyond sausage diesel cushion thought
consider nominee viable trap torch about giant equal cost unlock initial laundry
hockey rich visual pelican cloth nasty rubber dirt tree outside tenant blossom
kiwi swift traffic similar dust leave drop section clip taste dizzy broom
net credit inflict lottery remove rug model solve useless brother click snap
spatial frequent put scan wage dream mountain sample ancient salute grocery marble
require say among action squeeze guitar gaze antique endorse victory miracle smart
decade final subway tiny own metal cinnamon dignity crystal tuna marriage bleak
plunge delay grace bid flight noodle slab december caution vivid develop bicycle
head stay tobacco hat other sun lava caught easy robot novel sibling
access reunion open key wine glare expose angry design ten equip law
family slogan vicious essay fluid circle disease adapt mean word must never
lens skull waste cement wrap alcohol stock wash train rose ridge steel
long lyrics mansion dilemma tone travel entry nation midnight void wrist spirit
solar safe accident pact bring age ugly naive decorate toe soon sister
undo cram smile eyebrow devote toast mixed liquid ticket panel essence toddler
gown divide code attitude cheap modify mixture season owner token fit blame
refuse again eager blind weapon wave kite mobile bunker fun story tomorrow
thrive wagon obey stone curious upon review device amateur dolphin neutral cover
effort parade business moment fringe scare image solution engage ahead dish duck
worry swear addict erase young indicate sugar cereal submit strike march vast
inform anxiety omit stable harsh fetch rough rally mushroom topic wire bind
atom gadget large into thank brass face select learn scene limb intact

lawsuit shiver mirror super hour welcome bulb violin bridge eternal weather elegant
dad dash federal shrug rely swing rice arrow hen retreat junk soup
dune claw chaos sort supreme top fan thumb often goat panda disagree
surprise example below guide melody hole virus basket wool genre knife ankle
you toy wet float seek brief start repeat blush glimpse spoil chalk
yellow mistake claim wing maximum thunder item scatter road cage economy armor
icon heavy bike flame tell future bomb hard warm struggle hurt describe
cave lesson benefit airport fall breeze ecology diary asthma step funny game
trade hammer impact ostrich present quick hold spy quantum cousin penalty feel
throw enjoy crumble frown satisfy have tube uniform also favorite leaf toss