Social media MCP server for Claude: cheat sheet

Setup in each Claude app, the limits at each layer and seven checks · MCP spec 2026-07-28 · checked 27 Nov 2026

SETUP

- **claude.ai, Desktop, mobile (remote):** Customize > Connectors > + Add > Add custom connector. Paste the URL, choose sign-in, turn it on per chat with + > Connectors.
- **Team / Enterprise:** an owner adds it in Organization settings > Connectors; members connect in Customize > Connectors.
- **Claude Desktop (local):** Settings > Developer > Edit Config > `mcpServers`. Quit the app completely and reopen.
- **Desktop extension:** install a `.mcpb` file from the extensions settings; sensitive fields go to the OS keychain.
- **Claude Code:** `claude mcp add --transport http social https://…/mcp`, then `/mcp` to sign in. Scopes: local (default), project (`.mcp.json`), user.

CLAUDE LIMITS

- **Free plan:** one custom connector.
- **Remote server:** public HTTPS on port 443, reachable from Anthropic's IP ranges.
- **No file transfers** in custom connectors: media as public URLs.
- **Local servers:** Claude Desktop and Claude Code only.
- **Claude Code:** tool output capped at 25,000 tokens by default; `claude -p` cannot sign in with OAuth.

WHEN TOOLS DO NOT APPEAR

- Restart Claude Desktop fully; validate the JSON.
- Logs: `mcp.log` and `mcp-server-NAME.log` in `~/Library/Logs/Claude` or `%APPDATA%\Claude\logs`.
- A connector cannot be edited: remove it and add it again.

NETWORK LIMITS

Network	Limit	Per
Instagram	100 posts / 24 h (50 in the carousel section)	Account
Threads	250 posts, 1,000 replies / 24 h	Account
LinkedIn	Company pages: vetted Community Management API	App
TikTok	Unaudited: private only, 5 users / 24 h	App
YouTube	100 uploads / day by default, own quota bucket	Project
Bluesky	5,000 points / h, 35,000 / day; post = 3	Account
X (Twitter)	$0.015 per post, $0.200 with a URL; 100 posts / 15 min per user, 10,000 / 24 h per app	Request, user, app

SEVEN CHECKS BEFORE YOU CONNECT

1. **Idempotency key** on every publishing tool.
2. **Account or network field**: you see where it posts.
3. **Status tool** to confirm each result.
4. **Draft, preview or validate** before publishing.
5. **Delete or cancel** to undo mistakes.
6. **No tokens or passwords** as tool inputs.
7. **Annotations match**: nothing that publishes is read-only.

SAFE DEFAULTS

- Never "Allow always" on publishing tools.
- Give Claude the accounts, time zone and rules first.
- Test on one Bluesky account before the rest.

Before you connect a server: get its tool list with MCP Inspector and run the free MCP tool audit (JavaScript or Python). It answers the seven checks and returns no_issues_found, review or fix_first.

What the audit cannot tell you: names, descriptions and annotations can be wrong; a server can do something different from what it declares; an idempotency key only helps if the server enforces it. No findings is not a security certification. Also ask for minimum scopes, separate tokens per user, an explicit account on every call and audit logs.

CC BY 4.0 · Limits change: re-check the official sources.