

How to back up your devices using iCloud or iTunes

If you back up your iPhone, iPad, or iPod touch, you'll have a copy of your information to use if your device is ever replaced, lost, or damaged. Backups let you transfer data from your last device to your new one.

Choose a backup method

Before you get started, learn the [difference between making backups with iCloud and iTunes](#). Decide which method is best for you and follow the steps below. In case you ever need an alternative backup, you can make one in iCloud and another in iTunes.



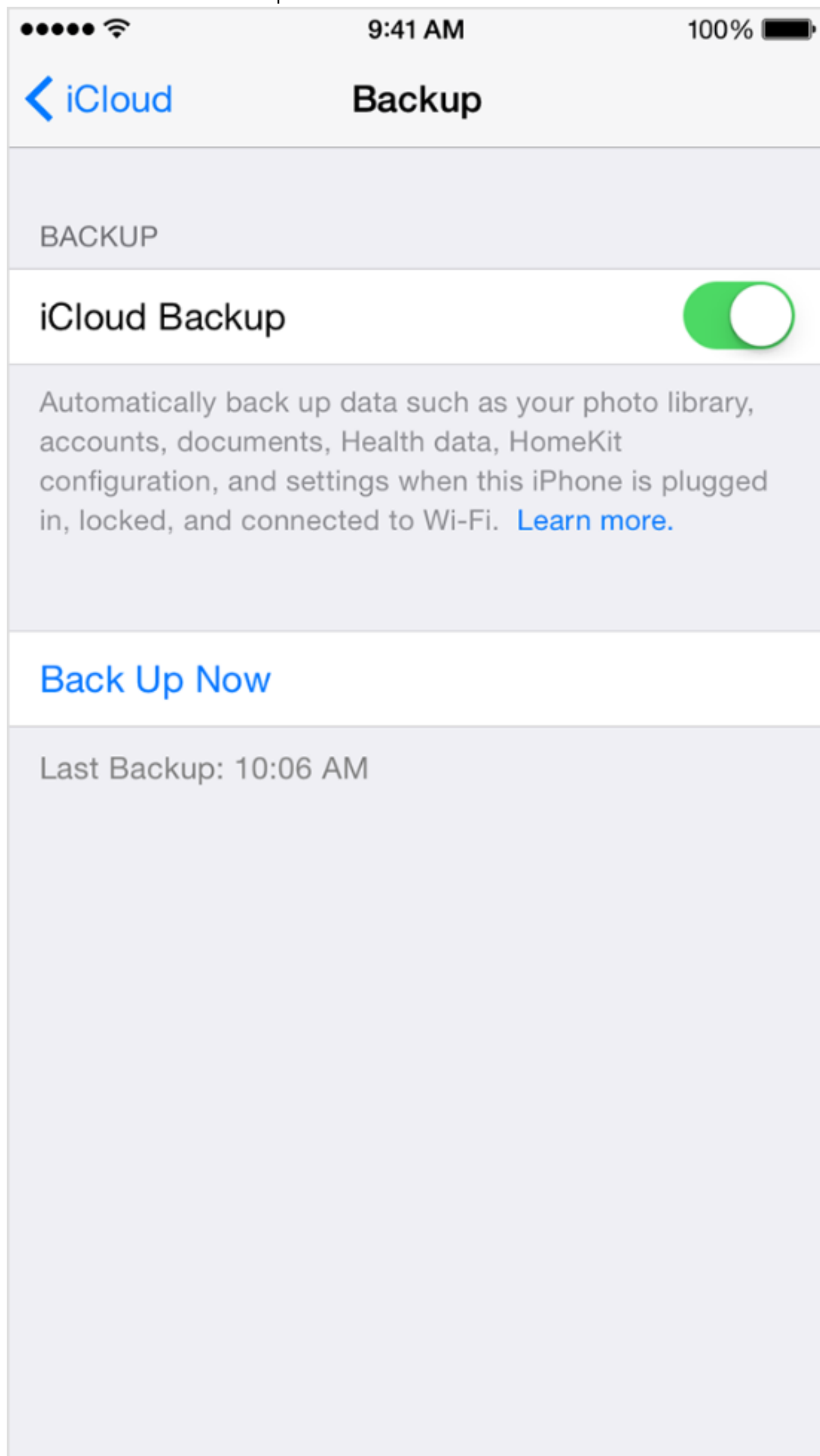
[Use iCloud](#)



[Use iTunes](#)

Make a backup using iCloud

1. [Connect your device to a Wi-Fi network](#).
2. In iOS 8 or later, tap Settings > iCloud > Backup.
In iOS 7 or earlier, tap Settings > iCloud > Storage & Backup.
3. Make sure that iCloud Backup is turned on.



4. Tap Back Up Now. Stay connected to your Wi-Fi network until the process completes.
5. Make sure the backup finished by tapping Settings > iCloud > Storage > Manage Storage, and then select your device. The backup you just made should appear in the details with the time and backup size.

Follow more steps [if you need help making a backup in iCloud](#).

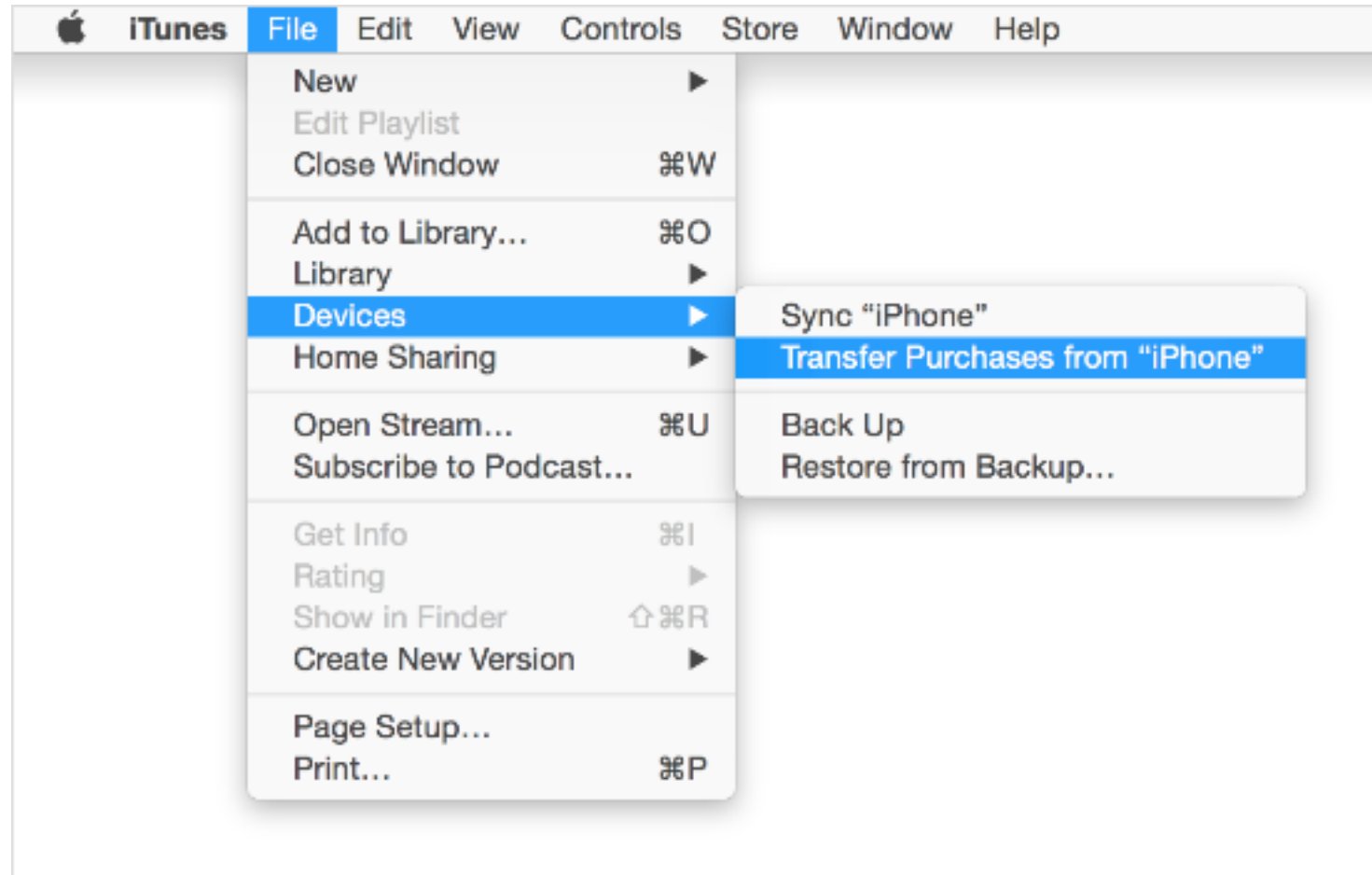
Back up automatically in iCloud

After you've turned on iCloud Backup, iCloud can automatically back up your device each day. iCloud makes these daily automatic backups only if:

- Your device is connected to a power source.
- Your device is [connected to a Wi-Fi network](#).
- Your device's screen is locked.
- You have [enough available space in iCloud](#) for the backup.

Make a backup using iTunes

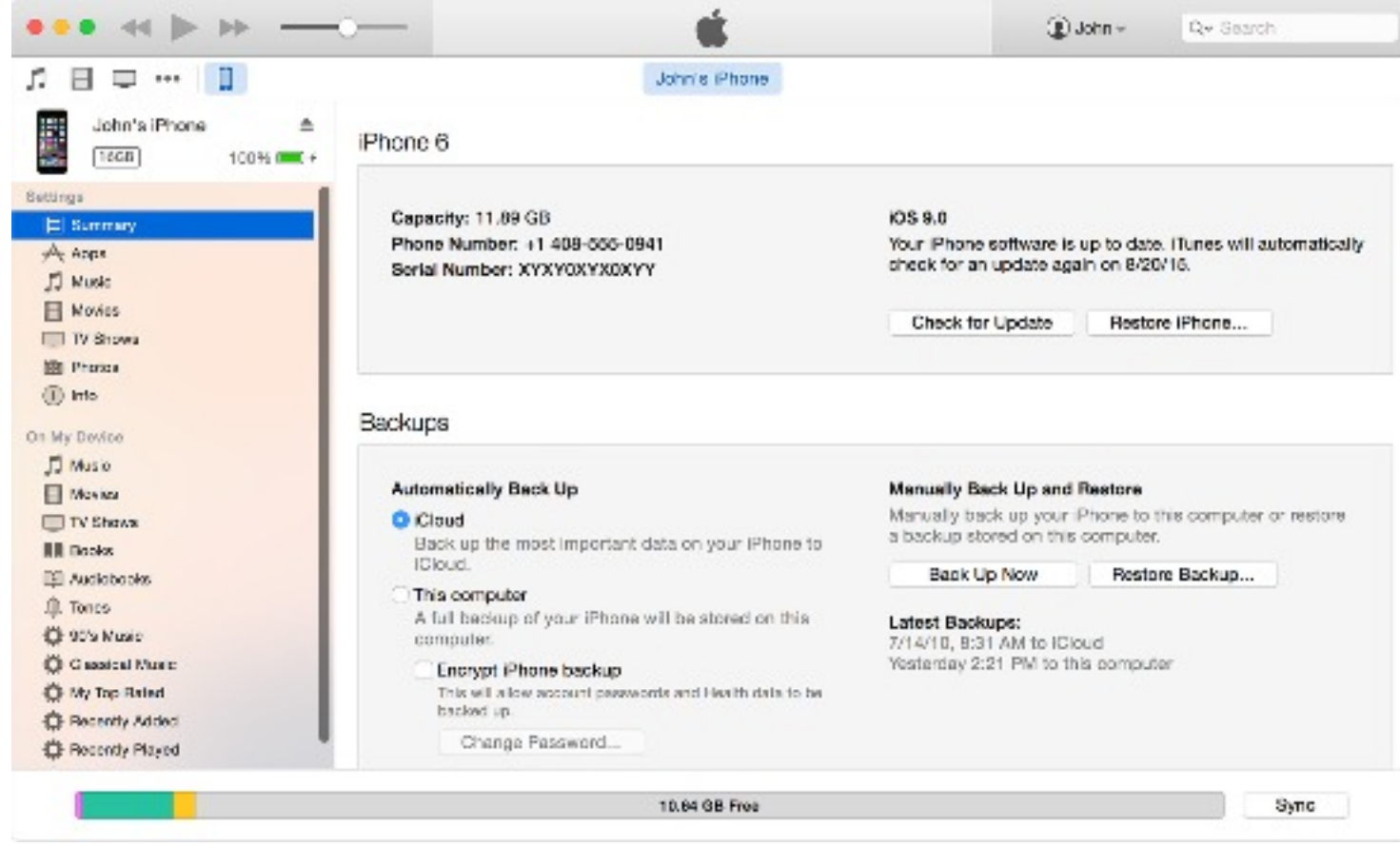
1. Open iTunes and connect your device to your computer.
2. Save content that you downloaded from the iTunes Store or App Store by clicking File > Devices > Transfer Purchases. Then wait for the transfer to finish. If you're using Windows and you [don't see a File menu](#), hold down the Control and B keys.



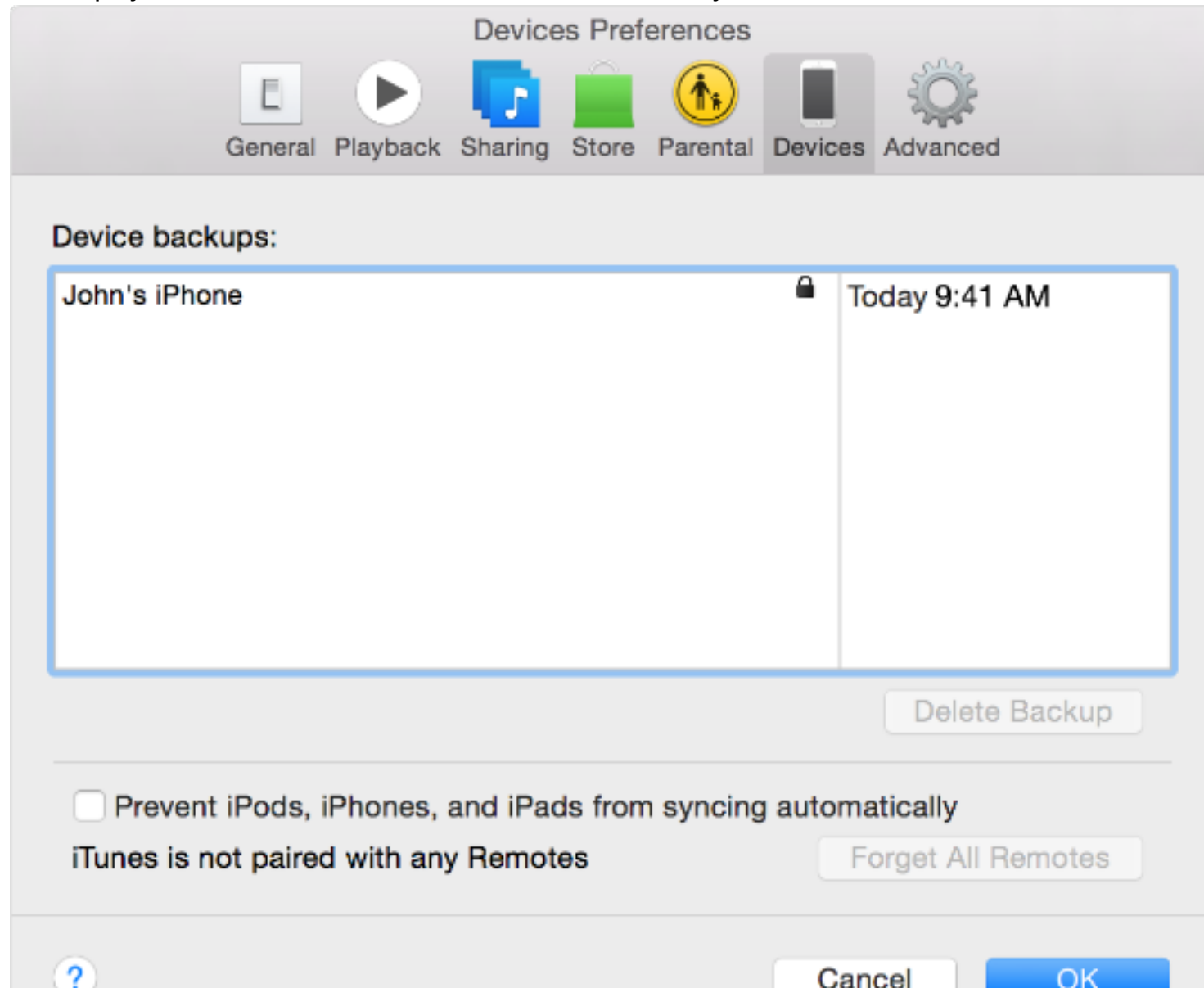
3. If you want to save Health and Activity data from your iOS device or Apple Watch, you'll need to encrypt your backup: Select the box called Encrypt [device] backup and make a memorable password.

Write down your password and store it somewhere safe, because there's no way to recover your iTunes backups without this password.

If you don't need to save your Health and Activity data, you can make a backup that isn't encrypted. Just click Back Up Now. If you're using Windows click File > Devices > Back up (if you [don't see a File menu](#), hold down the Control and B keys).



4. After the process ends, you can see if your backup finished successfully in iTunes Preferences > Devices. You should see the name of your device with the date and time that iTunes created the backup. If you encrypted your backup, you should also see a lock icon beside the name of your device.



Follow more steps [if you need help making an iTunes backup](#). Learn how to [encrypt your backup](#).

Restore your device from an iCloud or iTunes backup

Learn how to restore your iPhone, iPad, or iPod touch from a backup in iCloud or iTunes.



iCloud

1. Turn on your device. You should see a Hello screen.
2. Follow steps in the iOS Setup Assistant. [Join a Wi-Fi network](#) and follow steps until you see the Set Up Device screen.
3. Tap Restore from an iCloud Backup. Then sign in to iCloud.
4. Choose a backup. Look at the date and size of each and pick the most relevant. After you choose a backup, the transfer starts.
5. If you've purchased iTunes or App Store content using multiple Apple IDs, you'll be asked to sign in to each. If you can't remember a password, you can tap Skip this Step and enter it later.
6. Stay connected. If you disconnect from Wi-Fi before the process completes, the restore process pauses until you reconnect. Give the process time to finish. Restoring from a backup can take a while, depending on the size of the backup and the network speed.

[Get help with this process.](#) Learn what to do if a [backup requires a newer version of iOS](#).

Restore from an iCloud backup to a device you already set up

The only way to restore from an iCloud backup is through the Setup Assistant. To get to the Setup Assistant on a device you already set up, you'll need to [erase all the content on your device](#) and set it up again.



iTunes

1. Connect your device to the computer that you stored your backup on.
2. Open iTunes. If iTunes tells you there's an iOS update, [get the latest version](#).
3. Go to File > Devices > Restore from Backup. If you're using Windows and [don't see a File menu](#), press the Alt key.
4. Look at the date and size of each backup and pick the most relevant.
5. Click restore and wait for the process to finish. Your device will restart and then sync with your computer. Stay connected until the sync finishes.

[Get help with this process](#), or read about [encrypted backups](#).