

# Backing up your iPhone

## Why backup?

When you back up your iPhone, your data is safe. You can restore your phone to the way you had it the last time you made a backup, or move your data to a new iPhone.

## What's in a backup?

A backup includes all the personal content and settings you need to completely restore your iPhone.

Certain things like iTunes purchases or photos might not be in your actual backup file. This happens when they're already stored on Apple servers, or if you originally synced them from your computer. These items will automatically sync back to your device when you restore, so your iPhone will be set up just like it was before.



## Back up to the cloud from iPhone

Use iCloud to back up wirelessly to the cloud. When you do, your iPhone will back up overnight when you're not using it. Just be sure it's on Wi-Fi and charging. Turn backups on in Settings > iCloud > iCloud Backup. We recommend iCloud as it is

### Turn backups on in:

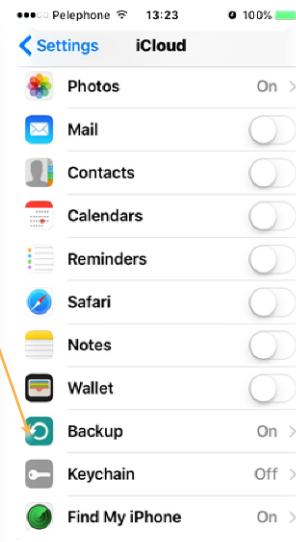
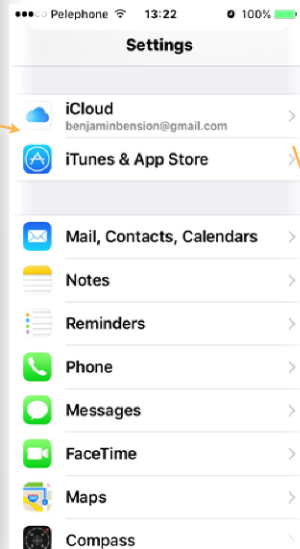
Settings >

iCloud >

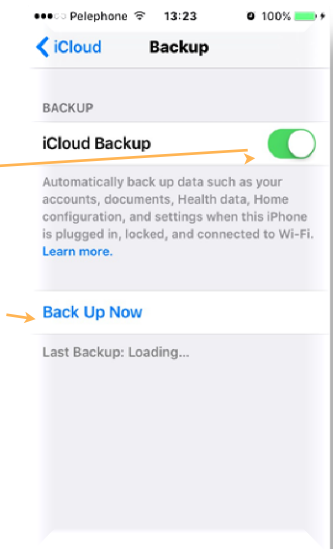
iCloud

Backup.

Apple gives 5Gb free, we do recommend purchasing a block of 50Gb to enable a full backup including pictures.



Turn on  
Click  
here





## Back up to your computer

Use iTunes to back up to your computer. To download iTunes free from Apple, go to:

[apple.com/itunes/download](http://apple.com/itunes/download)

Download the application and install if you are running a MS Windows machine. Apple computers will have this preinstalled as default.

Plug your iPhone into your computer. When you do, iTunes will either start a backup for you, or you can manually start one.

Clicking your iPhone and choosing Back Up to "This Computer"

You will be prompted to keep it connected to the computer for the duration of the backup process. We do recommend marking the box for Automatically sync when this iPhone is connected.

This app may be used to upload your music to the iPad and more. Learn the basics of the iTunes application to fully use it to your benefit.

The collage consists of three screenshots. The top one is the iTunes website homepage. The middle one shows the iTunes application interface with an iPhone connected, displaying the 'Summary' tab. The bottom one shows the 'Backups' section of the iTunes application, where 'This computer' is selected for backing up the iPhone. Orange arrows point from the text in the left column to these specific elements in the screenshots.



## Restoring



### 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.



### iCloud

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.

### Two Backups Are Better Than One

So which is better: backing up to iCloud or to iTunes? Actually, it's best to use both. Having a local backup is much more efficient; if you have to restore your device, you'll save a lot of time restoring it in iTunes from your local backup. You also have all of your content synced to the device when you restore – not only what has been backed up, but all of your music, podcasts and books that you didn't buy from Apple. If you've backed up to iCloud, you'll eventually have to sync your device anyway to restore that content. However, if you're on the road, far from your Mac, and you need to restore an iOS device, it's good to know that you have an iCloud backup. This lets you get your apps back quickly, so you can use your device. The best solution is to regularly backup your iOS device to your Mac using iTunes, and occasionally— say, once a week—back it up to iCloud. If you travel a lot, you might want to turn on iCloud backups on your device, and turn it off when you get home and sync with your Mac. With both types of backups, you're fully protected. Should you need to restore your device, you'll be able to do so quickly and easily if you have access to your Mac, and, if not, iCloud can step in.



For cellular support, please call Dana at 3280 and Hen at 3925

We, the Apple support are always at your service and will happily help with any assistance required.

Gur 6072, Benji 4450, Kiril .3037