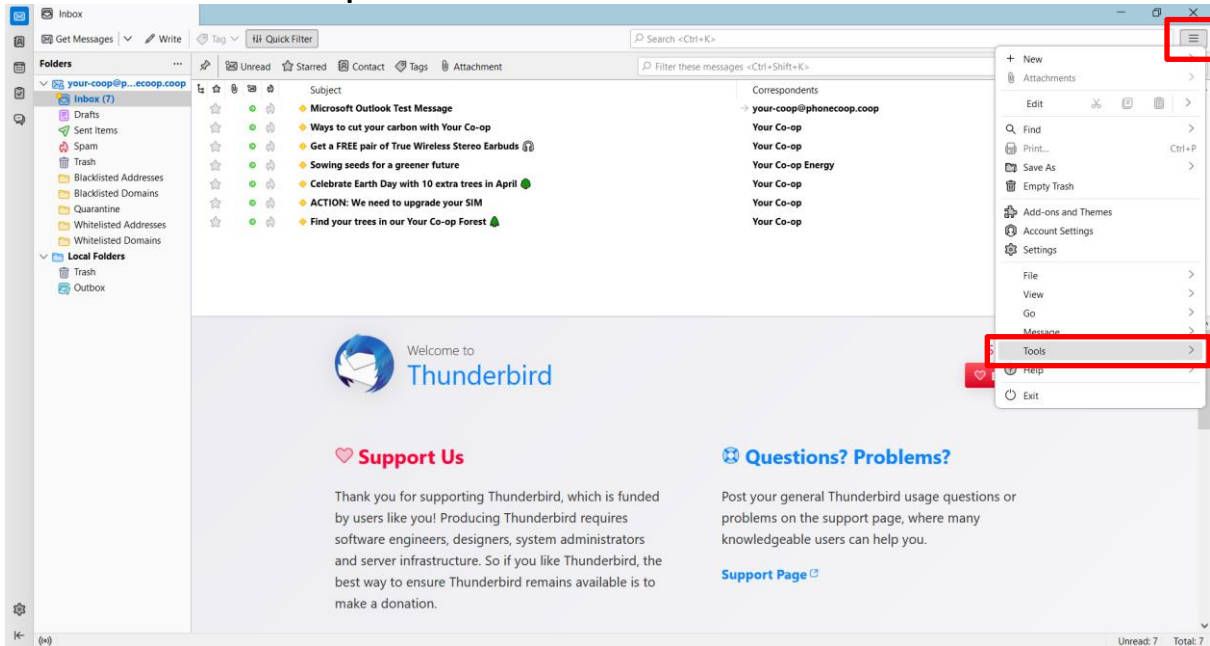


# User Guides

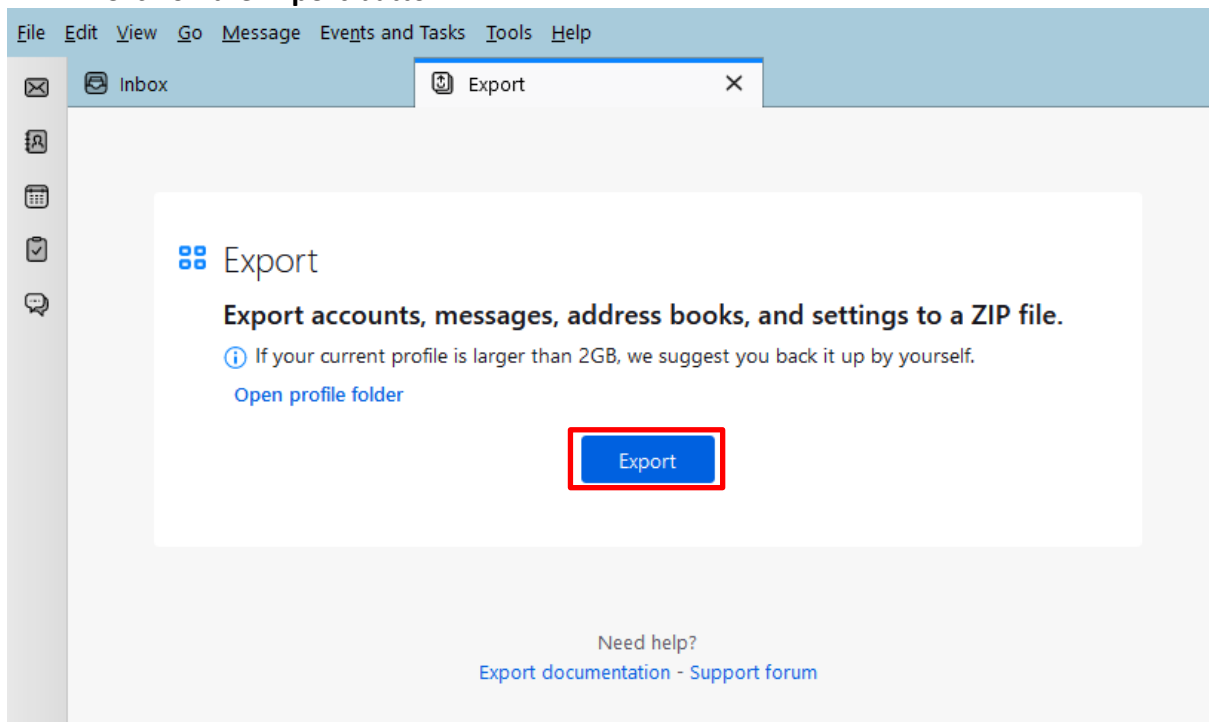
If any of the following is unclear or does not work, please call our technical support team on 01608 434 000.

Creating a backup copy of your current Thunderbird profile is very simple:

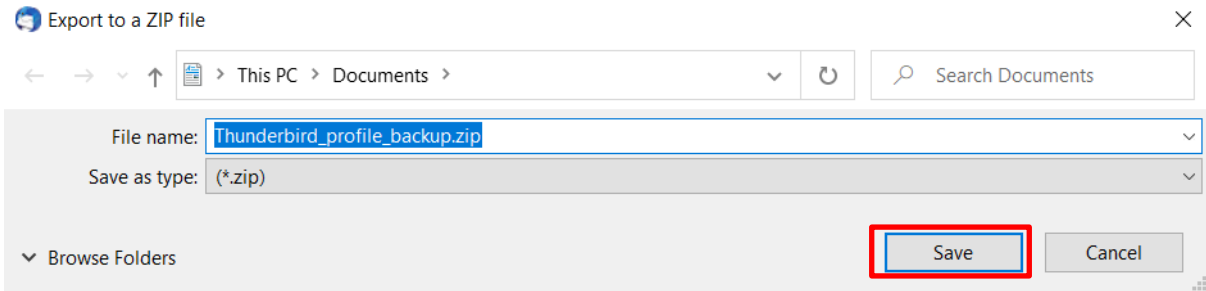
1. Click ≡ > **Tools** > **Export**



2. Click on the **Export** button.



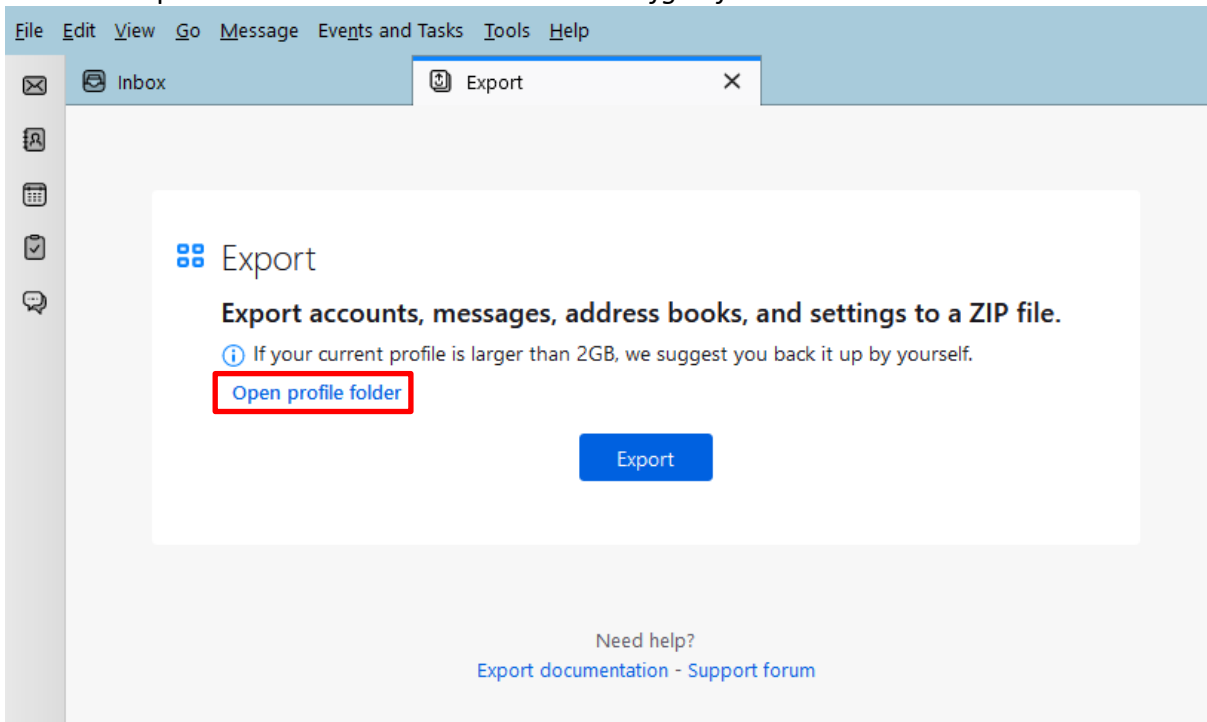
3. In the **Export to a ZIP file** dialog, choose a target folder and file name, e.g. *Thunderbird\_profile\_backup\_2022-06-28.zip*.
4. Click **Save**.



### Creating a backup of large profiles

If your profile folder is larger than 2 GB, you need to use your file manager and create a backup copy of your profile folder yourself.

1. To find your profile folder, you can use the **Open profile folder** link in the first step of the Export tool. You will see the contents of your profile folder in your file manager. The profile folder has a name like *abc12defg.default-release*.



2. Select and copy the entire content of your profile folder.
3. Create an empty folder where you want to keep your backup, e.g. on a USB flash drive. You can choose a helpful folder name like *Thunderbird\_profile\_backup\_2022-06-28*.
4. Paste the contents of your profile folder into your empty target folder.