

Use iTunes to Backup and Restore your iPhone

You can use iTunes to back up and transfer content on your iPhone to another device, such as a new phone. Or you can use it just to get a backup of your iPhone data and settings.

Get ready

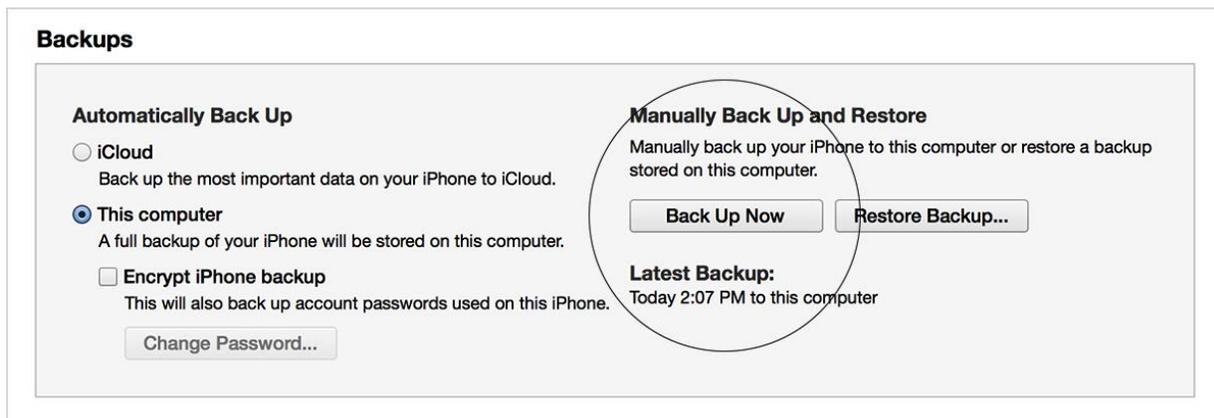
Install the [latest version of iTunes](#) on your computer and the [latest version of iOS](#) on your original device.

You can't install a backup of a newer version of iOS onto devices that are using earlier versions of iOS. If your backup came from a device that has a newer version of iOS installed, [update your new device](#) before you transfer your data. For help, see [Unable to restore from a backup of a newer iOS device](#).

Back up and transfer

First, [back up your old device using iTunes](#). You can also [encrypt the backup](#) so that it remembers the passwords for your email, Wi-Fi, and more when you transfer to the new device. Otherwise, you can re-enter these passwords on the new device.

Then [transfer your data](#) from your device to your computer.



Remove your SIM card

If your device has a SIM card, use the SIM-extractor tool or a paper clip to [remove the SIM](#) from your old device and insert it into your new device. Or if your carrier gave you a new SIM card, use that instead.



Set up the new device

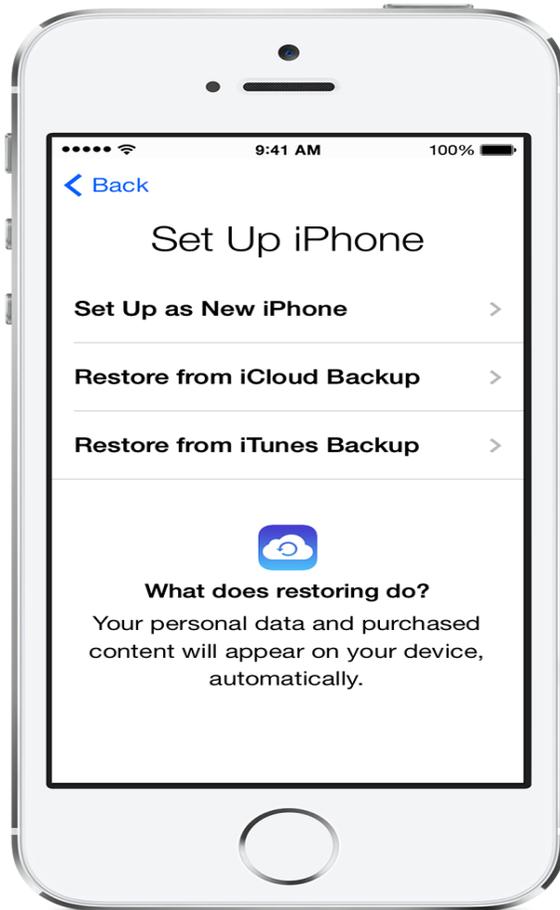
When the backup of your old device is finished, turn on your new device. Follow the setup assistant, which will ask you to choose these things:

- Your language and country
- Whether to enable Location Services
- A Wi-Fi network

If you don't have a Wi-Fi or cellular data connection, you can also activate by tapping Connect to iTunes.

Restore the backup

When prompted to set up your device, select “Restore from iTunes Backup”.



Connect to iTunes

Connect your new device to iTunes, using the same computer you used to back up your current device. iTunes will ask you to restore from backup or set up as new. Select the backup of your old device and choose Continue.

If the progress bar in iTunes pauses for a while, wait until the restore finishes.

Sync other content

When the restore finishes, your device restarts, and then it's ready for you to use.

Keep your device connected to iTunes to sync content that isn't in the backup (such as music, videos, and apps). To change the type of content that syncs, click the syncing tabs in iTunes.



Enter your passwords

If you restored from an unencrypted backup, you'll need to enter the password for your Apple ID, email and other accounts, and voicemail. If you've forgotten your voicemail password, contact your carrier.