Backup, Encrypt and Restore

iOS

Backup your Device/iPhone

1. Connect your iPhone device to your workstation
2. If iTunes does not launch automatically upon connection of the device, launch the iTunes application.
3. In the left pane of the iTunes application locate DEVICES and perform the following:
   a. Expand this section if the list of devices is not visible
   b. Right click on the entry that represents your iPhone
   c. Select Backup from the menu that appears
   d. Wait for the backup process to complete before disconnecting your iPhone device.

This will create a backup of your iPhone that you will be able to restore from later, and the procedure is the same in Mac OS or Windows. It is a good idea to create a current backup before you download and install the latest iOS version.
Encrypt your Device/ iPhone

iPhone backups contain a surprising amount of personal data, from various account and service logins, to fully readable SMS conversations, anyone can easily dig around in the backups locally if they want to. For this reason, it’s a good idea keep these locally stored iPhone backup files encrypted.

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2. If iTunes does not launch automatically upon connection of the device, launch the iTunes application.
3. In the left pane of the iTunes application locate DEVICES and perform the following:
   a. Expand this section if the list of devices is not visible
   b. Click on the entry that represents your iPhone
   c. In the center view of iTunes, scroll down to Backup and click the Encrypt local backup options
   d. Type a password twice when prompted
   e. Click Set Password

Important: Do not forget this password! Without it you will not be able to access backed up data. Likewise, you will need to enter the password anytime you restore your iPhone from the backups.
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2. If iTunes does not launch automatically upon connection of the device, launch the iTunes application.
3. In the left pane of the iTunes application locate DEVICES and perform the following:
   e. Expand this section if the list of devices is not visible
   f. Right click on the entry that represents your iPhone
   g. Select Restore from Backup… from the menu that appears
   h. You’ll see the “Last Synced” time and iPhone name to restore to
   i. Click Restore

If you notice that the last synced time is not particularly recent, you just need to backup your iPhone more often! Keeping frequent backups is a good idea across all devices, whether its your Mac, PC, iPhone, iPad, or whatever.
Be aware this process restores the contacts, calendars, notes, text messages, and settings, it does not revert to prior iPhone firmware or baseband nor does it wipe the iPhone and restore all factory settings, that is an entirely different process.