

Salesforce Backup Option

Introduction

Below is a comparison of the options for backing up data and metadata from Salesforce.

Data

| Tool | Pros | Cons |
|----------------------|---|--|
| Data Export Service | <ul style="list-style-type: none">- Can schedule backups- No additional cost | <ul style="list-style-type: none">- Frequency of 7 days / 29 days.- Can be delayed due to heavy traffic- No sandbox support |
| Data Loader | <ul style="list-style-type: none">- No additional cost | <ul style="list-style-type: none">- Manual backups- Does not support attachments- Cannot use compound fields |
| Report Export | <ul style="list-style-type: none">- No additional cost | <ul style="list-style-type: none">- Manual backups- Supports Reports only.- Export limited by external tools- Up to 5 reports at once.- Historical trending reports cannot be exported |
| Third-party Offering | <ul style="list-style-type: none">- More latitude depending on use case- May be able to backup & restore data & metadata automatically | <ul style="list-style-type: none">- Additional cost, features dependent on offering |

Metadata

| Tool | Pros | Cons |
|------------|--|--|
| Change Set | <ul style="list-style-type: none">- No additional cost | <ul style="list-style-type: none">- Limited to Connected Orgs- Limited to 10,000 files & 400 MB |

| Tool | Pros | Cons |
|--------------------------|---|--|
| Sandbox Refresh | - No additional cost | - Limits based on Edition |
| Force.com Migration Tool | - No additional cost - Scheduling batch deployments | - Local directory |
| Third-Party Offerings | - Can automate backup & restore of both Data & Metadata depending on the offering | - Additional cost, features vary based on offering |

References

1. [Best practices to backup Salesforce data](#)
2. [Export Backup Data from Salesforce](#)
3. [Sandbox Licenses and Storage Limits by Type](#)
4. [Ant Migration Tool](#)