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# Back up and restore information in Firefox profiles

Firefox stores your personal data, such as bookmarks, passwords and extensions, in a **profile folder** on your computer, in a location separate from the Firefox program. This article explains how to back up your profile, restore it, or move your profile to a new location or computer.

**Note:** [The Refresh Firefox feature](#) creates an **Old Firefox Data** folder on your desktop, which contains a backup of



your old profile folder and its contents. If you recently refreshed Firefox and still have this folder, you already have a complete profile backup.

- To restore or move selected information instead of the entire profile, see [Recovering important data from an old profile](#).
- **Just Bookmarks?** For backing up, restoring, or moving your bookmarks (not other data), see [Restore bookmarks from backup or move them to another computer](#).

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## Locate your profile folder

- Click the menu button  , click **Help** and select **Troubleshooting Information** . The **Troubleshooting Information** tab will open.
- Under the **Application Basics** section next to Profile Folder, click  . Your profile folder will open.


**Note:** If you are unable to open or use Firefox, follow the instructions in [Finding your profile without opening Firefox](#).

## Backing up your profile

To back up your profile, first close Firefox if it is open and then copy the profile folder to another location.

1. Locate your profile folder, as explained above.
2. Close Firefox (if open): Click the Firefox menu  and select **Exit** .
3. Go to one level above your profile's folder, i.e. to `%APPDATA%\Mozilla\Firefox\Profiles\`
4. Right-click on your profile folder (e.g. `xxxxxxxx.default`), and select **Copy** .
5. Right-click the backup location (e.g. a USB-stick or a blank CD-RW disc), and select **Paste** .


## Restoring a profile backup

1. Click the Firefox menu  and select **Exit** .
2. If your existing profile folder and profile backup folder have the same name, simply replace the existing profile folder with the profile backup, then start Firefox.

**Important:** The profile folder names must match exactly for this to work, including the random string of 8 characters. If the names do not match or if you are restoring a backup to a different location, follow the steps below.

## Restoring to a different location

If the profile folder names do not match or if you want to move or restore a profile to a different location, do the following:

1. Completely close Firefox: Click the Firefox menu  and select **Exit** .
2. [Use the Firefox Profile Manager to create a new profile](#) in your desired location, then exit the Profile Manager.

**Note:** If you just installed Firefox on a new computer, you can use the default profile that is automatically created when you first run Firefox, instead of creating a new profile.

3. Locate the backed up profile folder on your hard drive or backup medium (e.g., your USB-stick).
4. Open the profile folder backup (e.g., the `xxxxxxx.default` backup).
5. Copy the entire *contents* of the profile folder backup, such as the *handlers.json* file, *prefs.js* file, *bookmarkbackups* folder, etc.
6. Locate and open the new profile folder as explained above and then close Firefox (if open).
7. Paste the contents of the backed up profile folder into the new profile folder, overwriting existing files of the same name.
8. Start Firefox.

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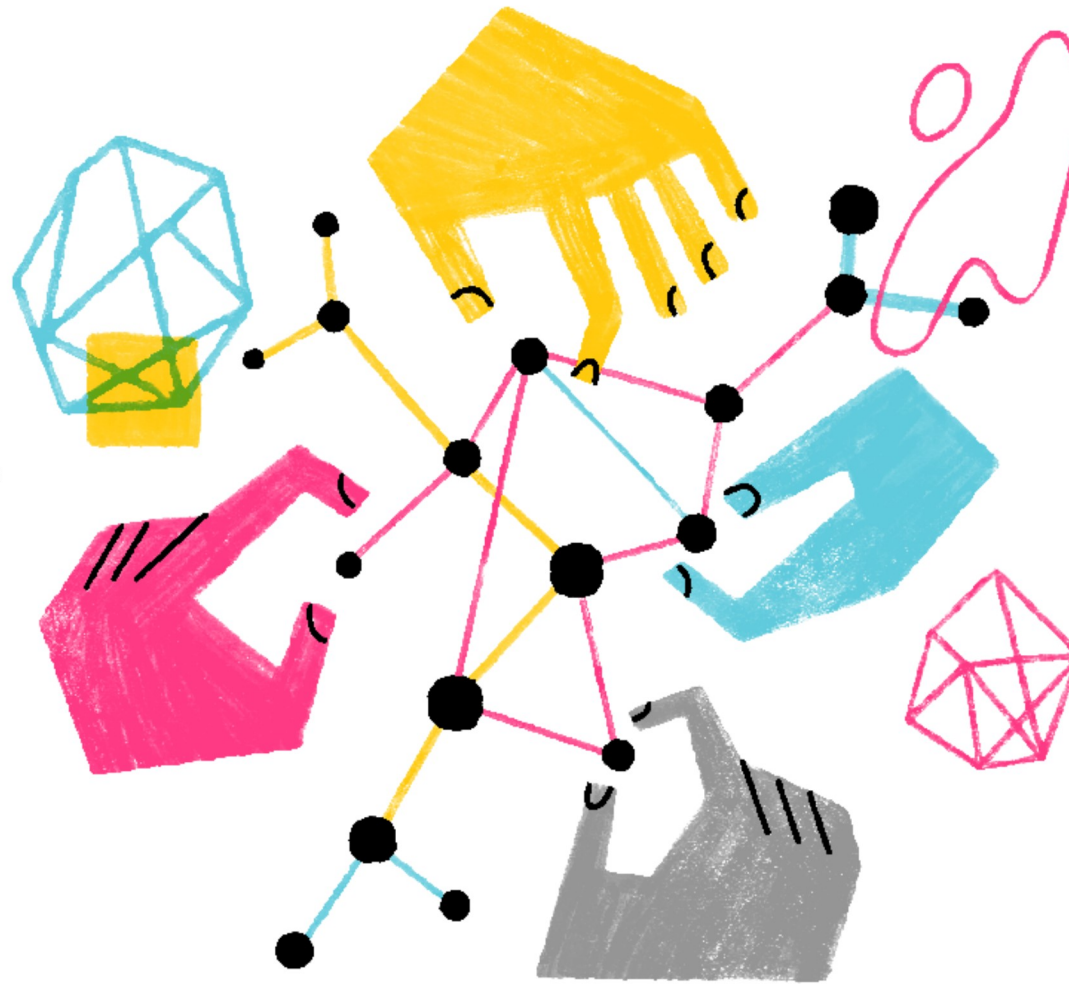
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