

# Backup WordPress Guide

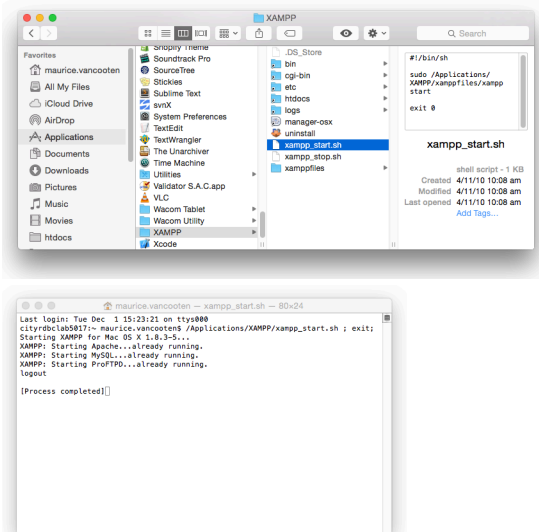
## Dependencies

This guide assumes you have XAMPP preinstalled.

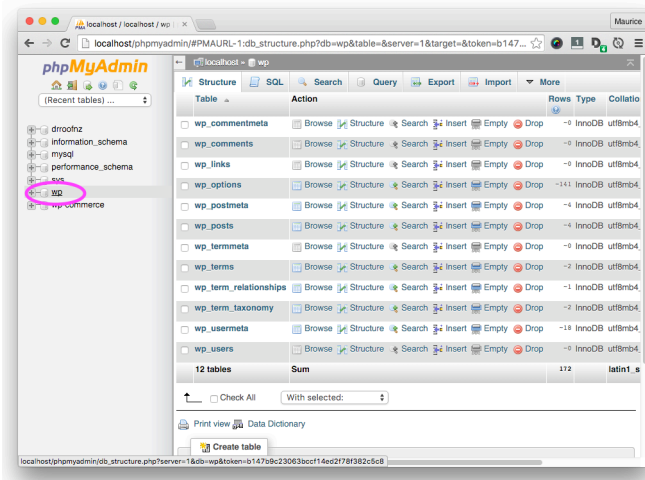
## Installation

Creating an empty MySQL database.

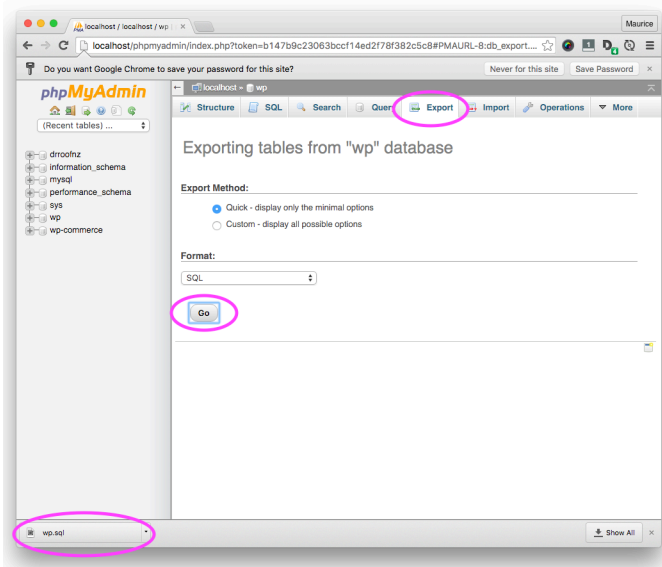
1. Starting XAMPP. On the Yoobe Mac navigate to; Applications > XAMMP, and double click on; xampp\_start.sh script. A Terminal window will pop up indicating that XAMPP has started. Leave this Terminal window open.



2. Navigate to PHPMyAdmin in the browser: <http://localhost/phpmyadmin>.
3. When prompted for a login fill in your username and password:  
username: root  
password: (blank)
4. In the left column select your WordPress database.



5. In the top menu select; Export.
6. For Export Method select; Quick and Format: SQL. Select; Go.



7. A .sql file is downloaded.
8. Create a new directory on your desktop; wordpress-backup
9. Move the downloaded .sql file into the directory.
10. Copy your entire 'wordpress' directory inside 'htdocs' directory and place this copy inside your 'wordpress-backup' directory.

