How to Check if Docker on Windows is Using WSL 2 or Hyper-V

# ✅ Method 1: Check via Docker Desktop Settings

1. Open Docker Desktop  
2. Click the ⚙️ Settings icon (top-right)  
3. Navigate to 'General' or 'Resources → WSL Integration'  
4. Look for:  
- If WSL 2 integration is available and enabled, Docker is using WSL 2  
- If no WSL options are visible, Docker may be using Hyper-V

# ✅ Method 2: Check WSL Integration via CLI

Run this in PowerShell or CMD:

wsl --list --verbose

If you see a Linux distro with 'VERSION 2', WSL 2 is installed.  
Then run:

docker context ls

Look for the context column:  
- If it says 'desktop-wsl' → Docker is using WSL 2  
- If it says 'desktop-linux' → Docker is likely using Hyper-V

# ✅ Method 3: Check from Inside a Container

Run this command:

docker run --rm alpine uname -a

If the output contains 'WSL', Docker is using WSL 2 backend.  
If not, it's likely running via Hyper-V.

# 🧠 Summary Table

|  |  |  |
| --- | --- | --- |
| Check Method | WSL 2 | Hyper-V |
| Docker Desktop shows WSL distros | ✅ Yes | ❌ No |
| docker context ls → desktop-wsl | ✅ Yes | ❌ No |
| Kernel info includes WSL | ✅ Yes | ❌ No |