🐧 Backup and Restore WSL Ubuntu – Step-by-Step Guide.

FIRST STEP :::: SHUTDOWN WSL – wsl --shutdown

☑ 1. 📌 Find Your Current WSL Distro Name

Open PowerShell or Command Prompt, and run:

```
wsl --list --verbose
```

This will show a list like:

```
  NAME        STATE           VERSION
* Ubuntu      Running         2
```

Note the exact name of your WSL distro (e.g., Ubuntu, Debian, etc.)

☑ 2. 💾 Export Your WSL Distro

Still in PowerShell or CMD, run:

```
wsl --export Ubuntu "D:\Backups\ubuntu-backup.tar"
```

Replace Ubuntu with your distro name and adjust the path as needed.

☑ 3. 🔁 Restore It Later

To restore from the backup as a new instance:

```
wsl --import UbuntuRestored "D:\WSL\UbuntuRestored" "D:\Backups\ubuntu-
backup.tar"
```

☑ Optional: Compress the Backup

You can zip the .tar file to save space:

```
Compress-Archive -Path "ubuntu-backup.tar" -DestinationPath "ubuntu-
backup.zip"
```

🧠 Pro Tips

✅ Automate with a script and Task Scheduler

✅ Use separate names if restoring to avoid overwriting your original instance

❌ Never store the .tar file inside the WSL root — store on Windows drives (D:\, E:\, etc.)