**Step 1.** Create a backup directory inside of your server through docker.

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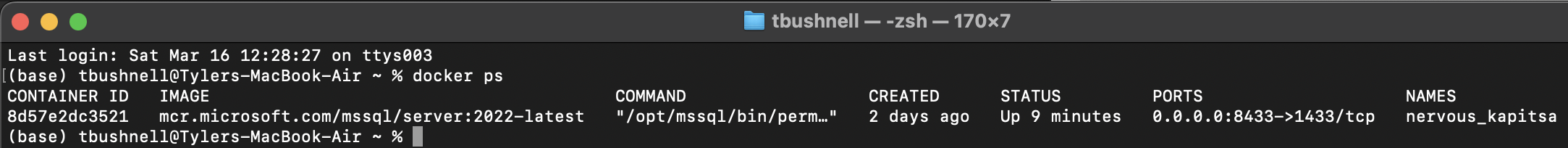
**Step 2.** Verify that `backup` is now in your mssql directory (folder)

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**Step 3.** Get your docker container information.

1. Open your terminal and type `docker ps`.
   1. If your server is not running, then nothing will appear when you type the command.



**Step 4.** Use `docker cp` to copy the file into the container.

1. Open your terminal to the location of your `.bak` file, most likely downloads directory.
   1. Type `cd downloads`
   2. `ls`
   3. You should see your `.bak` file listed on the screen.

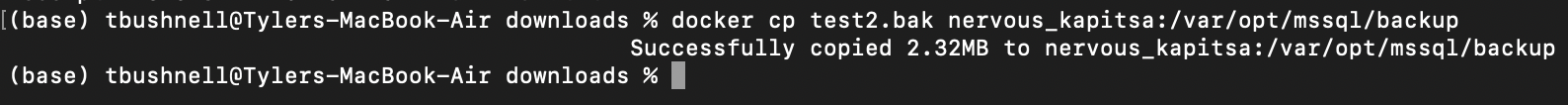
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1. While in the directory that contains your `.bak` file type the command

Docker cp test2.bak container\_id:/var/opt/mssql/backup

* 1. Replace `container\_id` with the name or ID of the container running your sqlserver.



* 1. You can verify that it copied to the correct location by repeating **Step 2.** But make sure you add /backup to the path.

**Step 5.** Backup your database.

1. A screenshot of a computer

   Description automatically generatedOpen Azure Data Studio and select your database revealing the drop downs.
2. Right click on `Databases`.
3. Select restore database.

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1. When completed should look like this.
2. Select `Restore` at the bottom of the page.
3. Your database should now be ready to go, verify that it’s inside of your server.

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