# How to Backup your iPhone or iPad with iTunes or Finder?

#### Include What's included in an iPhone/iPad computer backup[]

According to Apple, a computer backup of an iPhone or iPad includes "almost all of your device's data and settings." However, certain items are not included in the backup, such as iTunes or App Store content, imported MP3s, videos, books, photos, data already present in iCloud, Face ID or Touch ID settings, Apple Pay details, and Apple Mail data. Additionally, if you are creating an unencrypted backup, you will also not receive Activity, Health, and Keychain data.

It's important to note these exclusions when considering the contents of a computer backup and ensure alternative methods are used to back up any data that is not included in the backup.

#### **Encrypted** Encrypted or unencrypted backups?

Apple provides users with the option to create encrypted or unencrypted backups of their devices on a computer. Encrypted backups offer enhanced security and include additional information such as saved passwords, health data, Wi-Fi settings, call history, and website history.

By default, iTunes or Finder does not encrypt backups.

Users must actively choose the encryption option, which will encrypt all future backups and overwrite existing backups with an encrypted version.

## iTunes How to make an iPhone or iPad backup using iTunes on PC?

1. Connect your iPhone or iPad to your PC using a USB cable. (When connecting your iPhone or iPad to your PC, you may be prompted to enter your device passcode and authorize the computer. In such cases, grant the required permission on your iPhone or iPad.)

2. Open the iTunes app.

3. Click the Device button on the top left of the iTunes window.

4. If you want to create an encrypted backup, tick the Encrypt local backup option. Or leave it unticked for an unencrypted backup.

5. If you choose an encrypted backup, you'll be asked to create a password. Remember this password for future access. Once you enter the password, iTunes will automatically start the backup process.

6. If you've chosen to create an unencrypted backup, click on Back Up Now to start making a local backup.

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Settings		
E Summary	Capacity: 119.10 GB	iOS 15.5
🎜 Music	Phone Number 1: n/a	A newer version of the iPhone software is available (version
- Movies	Phone Number 2: n/a	Update.
TV Shows	Serial Number: FFFFGGGG	
Di Photos		Update Restore iPhone
(i) Info		
🐥 File Sharing		
On My Device	Backups	
🔅 Videos		
🎵 Music	Automatically Back Up	Manually Back Up and Restore
Movies	iCloud	Manually back up your iPhone to this computer or restore a
TV Shows	Back up the most important data on your iPhone to iCloud.	backup stored on this computer.
Books	This Computer	Back Up Now Restore Backup
🛱 Audiobooks	A full backup of your iPhone will be stored on this	
🔔 Tones	computer.	Latest Backup:
🔅 90's Music	Encrypt local backup	Your iPhone has never been backed up to this computer.
🔅 Classical Music	This will allow account passwords, Health, and HomeKit data to be backed up.	
🌣 My Top Rated	Change Password	
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🌣 Top 25 Most Played		×
	Photos Apps Documents & Data	Sync Done

### Finder How to make an iPhone or iPad backup using Finder on Mac?

1. Connect your iPhone or iPad to your Mac using a USB cable. Provide the necessary permission, such as entering your device passcode and trusting the computer if prompted on your device.

2. Open Finder on your Mac.

3. From the left panel, select your iPhone or iPad device.

4. Under the General tab, you will find backup options. Choose "Back up all of the data of your iPhone/iPad to this Mac".

5. If desired, tick the "Encrypt local backup" option for an encrypted backup. Alternatively, leave it unticked for an unencrypted backup.

6. For an encrypted backup, you will be prompted to create a

password. Remember this password for future access. Once entered, iTunes will automatically initiate the backup process.

7. If you opted for an unencrypted backup, click "Back Up Now" to begin creating a local backup.

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Favorites		
AirDrop		iPhoneX_iOS16.1
ecents		iPhone X · 59.2 GB (49.51 GB Available) · 76% 😭
🙏 Applications		General Music Movies TV Shows Podcasts Audiobooks Books Photos Files Info
🔲 Desktop		
Documents		Software: iOS 16.1.2
Ownloads		Your iPhone software is up to date. Your Mac will automatically check for an
🔒 Macintosh HD		update again on 2023/8/24.
iCloud		Check for Update Restore iPhone
iCloud Drive		
		Backupst - Back up your most important data on your iPhone to
Locations		Back up all of the data on your iPhone to this Mac
IPhonex_IOS16.1		Encrypt local backup Change Password
iPhone12Pro iOS1	\$	Encrypted backups protect passwords and sensitive personal data
⊖ M1 macOS13.4.1	۵	Last backup to iCloud: 2023/8/20, 12:07 PM Back Up Now
Tags		Manage Backups Restore Backup
		Options:  Prefer standard definition videos
		Show this iPhone when on Wi-Fi
		Automatically sync when this iPhone is connected
		Manually manage music, movies, and TV shows
		Convert higher bit rate songs to 128 kbps AAC 💠
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