

Locate backups of your iPhone, iPad, and iPod touch

Find a list of your iOS backups on your Mac, PC, and iOS device. Learn how to delete backups, copy them, and more.

[Locate iOS backups stored on Mac or PC](#)

[Delete or copy iOS backups stored on Mac or PC](#)

[Locate and manage iOS backups stored in iCloud](#)

Locate iOS backups stored on your Mac or PC

To avoid ruining any of your backup files, here's what you should know:

- iTunes saves backups to a Backup folder in your Users folder. The location of the Backup folder varies by operating system. Though you can copy the Backup folder, you should never move it to a different folder, external drive, or network drive.
- Don't edit, relocate, rename, or extract content from your backup files, because these actions might ruin the files. For example, to restore from a relocated backup file, you need to move it back or the file won't work. Backups serve as a safe copy of your entire device. So while you might be able to view or access a backup file's contents, the contents usually aren't stored in a format that you can read.

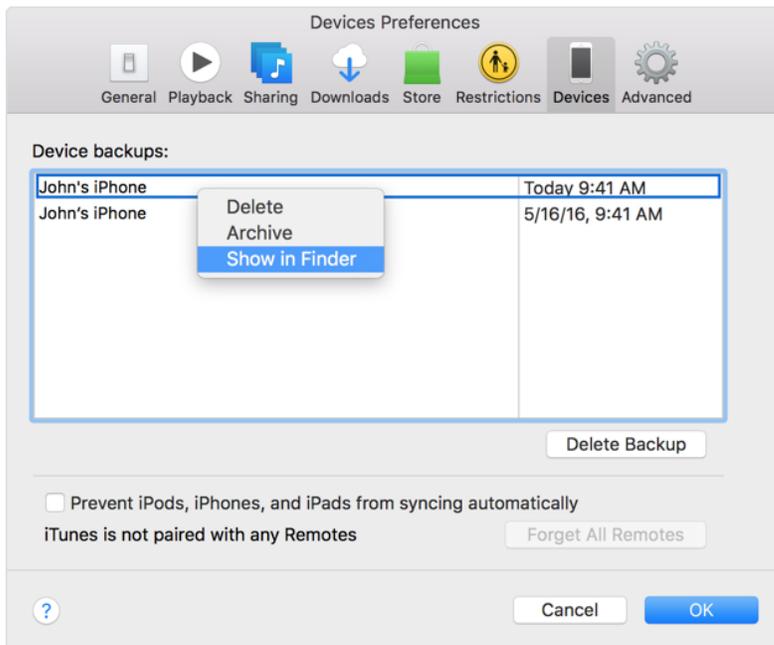
Find iOS backups on your Mac

Find a list of your backups:

1. Click  in the menu bar.
2. Type or copy and paste this: `~/Library/Application Support/MobileSync/Backup/`
3. Press Return.

Locate a specific backup:

1. Open iTunes. Click iTunes in the menu bar, then choose Preferences.
2. Click Devices.
3. Control-click the backup that you want, then choose Show in Finder.



Find iOS backups in Windows 7, 8, or 10

To find a list of your backups, go to \Users\(\username)\AppData\Roaming\Apple Computer\MobileSync\Backup\

You can also use these steps:

1. Find the Search bar:
 - In Windows 7, click Start.
 - In Windows 8, click the magnifying glass in the upper-right corner.
 - In Windows 10, click the Search bar next to the Start button.
2. In the Search bar, enter %appdata%
3. Press Return.
4. Double-click these folders: Apple Computer > MobileSync > Backup.

Delete or copy iOS backups on your Mac or PC

Don't edit, relocate, rename, or extract content from your backup files, because these actions might ruin the files. Use the following sections to make copies of your backups or delete backups that you no longer need.

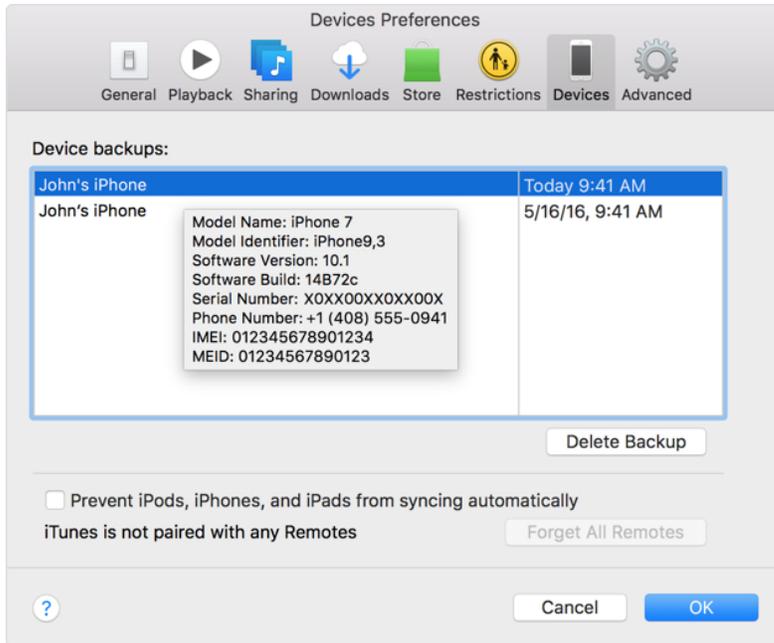
Copy iOS backups to another location

If you need copies of your backups, you can find the Backup folder and copy the entire folder (not just part of it) to another place, like an external drive or network-storage location.

When you use Time Machine, it automatically copies your Backup folder when you back up the Home folder on your Mac.

Delete iOS backups

1. Mac: Choose iTunes > Preferences.
Windows: Choose Edit > Preferences. Learn how to turn on menus in Windows 7 and 8.
2. Click Devices.
3. Choose the backup that you want to delete. If you have several devices or backups, hover the mouse pointer over the backup to see more details.



4. Click Delete Backup, then confirm.

Locate and manage iOS backups stored in iCloud

If you use iCloud Backup, you won't find a list of your backups on iCloud.com. Here's how to find your iCloud backups on your iOS device, Mac, or PC.

On your iPhone, iPad, or iPod touch:

- Using iOS 11, go to Settings > [your name] > iCloud > Manage Storage > Backup.
- Using iOS 10.3, go to Settings > [your name] > iCloud. Tap the graph that shows your iCloud usage, then tap Manage Storage.
- Using iOS 10.2 or earlier, go to Settings > iCloud > Storage > Manage Storage.

Tap a backup to see more details about it, choose which information to back up, or delete the backup.

You can choose which content to back up only from the Settings menu of the device that stores that content. For example, while you can view your iPad backup from your iPhone, you can choose which iPad content to back up only from the Settings menu of your iPad.

On your Mac:

1. Choose Apple (🍏) menu > System Preferences.

2. Click iCloud.
3. Click Manage.
4. Select Backups.

On your PC:

1. Open iCloud for Windows
2. Click Storage.
3. Select Backup.

Learn more about how to delete or manage iCloud backups from your Mac or PC.

Learn more

- See the difference between iCloud and iTunes backups.
- Follow steps to back up your iPhone, iPad, or iPod touch.
- Learn about encrypted backups in iTunes.

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