

Backing Up, updating, and restoring your iPhone and iPod touch software

STEP 1 In order to get best results, always make sure you have the latest version of iTunes installed and running before attempting to update or restore your iPhone or iPod touch. <http://www.apple.com/itunes/download>

STEP 2 Connect your iPhone or iPod touch to your computer, with iTunes installed.

STEP 3 Select your iPhone or iPod touch when it appears in iTunes under Devices.

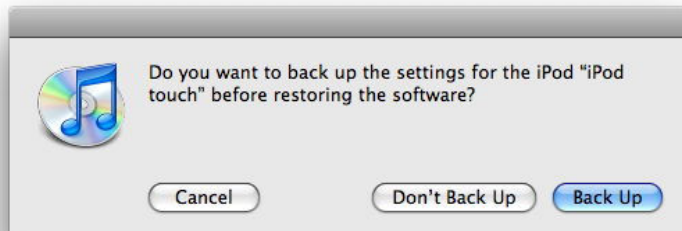


STEP 4 Select the **SUMMARY** tab.

STEP 5 Select the **RESTORE** option.

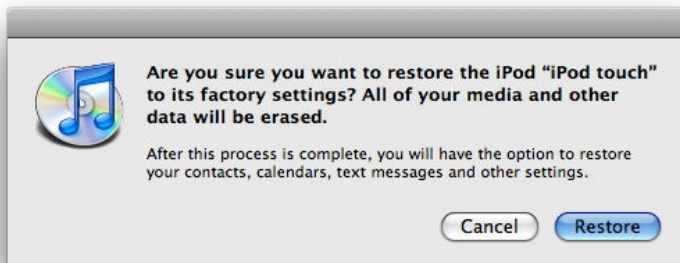


STEP 6 When prompted to back up your iPhone or iPod touch's settings before restoring, select the **BACK UP** option (as seen in the image below).

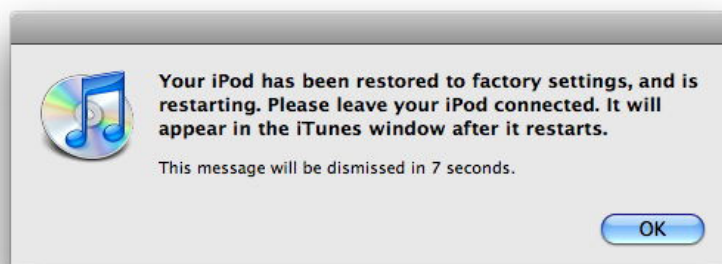


If you have just backed up the device, it is not necessary to create another.

STEP 7 Select the **RESTORE** option when iTunes prompts you (As long as you've backed up your device, you should not have to worry about restoring your phone).



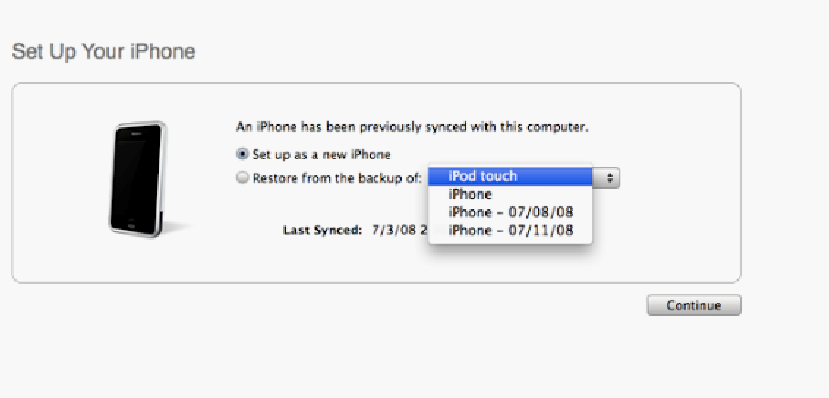
STEP 8 Once the restore process has completed the iPhone or iPod touch restarts and displays the Apple logo while starting up:



iPhone only: For the iPhone only, after a restore, the iPhone displays the "Connect to iTunes" screen. Keep your device connected until the "Connect to iTunes" screen goes away or you see "iPhone is activated." If iTunes does not have an Internet connection, you cannot complete this step.



STEP 9 The final step is to restore your iPhone or iPod touch from a previous backup. Once your iPod touch or iPhone is restored and, in the case of the iPhone, in the process of activating, you should be able to see the following in iTunes:



Select the backup you want for your iPhone or iPod touch and select the Continue button in order to complete your device's restoration.