

# Tech Talks: Storage and Backups (Apple)

Know your strategy for backing up your mobile data



1) iCloud Backup	Summary
<p>Settings &gt; Your Name / Apple ID &gt; iCloud &gt; Manage Storage</p> <p>Settings &gt; Your Name / Apple ID &gt; iCloud &gt; iCloud Backup (turn on) &gt; Back up Now</p> <p>Must connect device to power source, connect to WiFi, Lock your device's screen</p>	<p>Review your available iCloud storage space (upgrade, if needed)</p> <p>Turning on runs backup automatically</p> <ul style="list-style-type: none"><li>• Most common and convenient</li><li>• If over 5 Gigs, monthly cost for iCloud based on storage space required</li><li>• This option does stop the computer backup process with iTunes / Finder</li></ul>
2) Computer Backup	Summary
<p><b>iTunes (OS 10.14 or earlier)</b></p> <p>Plug device into computer &gt; Open iTunes &gt; Click iPhone icon (top left) &gt; Backups &gt; Select "This Computer"</p> <p><b>Finder (OS 10.15 or later)</b></p> <p>Plug device into computer &gt; Open Finder &gt; Select Device from "Locations" on menu &gt; Choose backup option &gt; Back up Now</p>	<p>You can backup your device onto your computer</p> <ul style="list-style-type: none"><li>• No monthly cost for online storage</li><li>• Requires a computer with significant storage space</li><li>• Requires time to upload</li><li>• Will no longer backup using iCloud Backup</li></ul>
Optimize your mobile device storage	Summary
<p>Settings &gt; General &gt; iPhone/iPad Storage</p> <p>View Recommendations:</p> <ul style="list-style-type: none"><li>• Optimize Photos</li><li>• Offload Unused Apps</li><li>• Review Large Attachments</li></ul>	<ul style="list-style-type: none"><li>• Optimize Photos keeps originals on iCloud and keeps smaller file on device when low on space</li><li>• Save space by removing unused Apps</li><li>• You can delete large attachments from messages individually</li></ul>
Additional Step-by-step	
<p>iPhone to iCloud: <a href="https://www.wikihow.tech/Back-Up-an-iPhone-to-iCloud">https://www.wikihow.tech/Back-Up-an-iPhone-to-iCloud</a></p> <p>iPhone to iTunes: <a href="https://www.wikihow.com/Back-Up-an-iPhone-to-iTunes">https://www.wikihow.com/Back-Up-an-iPhone-to-iTunes</a></p>	