How to Manually Backup Thunderbird Emails and Profiles

Reproduced from a great article here:

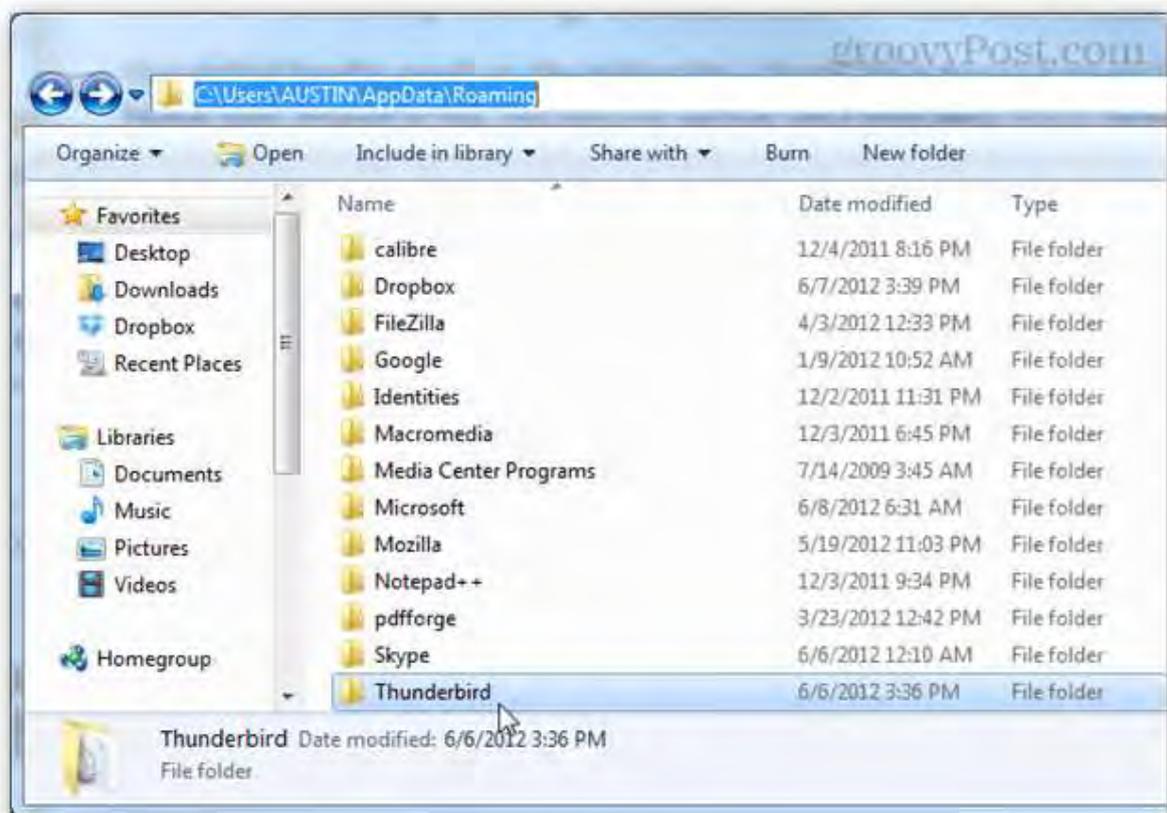https://www.groovypost.com/howto/manually-backup-thunderbird-emails/

Mozilla's Thunderbird handles emails on the desktop like a champ, but it doesn't have any built in backup tools. If something goes wrong, or need to move your profile to another computer, you'll need a backup. You have two options — use a third-party utility or manually back them up. Here's how to do the latter.

First, Close Thunderbird if it is open.

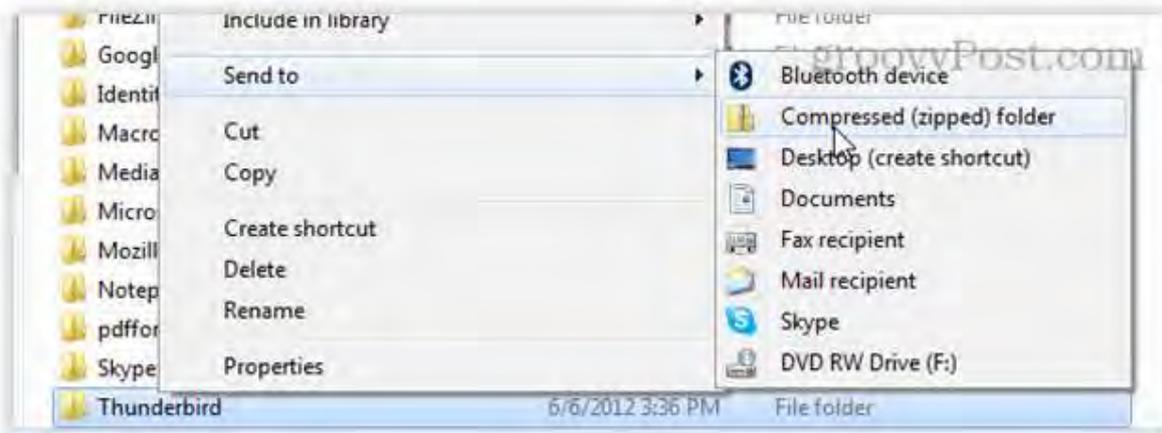Open up Start Menu or Windows Explorer and browse to %appdata%.

The full path will be C:\Users\username\Appdata\Roaming on most Windows installations. Scroll down and find the Thunderbird folder.

If you don't see the AppData folder, make sure you have Show Hidden Files, Folder and Drives unchecked in Folder Options.

Right-click the Thunderbird and select Send to >> Compressed (zipped) folder.

Wait a few minutes for your Thunderbird folder to be copied and compressed into a zip archive. Your original folder will remain exactly where it was, the zip file is just a copy.

Windows Live Writer	12/6/2011 1:54 PM	File folder	
Thunderbird.zip	6/9/2012 2:34 PM	Compressed (zipp...	1 KB
winscp.rnd	3/9/2012 6:29 PM	RND File	1 KB

Save the Thunderbird.zip file to your usual backup drive/device, and now you have Thunderbird completely backed up! If something happens, all you need to know is how to restore from the backup, so read the next instalment!

How to Restore Thunderbird Emails and Profiles from a Manual Backup

Reproduced from a great article here:

Previously we showed you how to manually backup Mozilla Thunderbird Emails and Profiles. This time, we'll look at how to restore them. This is useful if you've had a recent computer crash, or just want to move your data to another computer. Follow along and I'll demonstrate how to do this using a Windows-based computer.

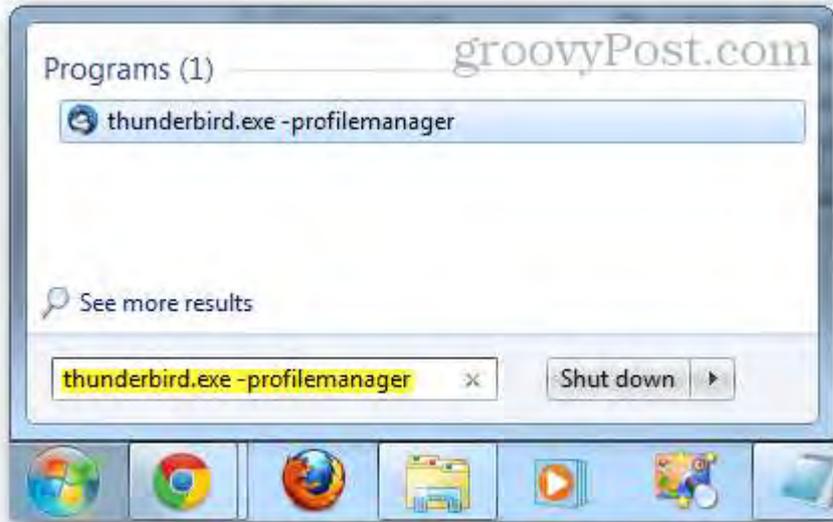What you'll need to do this:

Thunderbird installed

A previous backup of Thunderbird Emails and Profiles.

To get started, make sure that Thunderbird is not running. Next, in Windows Explorer right-click on your Thunderbird backup and extract it to your C:\Users\yourUsername\AppData\Roaming folder. This should put all of your backups right where Thunderbird wants them (assuming you followed our previous backup article).
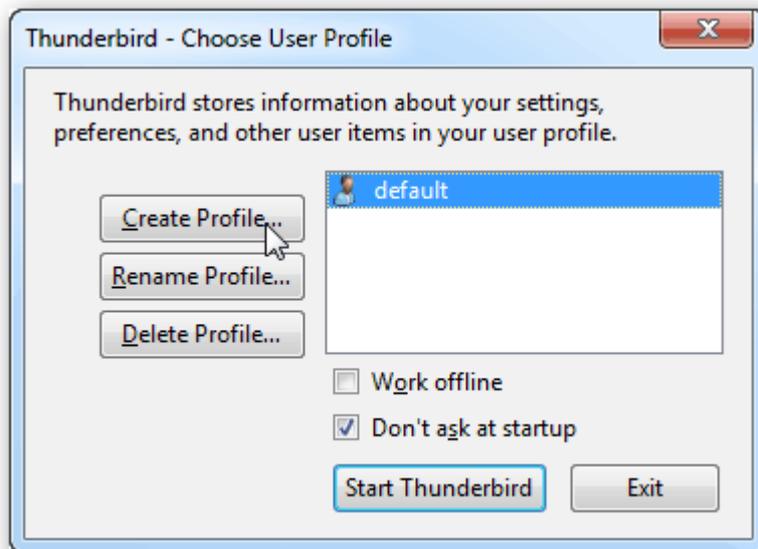

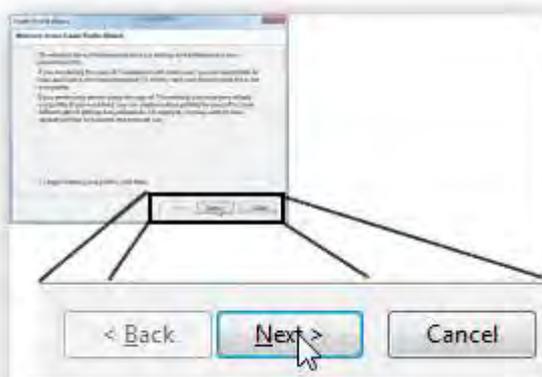Next, in the Start Menu type the following:

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thunderbird.exe –profilemanager
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The Thunderbird user profile manager should pop up. Click Create Profile.

Click Next.

Now you can enter a name for your profile, or just leave it at the default. The profile name shouldn't affect anything within Thunderbird itself. What is important here is the folder that you choose.
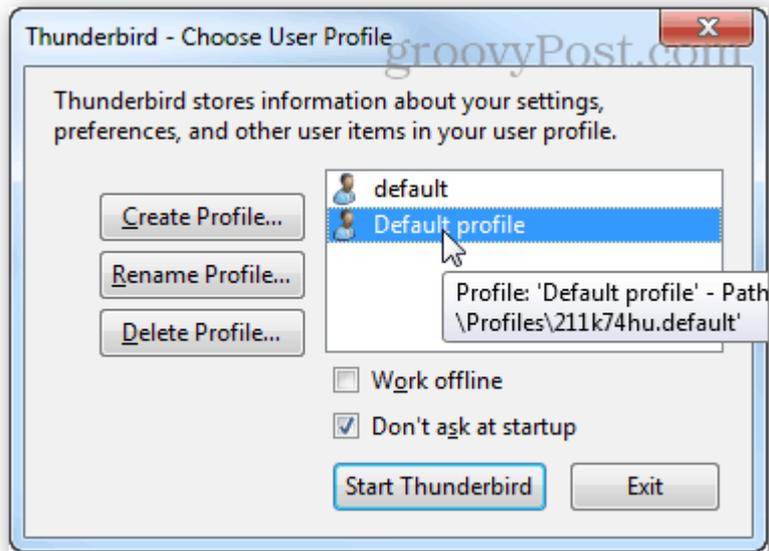
Click Choose Folder.

Click your backup folder you just unzipped and then click Select Folder.

Back on the main profile manager screen, double-click the profile you just created to launch Thunderbird.

All of your backups should have taken effect, and your email will be waiting.