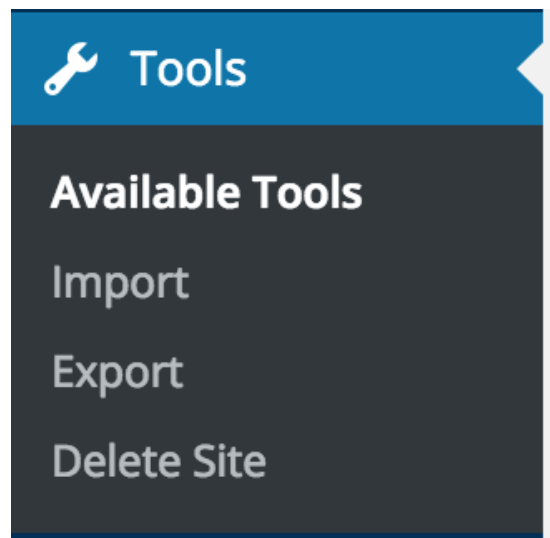


Migrating Data: Exporting

Every WordPress site comes with the ability to export content.



From the Dashboard, go to Tools → Export

From the options presented, choose to export All content, or just Posts, Pages, and other data. (For each, choose the ranges of content wanted.)



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Export

When you click the button below WordPress will create an XML file for you to save to your computer.

This format, which we call WordPress eXtended RSS or WXR, will contain your posts, pages, comments, custom fields, categories, and tags.

Once you've saved the download file, you can use the Import function in another WordPress installation to import the content from this site.

Choose what to export

☒ All content

This will contain all of your posts, pages, comments, custom fields, terms, navigation menus and custom posts.

☐ Posts

☐ Pages

☐ Contact Forms

[Download Export File](#)

Finally, click the “Download Export File” button. Depending on the browser, this will either prompt you to download a file or automatically do so for you.

Combined with [Importing](#), content can be moved from one WordPress site to another.