



The Handbook

Codex

http://codex.wordpress.org/Restoring_Your_Database_From_Backup

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Restoring Your Database From Backup

Using phpMyAdmin

[phpMyAdmin](#) is a program used to manipulate databases remotely through a web interface. A good hosting package will have this included. For information on backing up your WordPress database, see [Backing Up Your Database](#).

Information here has been tested using [phpMyAdmin](#) 2.5.3 and 2.5.7 pl1 running on Unix.

Restore Process

A visual tutorial can be found at [Tamba2 WordPress Restore](#) (<http://www.tamba2.org.uk/wordpress/restore/>).

1. Login to [phpMyAdmin](#).
2. Click databases, and select the database that you will be importing your data into.
3. You will then see either a list of tables already inside that database or a screen that says no tables exist. This depends on your setup.
4. Across the top of the screen will be a row of tabs. Click the **SQL** tab.
5. On the next screen will be a text box, and under that a button named **Browse**.
6. Click **Browse**. Locate the backup file stored on your computer.
7. Uncheck the **Show this query here again** option.
8. Click the **Go** button.

Now grab a coffee. This bit takes a while. Eventually you will see a success screen.

If you get an error message, your best bet is to post to the [WordPress support forums](#) (<http://wordpress.org/support/>) to get help.

Using Mysql Commands

The restore process consists of unarchiving your archived database dump, and importing it into your Mysql database.

Assuming your backup is a `.bz2` file, creating using instructions similar to those given for [Backing up your database using Mysql commands](#), the following steps will guide you through restoring your database :

1. Unzip your `.bz2` file:

```
user@linux:~/files/blog> bzip2 -d blog.bak.sql.bz2
```

Note: If your database backup was a `.tar.gz` called `blog.bak.sql.tar.gz` file, then, `tar -zxvf blog.bak.sql.tar.gz` is the command that should be used instead of the above.

2. Put the backed-up SQL back into MySQL:

```
user@linux:~/files/blog> mysql -h mysqlhostserver -u mysqlusername  
-p databasename < blog.bak.sql
```

```
Enter password: (enter your mysql password)  
user@linux~/files/blog:>
```