

## Re: Backing up hard drive

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**From:** Rock (*rock\_at\_comcast.nospam.net*)

**Date:** 09/30/04

Date: Wed, 29 Sep 2004 17:26:21 -0700

Patty wrote:

> *Ok. So I tried to do a search in my computer to tell me how to back up my  
> files and I can't find it. I can find back up registry. Is this the same  
> as backing up your hard drive. I want to back everthing up now that I have  
> my computer free of pesty parasites and such so if I should have a problem  
> when installing SP2, I can restore my computer to the state it was in before  
> the installation. Is restoring and backing up the same thing?? If I should  
> have a problem, would I be able to go to system restore to get my computer  
> back to where it was pre-SP2?? As you can see from my many many posts in  
> here that I am not very computer savvy but I am trying to learn. If I  
> backed up the registry, I wouldn't know how to open it and restore it anyway  
> if something should go wrong. Any help here would be appreciated. One more  
> question before I go. Should I disable my NAV antivirus and firewall before  
> installing SP2?? I just want to make sure I get everything right before  
> hand so you won't have to see me posting back in here again after the  
> installation of SP2 with problems of getting online. Thanx so much for your  
> help. You guys are great and you definitely deserve those "expensive perks"  
> (as one poster so rudely mentioned) that you get!!! Patty  
>  
>*

Patty, your best option for keeping your system backed up and for ease of use and speedy restore is to use a disk imaging program like Norton Ghost (now based on the former Drive Image from Powerquest), Acronis True Image or BootItNG. These programs create a compressed image of the complete drive (actually it's done on a partition level). Store this image by burning to DVD or the best is to create them on an external hard drive. This is fast and easy. If the system crashes the whole drive can be restored, but restores can also be done on a file and folder basis. The image is made of the full partition but restores can be any part of it.

For the registry, in addition to a disk imaging program there is an excellent, free tool called ERUNT. This tool will make a backup of the registry that can be restored if needed. Set it up as a scheduled task to backup the registry daily. It is free and highly recommended.

microsoft.public.windowsxp.general: Re: Backing up hard drive

<http://home.t-online.de/home/lars.hederer/erunt/>

In the way of more traditional backup programs, Stompsoft's Backup MyPC is excellent.

Whatever backup scheme you decide on it's imperative that you backup regularly. It is not a question of if but when data loss occurs. Doing an OS upgrade is just one particular situation where you want a backup, but hard drives do fail. Investing some time and money into setting up a reliable backup scheme is well worth it when disaster strikes.