

PRINTABLE GUIDE

Back up your phone and check your photos

A phone backup is not a promise that every file or app is included. Photos and contacts may use separate sync services. Check completion before replacing, resetting or clearing anything.

iPhone or Android | 2 min read | 5 steps

Before you start

- ☐ Home Wi-Fi
- ☐ Sufficient battery or a compatible charger
- ☐ Your own cloud account with enough storage

1. Identify the correct account

Check the account in iPhone Settings or Android's backup area. Confirm you can recover it. Note only the account name, never passwords or security codes.

- ☐ Done this step

2. Start the device backup

iPhone: Settings, your name, iCloud, iCloud Backup, Back Up Now. Android: Settings, Google/Google services, All services, Backup, then Back up now if offered. Manufacturers vary; Settings search for Backup can help locate it.

- ☐ Done this step

3. Wait and verify completion

Stay connected while the backup runs. On iPhone, read the latest completed backup date/time. Android shows backup details and status. Resolve storage or connection errors rather than assuming that enabling backup means an upload has finished.

☐ Done this step

4. Check photos separately

iCloud Photos syncs separately from iCloud Backup when enabled. For Google Photos, check the backup account, chosen folders and completion status. Open a recent sample from the genuine online library or another device; do not delete originals during this check.

☐ Done this step

5. Check contacts and important app data

Review which account holds your contacts and whether it is syncing. SIM-only or local contacts may need separate copying. Check important apps' own backup/export options. Keep an independent copy of irreplaceable material where practical.

☐ Done this step

Try it for yourself

Check the most recent backup result and open one recent photo in your online library.

☐ I tried the task.

My notes

Is syncing the same as an independent backup?

No. Syncing can copy edits and deletions between devices. An independent copy can provide another recovery route for important material.

Official help and the online guide

Apple: iCloud backup - <https://support.apple.com/en-ie/108366>

Google: Android backup - <https://support.google.com/android/answer/2819582?hl=en>

Google: check photo backup - <https://support.google.com/photos/answer/9343402?hl=en>

Apple: photos and iCloud Backup - <https://support.apple.com/en-us/102325>

Read online: <https://plaintech-guides.pages.dev/guides/check-phone-backups/>