

Exporting and Importing Wordpress Pages and Posts

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

Categories: All

Authors: frasera

Date range: Start Date End Date

Status: All

Pages

[Download Export File](#)

1. In your dashboard, select 'Tools', 'Export'

2. Select what you want to export (posts or pages, which author, which categories and date range... for all posts from one author, select as I have done here)

Import

If you have posts or comments in another system, WordPress can import those into this site. To get started, choose a system to import from below:

- Blogger** Import categories, posts, images and comments then maps users from a Blogger blog.
- Categories and Tags Converter** Convert existing categories to tags or tags to categories, selectively.
- WordPress** Import posts, pages, comments, custom fields, categories, and tags from a WordPress export file.

3. Select 'Wordpress'

Import WordPress

Howdy! Upload your WordPress eXtended RSS (WXR) file and we'll import the posts, pages, comments, custom fields, categories, and tags into this site.

Choose a WXR (.xml) file to upload, then click Upload file and import.

Choose a file from your computer: (Maximum size: 20 MB) [Browse...](#) No file selected.

[Upload file and import](#)

4. Browse for your file. Select the xml file in your downloads folder.

Name	Date Modified
educ430cfe.wordpress.2015-06-24.xml	Today, 9:51 AM
MiscRequisitionClaim...l (October 2014)(1).xlsx	Today, 9:43 AM

Import WordPress

Assign Authors

To make it easier for you to edit and save the imported content, you may want to reassign the author of the imported item to an existing user of this site. For example, you may want to import all the entries as `admin`'s entries.

1. Import author: frasera (frasera)
or assign posts to an existing user:

Import Attachments

Download and import file attachments

[Submit](#)

5. Select your name from the drop down. Click 'download and import' file attachments (this will make sure any photos etc are also

You should now see all of your posts and categories! :D

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