

Norton Backup with Thunderbird


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While Norton Backup is fast and easy to use, it suffers from certain limitations. First, it only backs up files with a few extensions, and initially **not** the most important ones (like `cpp`, `h`, `dev`, `tex` and `tcp`). Second, it will not backup files from `AppData` at all (at least in all my attempts).

To restore Thunderbird, you need to copy the entire `Thunderbird` folder from `AppData`, which cannot be done with Norton. Here is a work around. The goal is to turn the entire folder into a file which can be backed up.

First, locate the `Thunderbird` folder either by working up from the profile folder (see [here](#)) or working down from `users` (`AppData` is a [hidden file](#)). Create a shortcut in `documents` by right clicking the `Thunderbird` folder and selecting `Copy` then moving to the `documents` folder, right clicking and selecting `Paste Shortcut`.

This is mostly to save you time later. Alternatively you could pin the `Thunderbird` folder or its parent (`Roaming`) to `Quick access`.

Now, install [7-Zip](#) (or any equivalent program). You also need to create a new working folder, since the default is inside `AppData`. Select `7-Zip File Manager` from the `Start` button list. Go to `Tools` → `Options` → `Folders` and select the `Specified` button. You can use the  (browse) button to create a new working folder inside `Documents`.

Add `zip` to the list of extensions used by Norton. To do this you need to open `Norton 360` → `Backup` → `Backup Sets`. From the overhead bar select `What` then click the box `Edit File Types`. Click any of the `Configure` buttons (such as for `Email` or `Other File Types`). You can use the `Add New` button and type in `zip` (it will automatically catch duplicates).

From `Documents` right click `Thunderbird - Shortcut` and select `7-Zip` → `Compress to "Thunderbird.zip"` (first time). You can run Norton Backup and verify that this file is saved. When you extract this file with `7-Zip`, it will overwrite the original `Thunderbird` folder as intended.

Every time before you backup your data, you need to right click `Thunderbird - Shortcut` and select `7-Zip` → `Add to "Thunderbird.zip"`. It also compresses the data, but that is just a bonus.