How to Backup and Restore a Docker Volume

Purpose

Backup and restore Docker volumes easily for disaster recovery or migration between servers.

1. List Your Volumes

First, identify which volume you want to backup:

```
docker volume ls
```

2. Backup a Volume

Create a compressed backup (.tar.gz) of the volume:

```
docker run --rm \
  -v my-volume:/volume \
  -v $(pwd):/backup \
  alpine \
  tar czf /backup/my-volume-backup.tar.gz -C /volume .
```

- `my-volume`: The name of the volume you are backing up.
- `$(pwd)`: Your current directory will store the backup file.

3. Restore a Volume

Restore the volume from a backup archive:

```
docker run --rm \
  -v my-volume:/volume \
  -v $(pwd):/backup \
  alpine \
  tar xzf /backup/my-volume-backup.tar.gz -C /volume
```

Summary

- **Always test your backups** after creating them.
- Volumes can be moved between servers by copying the .tar.gz files.
- Use `alpine` for lightweight backup/restore operations inside containers.

Useful Commands

- Inspect volume: `docker volume inspect my-volume`
- Delete unused volumes: `docker volume prune`

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