

How to Backup and Restore Docker Volumes

Purpose

Backup and restore Docker volumes to protect persistent container data or migrate storage between servers.

1. Backup a Docker Volume

Use `tar` to archive a Docker volume:

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

- `my_volume`: Name of the Docker volume.
- `$(pwd)`: Current directory where the backup will be saved.
- `volume-backup.tar.gz`: Output backup file.

2. Restore a Docker Volume

Use `tar` to extract the backup:

```
docker volume create my_volume
docker run --rm \
  -v my_volume:/volume \
  -v $(pwd):/backup \
  alpine \
  sh -c "cd /volume && tar xzf /backup/volume-backup.tar.gz"
```

- Ensure you restore into a clean, newly created volume to avoid conflicts.

□ Summary

- **Always backup volumes** before upgrading or moving containers.
- Use lightweight images like `alpine` to create archives easily.

□□ Useful Commands

- List Docker volumes: `docker volume ls`
- Inspect a volume: `docker volume inspect my_volume`

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