

Advantages and disadvantages of file-level backup

This article applies to:

- CuteBackup

QUESTION: There are only files and folders on my disks. Would "Back up Files" always be used instead of "Back up Disk or Partition?"

ANSWER: No. File-level backup is not a substitute for traditional partition/disk backup. It has both advantages and disadvantages.

Advantages of file-level backup:

1. Backups of a small subset of folders or files on a volume.
2. Flexible backup policies for different data types on the same volume (for example, daily backup of office documents and monthly backup of photo album)
3. Chains of incremental archives. Incremental archives reduce occupied space on storage since they contain only changed files.

Disadvantages of file-level backup:

1. Slower speed when working with a large amount of data.
2. Not suitable for operating systems backup.
3. Works only with a limited set of file systems.

Also, the current version of CuteBackup does not support **encrypted files** in file-level backups.

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