

# Backup, imaging and cloning

Macrium Reflect creates File and Folder backups as well as disk images including cloning complete disks. The [Macrium Reflect Server Plus for Exchange and SQL](#) version adds MS Exchange and MS SQL Server backup capabilities to this.

A File and Folder backup is a useful way to backup your working files, personal files and precious data. Unlike other backup solutions Macrium Reflect can backup open and locked files by using Microsoft Volume Shadow copy Service (VSS). You can backup your *Documents* folder and save the backup configuration as an XML file for easy re-running and scheduling.

A Disk Image stores the information required to completely restore disks (or their individual partitions) exactly as they were when the image was taken.

Cloning with Macrium Reflect creates an exact copy of partitions to a different drive. For example, Upgrading to a larger hard drive or moving from a large magnetic hard disk to a smaller and faster SSD. When you Clone a hard drive, you can boot from the target disk on the same system after cloning.

## Important

 Windows cannot boot from a USB connected drive. This is a restriction imposed by Windows. If you clone your system disk to a USB connected external drive then, to boot your clone, the physical disk must be removed from the USB caddy and attached to your Motherboard SATA port.

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