

Update WordPress with FTP

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You can update WordPress to its latest version through FTP. **Warning:** You should always backup your site before updating. Log in to WordPress [Deactivate all of your plugins](#). From the **Dashboard** menu, click **Updates**. Under the heading "An updated version of WordPress is available," click **Download** to get a .zip file containing the new version of WordPress. The file will be downloaded to your local computer.

Note: Alternatively you can download the .zip from the [WordPress Release Archive](#). Unzip the file. Connect to your hosting with FTP. Delete the **/wp-admin** and **/wp-includes** folders. Delete all files in your WordPress site's home directory, except the **.htaccess**, **wp-config.php** and **robots.txt** files. Upload the files, wp-content folder, and wp-includes folder from the unzipped WordPress folder on your local computer. You can skip the wp-content folder for now. Once the uploads complete, When prompted, click **Update WordPress Database**. Once complete, click **Continue** If you have any default WordPress themes installed you can now [update them from within the WordPress dashboard](#). You can now [activate your plugins again](#). **Note:** If you don't have a way to unzip the file on your hosting account, you'll need to unzip the file on your local computer, and then upload the unzipped folder of files.

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Online URL: <https://www.heartinternet.uk/support/article/update-wordpress-with-ftp.html>