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Exporting and importing content between two WordPress sites

WordPress & CMS

CODE

RLX-MZ-KB-1900

VERSION

v2026.10.15

COUNTRY · LANGUAGE

Mozambique · English

Interweb Mozambique

RLX Holdings, S.A. · Group RLX Holdings

Tax ID (NUIT) 401 191 607 · Legal entity no. (NUEL) 105 045 974 · Economic activity code (CAE) 62022

<https://www.meu.interweb.co.mz/knowledgebase/1900>



The short answer: WordPress has its own tool to carry the **content** (pages, posts, comments, menus, images) from one site to another, under **Tools > Export** and **Tools > Import**. It carries the text, **not** the theme, plugins or settings. To move the whole site, use a migration.

What goes and what stays

Item	Is it in the file?
Pages and posts	Yes. You can pick just one type, one author or a date range.
Comments and categories	Yes, with the posts.
Menus	Yes, when you export everything.
Images	The link to each goes; the import can download them from the source site if it is still online.
Theme, plugins and settings	No. Install them separately on the new site.

Step by step

- 1** **On the source site,** go to Tools > Export, choose “All content” (or just what you want) and download the .xml file.

- 2** **On the destination site,** first install the theme and the plugins the content depends on: **Installing a WordPress theme.**

3

Go to Tools > Import, choose “WordPress” (the dashboard asks you to install the importer; accept) and upload the file. If it is large: **Raising the upload limit**.

4

Assign the authors to users of the new site and tick “Download and import file attachments” to bring the images.

5

Check: open the pages, the menus and the images. Put the menu in the right location, because the import does not always do it.

This is not a backup. The file does not keep the theme, plugins, settings or users with passwords. To keep the whole site, or to take it from one domain to another, use **Moving WordPress to a new domain**.

If the source site is no longer online, the images cannot be downloaded. Do the export while it still responds, or take the images folder separately.

Want help moving content from one site to another? Open a ticket with the two addresses.

[Open a support ticket](#)

SEE ALSO

[Moving WordPress to a new domain without losing anything](#)

[What to back up before you update WordPress, plugins or PHP](#)

[WP-CLI over SSH: updating and fixing WordPress from the command line](#)



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