How do I export my LastPass data?

Q: How do I export my LastPass data?

Answer

1. You can go to your LastPass Icon > Tools > Advanced Tools > Export To to export your usernames and passwords into one of several formats.

- You can export in a .csv file (comma separated value) - essentially an Excel spreadsheet.
- You can also export back to your browser password manager.

2. We strongly suggest at the very least password protecting this file from within excel for office.

Office 2010/2013 (Windows):

1. Click the Microsoft Office Button , click Save As, and on the bottom of the Save As dialog, click Tools.
2. On the Tools menu, click General Options. ...
3. Under File sharing, in the Password to modify box, type a password.
4. In the Confirm Password dialog, re-type the password.

Office 2011 (MAC):

1. Open the workbook you want to protect.
2. On the Review tab, under Protection, click Passwords.
3. In the Password to open box, type a password, then click OK. (Note: Password to modify, does not encrypt the document)
4. In the Confirm Password dialog box, type the password again, then click OK.
5. Click Save.

3. Another option is exporting to an encrypted file, which can then be read by LastPass Pocket. If you do not see this option, please ensure that you have the binary component installed.

4. Exporting from your Online Vault at https://lastpass.com/ will cause your browser to open a tab and display your data in plain text. Copy and paste this data into a plain text file and save the document as .csv file. This information is not stored in your browser's cache. If you use step 2 and find this behavior, this is because the binary component is not installed.

**Please note that Fill Form profiles cannot be exported.

See Also

- LastPass Landing Page