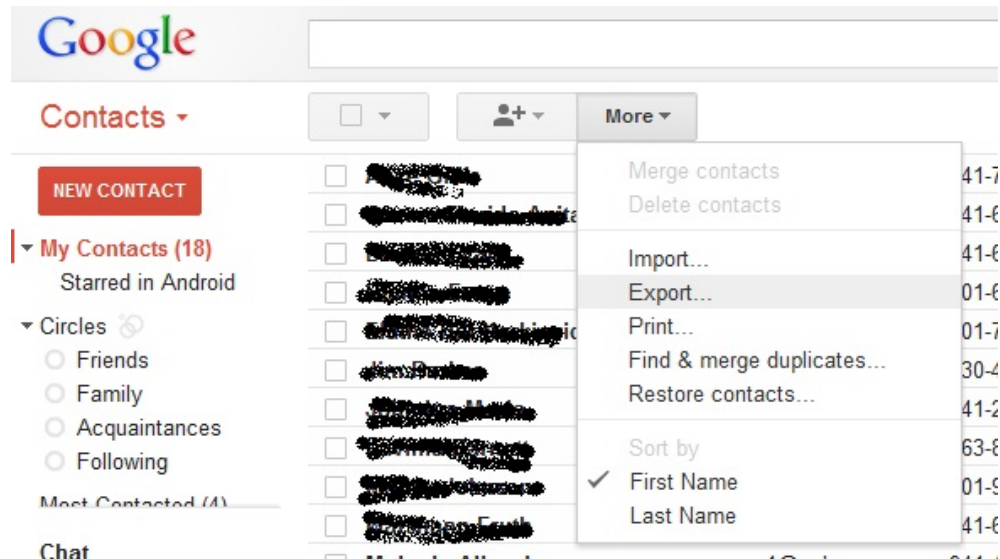


Export Gmail Contact List

by Dick Evans

You keep all your contact information in Gmail, but the Internet is not available. How do you access your contacts and get their address or phone numbers?



Open the Contacts page in Gmail.
Pull down the More menu
Select Export...

Export contacts

Which contacts do you want to export?

- Selected contacts (0)
- The group (18)
- All contacts (41)

Which export format?

- Google CSV format (for importing into a Google account)
- Outlook CSV format (for importing into Outlook or another application)
- vCard format (for importing into Apple Address Book or another application)

[Learn more](#)

Choose the Outlook CSV format, and then click Export

The file downloads to your computer as contacts.csv

A CSV (comma separated value) file is a text file. It can easily be opened in any spreadsheet program (Excel, OpenOffice, Google Docs, etc) and then used to locate all your contact information on your computer without any need to access Gmail on the net.

Exporting from Gmail to your computer can be done at any time and is a good way to back up your contacts from the cloud.