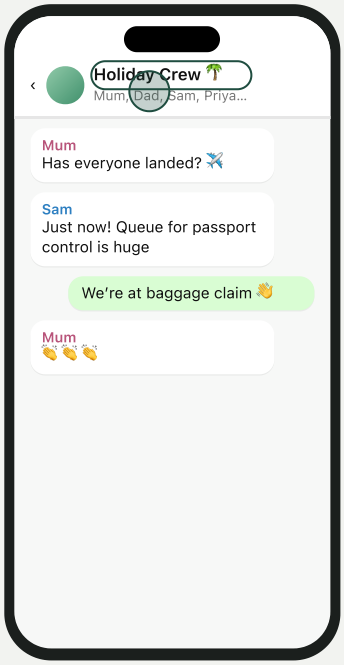
BEFORE YOU UPLOAD

How to export a WhatsApp chat

Any chat works: a group, a couple, two friends. It takes about a minute on an iPhone, plus a few more while your phone packs up the photos. Nothing changes in the chat itself.

1 Open the chat and tap its name

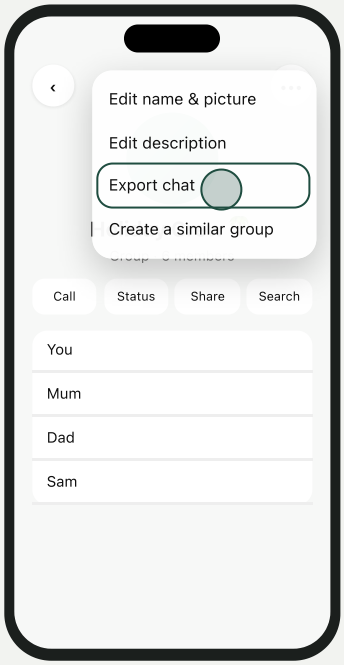
Open WhatsApp, go into the chat you want, and tap the **name at the very top** of the screen. That opens the chat's info page.



2 Tap ••• , then Export chat

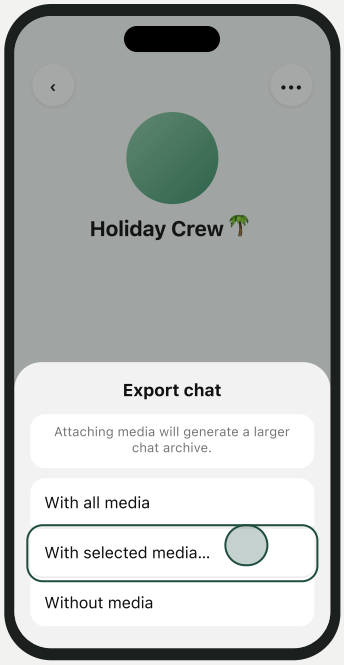
On the info page, tap the **three dots** in the top-right corner and choose **Export chat**.

Don't see the dots? Older versions of WhatsApp put **Export chat** near the bottom of the info page instead. Scroll down to find it.



3 Choose With selected media…

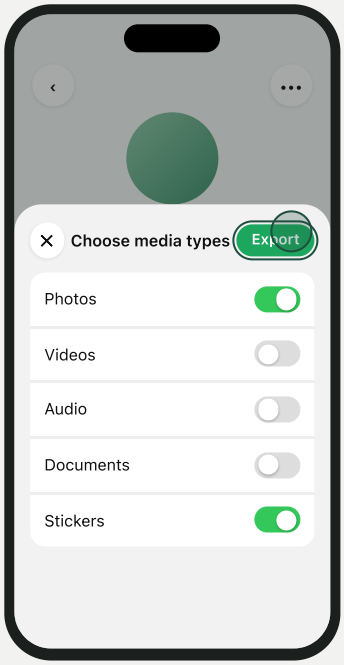
You'll be asked what to include. **With selected media** keeps the photos but skips the bulky stuff. The photos are what make the book.



4 Turn on Photos, then tap Export

Switch on **Photos** (and **Stickers** if you like them). Leave **Videos**, **Audio** and **Documents** off, then tap **Export**.

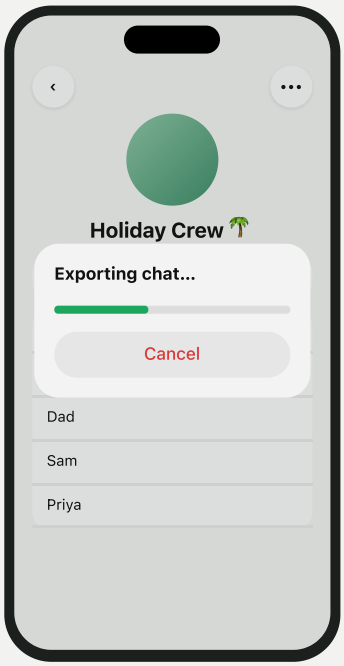
Why leave videos off? A few years of videos can make the file several gigabytes: slow to save, and videos can't go in a printed book anyway.



5 Wait while it packs up

You'll see **Exporting chat…** with a progress bar. A long chat with lots of photos can take a few minutes.

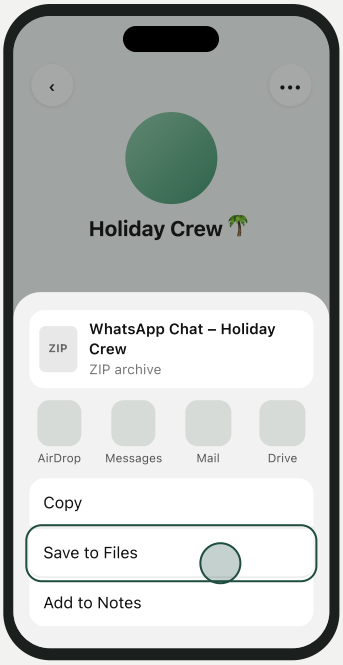
Keep WhatsApp open and your screen on until it finishes. Don't tap Cancel.



6 Save it: Save to Files

When it’s done, your share menu opens. Scroll down, tap **Save to Files**, pick a folder (e.g. *On My iPhone › Downloads*) and tap **Save**.

You’ll have one file called something like **WhatsApp Chat – Holiday Crew.zip**. That’s the one you upload.



What’s inside the file

The whole conversation as a text file (*_chat.txt*), plus the photos you chose. It’s a copy. Your chat stays exactly as it was.

What doesn’t come across

“View once” photos and messages, anything already deleted from the chat, and any media types you switched off.

If it’s slow or fails

Connect to Wi-Fi, plug in to charge and free up some storage, then try again. Still stuck? Email hello@threadandbound.co.uk.

THREAD & BOUND

Steps match WhatsApp on iPhone, September 2026. Menus can move between app versions. Got the file? Upload it at threadandbound.vercel.app for a free chapter.