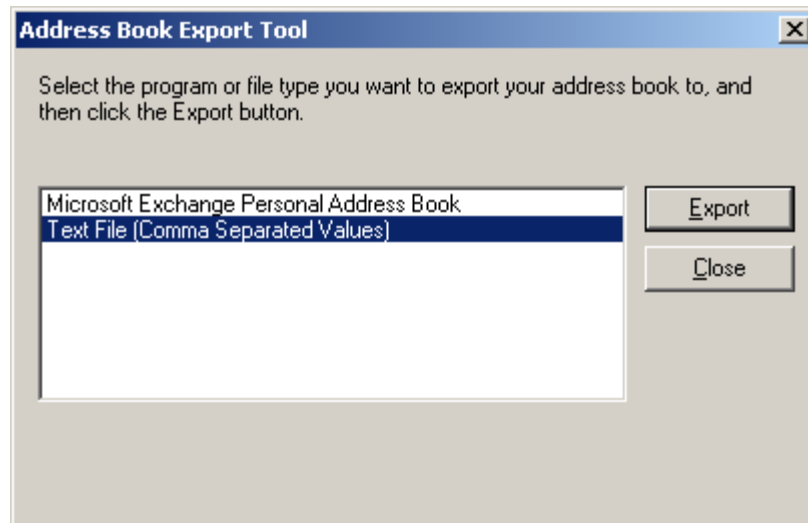


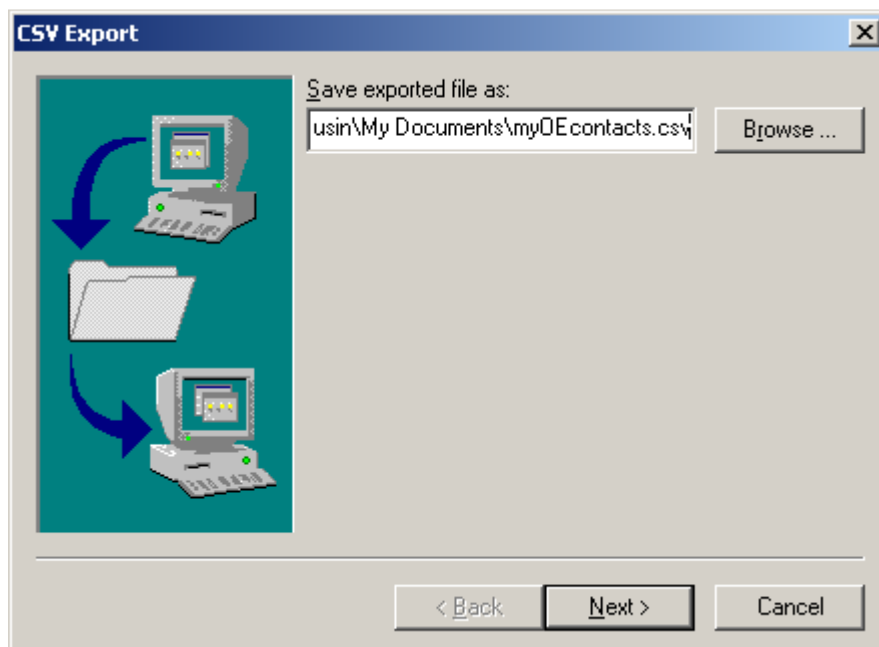
Exporting Contacts from Outlook Express 6 and Importing them into Gmail

To export your Outlook Express Address Book, open Outlook Express and Click on **File**.
Then click on **Export**
Then select **Address Book...**

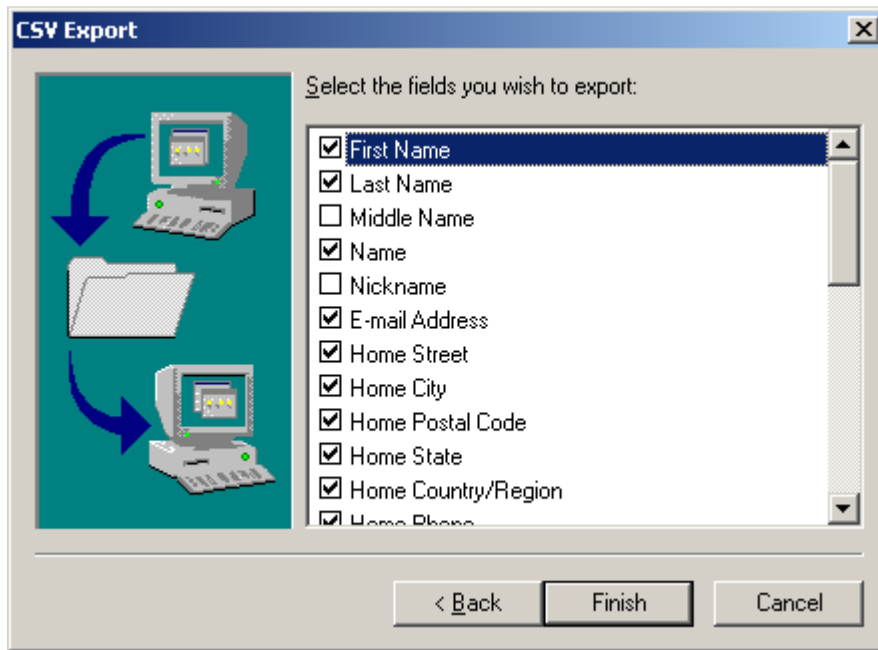
Select the type of file format to export to. Gmail accepts CSV files (Comma Separated Values) so select **Text File (Comma Separated Values)** and click **Export**.



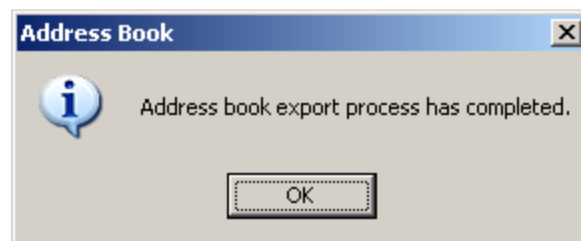
Select a folder and file name where you want your CSV file saved and then click **Next**.



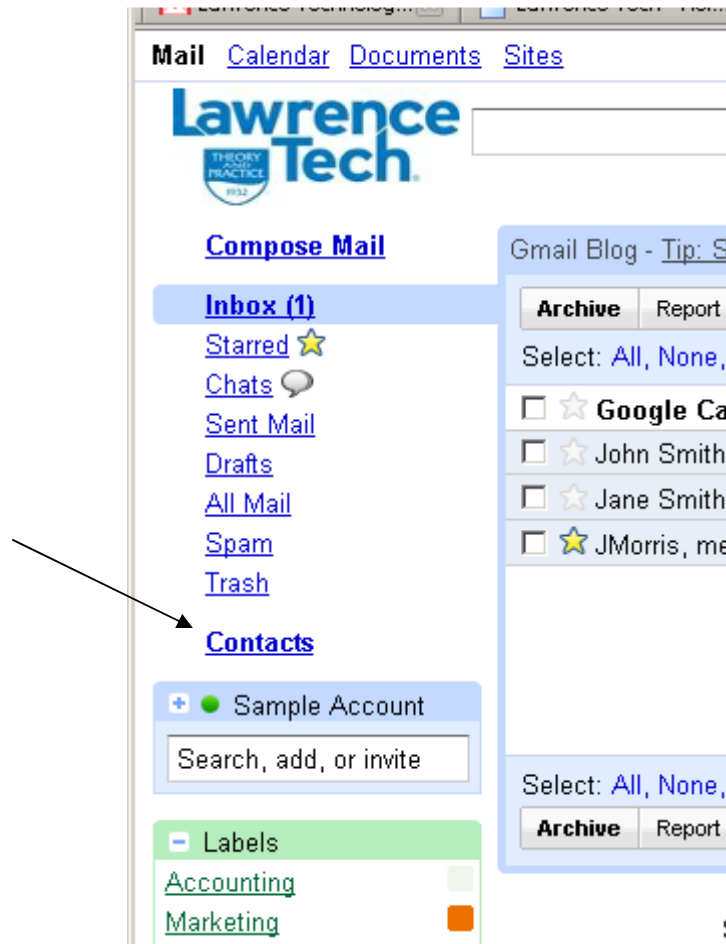
Choose the fields you wish to export. You may select any or all fields to export.
When you are finished making your selections, click **Finish**.



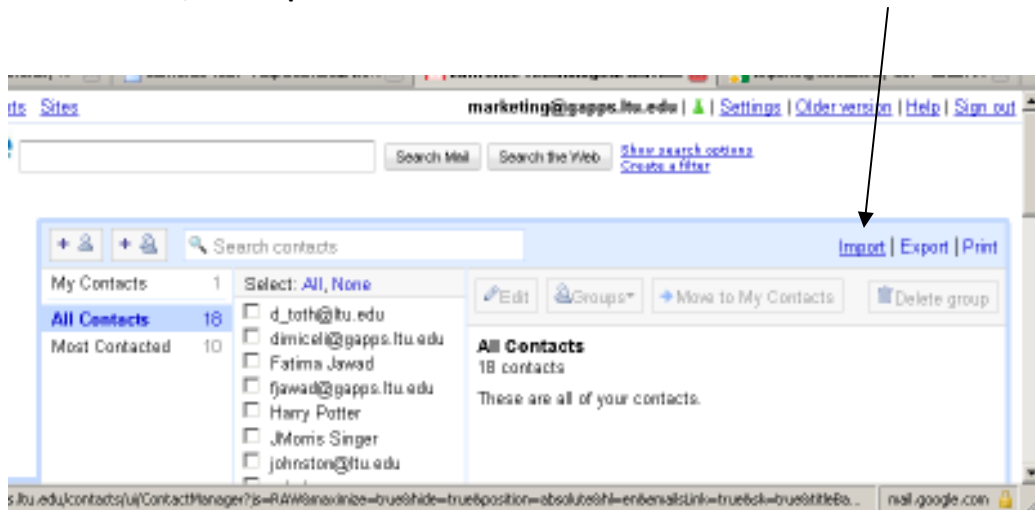
A window indicating the export progress will appear. When the export is complete, a message box will tell you that the the Address book export process has finished.



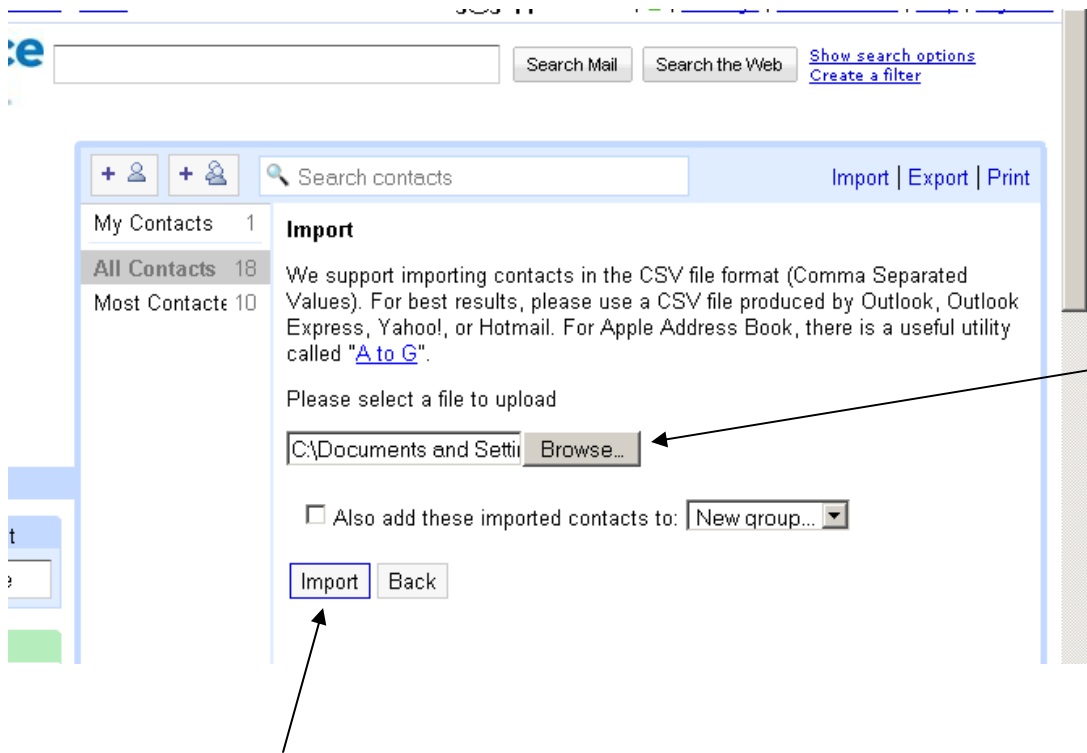
Now, login into your Gmail account and click on **Contacts**



In the Contacts window, click **Import**.



Click the **Browse** button and locate the file where your contacts CSV file is saved and select it.
Then click the **Import** button.



When your contacts have been imported, a message with the total number of contacts imported will be returned. Click **OK** and you'll see your contacts in the Main contacts window.

