Get started with IMAP and POP3

POP and IMAP is what allows you to download messages from Gmail's servers onto your computer so you can access your mail with a program like Microsoft Outlook or Thunderbird, even when you aren't connected to the Internet.

Select an option below for instructions on how to enable POP or IMAPI want to enable POP

You can read your Gmail messages from a client or device that supports POP, like Microsoft Outlook.

Here's how to enable POP in Gmail:

1. Sign in to Gmail.

2. Click the   gear in the top right.
3. Select **Settings**.
4. Click **Forwarding and POP/IMAP**.
5. Select **Enable POP for all mail** or **Enable POP for mail that arrives from now on**.
6. Choose what to do with your messages after your POP client or device receives them.
7. Click **Save Changes**.

Although the radio button next to your selected option may not stay selected, Gmail displays the status next to 'POP Status:.' When you enable POP, your settings display 'POP Status: POP is enabled.'

If your POP settings are turned off, the status will indicate that POP is disabled.

Once you've enabled POP in your Gmail settings, you need to configure your client. Select a client below to see specific configuration instructions.

Outlook

1. Open Outlook
2. Click the **Tools** menu, and select **Accounts** or **Account Settings...**
3. On the **E-mail** tab, click **New...**
4. If you are prompted to **Choose E-mail Service**, select **Microsoft Exchange, POP3, IMAP**, or **HTTP**, and click **Next**.
5. Use the information below to configure POP with your mail client.

If you're setting up POP for the first time, confirm your settings to make sure they're correct Ok, confirm my settings. Will need to change security settings

If you're not using one of the clients or devices above, we offer general instructions on configuring some clients below. If you encounter difficulties, we suggest contacting your mail client's customer support department -- we're unable to provide assistance for clients not listed above.

Standard configuration instructions:

Incoming Mail (POP3) Server - requires SSL:	pop.gmail.com **Use SSL**: Yes **Port**: 995
Outgoing Mail (SMTP) Server - requires TLS or SSL:	smtp.gmail.com **Use Authentication**: Yes **Port for TLS/STARTTLS**: 587 **Port for SSL**: 465
Server timeouts	Greater than 1 minute, we recommend 5
Full Name or Display Name:	[your name]
Account Name or User Name:	your full email address (including @gmail.com or @your_domain.com)
Email Address:	your email address (username@gmail.com or username@your_domain.com)
Password:	your Gmail password

Unless you're using recent mode to download mail to multiple clients, make sure you've opted not to leave messages on the server. Your POP settings in Gmail settings are what determines whether or not messages stay on the server, so this setting in your client won't affect how Gmail handles your mail.

If your client does not support SMTP authentication, you won't be able to send mail through your client using your Gmail address. If you're having trouble sending mail but you've confirmed that encryption is active for SMTP in your mail client, try to configure your SMTP server on a different port (465 or 587).