Creating a PowerShell Backup Script for VPS Syncthing Folders

I'm using Robocopy to sync folders with logic to skip unchanged files.

```
# Define source and destination paths
$source1 = "C:\Users\aonat\BookStack-VPS-Backups"
$source2 = "C:\Users\aonat\Default Folder"
$destination = "E:\VPS-Backups"

# Ensure destination exists
if (!(Test-Path -Path $destination)) {
    New-Item -Path $destination -ItemType Directory
}

# Mirror BookStack-VPS-Backups
Robocopy $source1 "$destination\BookStack-VPS-Backups" /MIR /Z /FFT /XA:H /W:5 /R:3 /XO

# Mirror Default Folder
Robocopy $source2 "$destination\Default Folder" /MIR /Z /FFT /XA:H /W:5 /R:3 /XO
```

The only thing that is confusing in the script is all the logic trailing the Robocopy commands. Here is the breakdown of that:

- `/MIR` – Mirrors folder (adds new, removes deleted files)
- `/XO` – Excludes older files (does not overwrite newer destination files)
- `/Z` – Enables restartable mode (safe for external drives)
- `/FFT` – Treats file times as FAT-style (2-second tolerance; good for cross-OS syncing)
- `/XA:H` – Skips hidden files
- `/W:5` / `/R:3` – Waits 5 seconds and retries 3 times on errors

I tested and made sure the script worked as intended:

```
      New Dir          1    C:\Users\aonat\Default Folder\.stfolder\
        New File             118    syncthing-folder-37a8ee.txt
100%

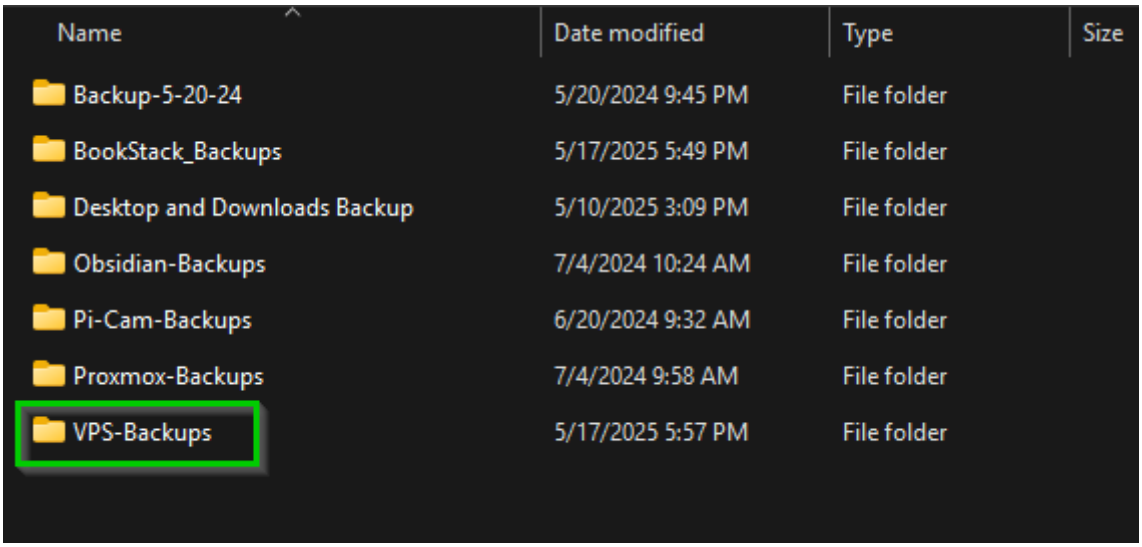
------------------------------------------------------------------------------

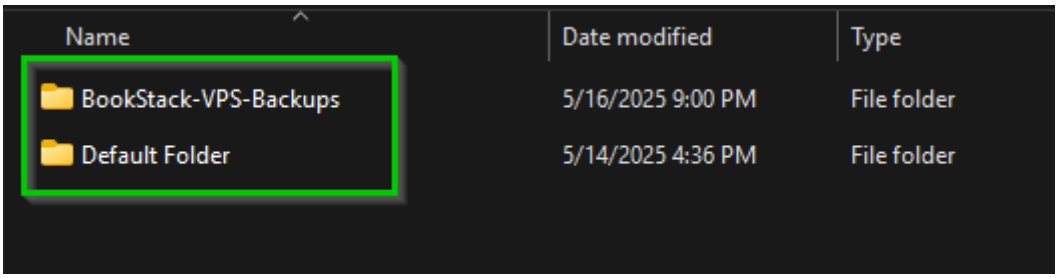
               Total    Copied   Skipped  Mismatch    FAILED    Extras
    Dir :          2         2         0         0         0         0
   Files :         9         9         0         0         0         0
   Bytes :    1.89 m    1.89 m         0         0         0         0
   Times :   0:00:00   0:00:00                       0:00:00   0:00:00


   Speed :           181,084,909 Bytes/sec.
   Speed :            10,361.762 MegaBytes/min.
   Ended : Saturday, May 17, 2025 5:57:57 PM

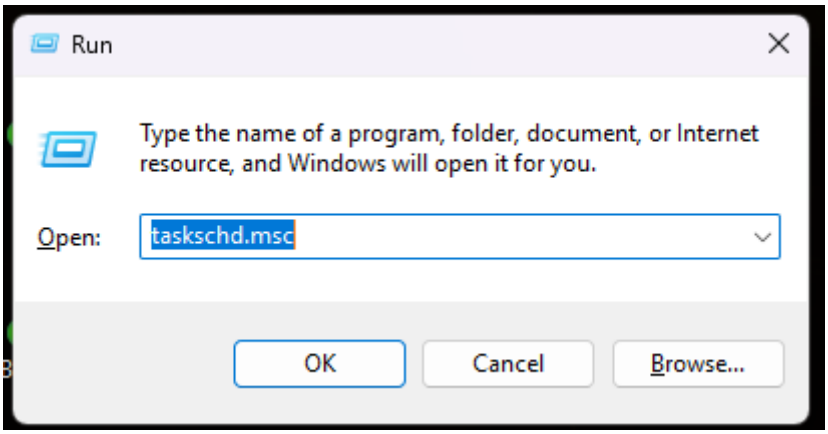
PS C:\WINDOWS\system32>
```

It indeed copied the folders and files I needed:

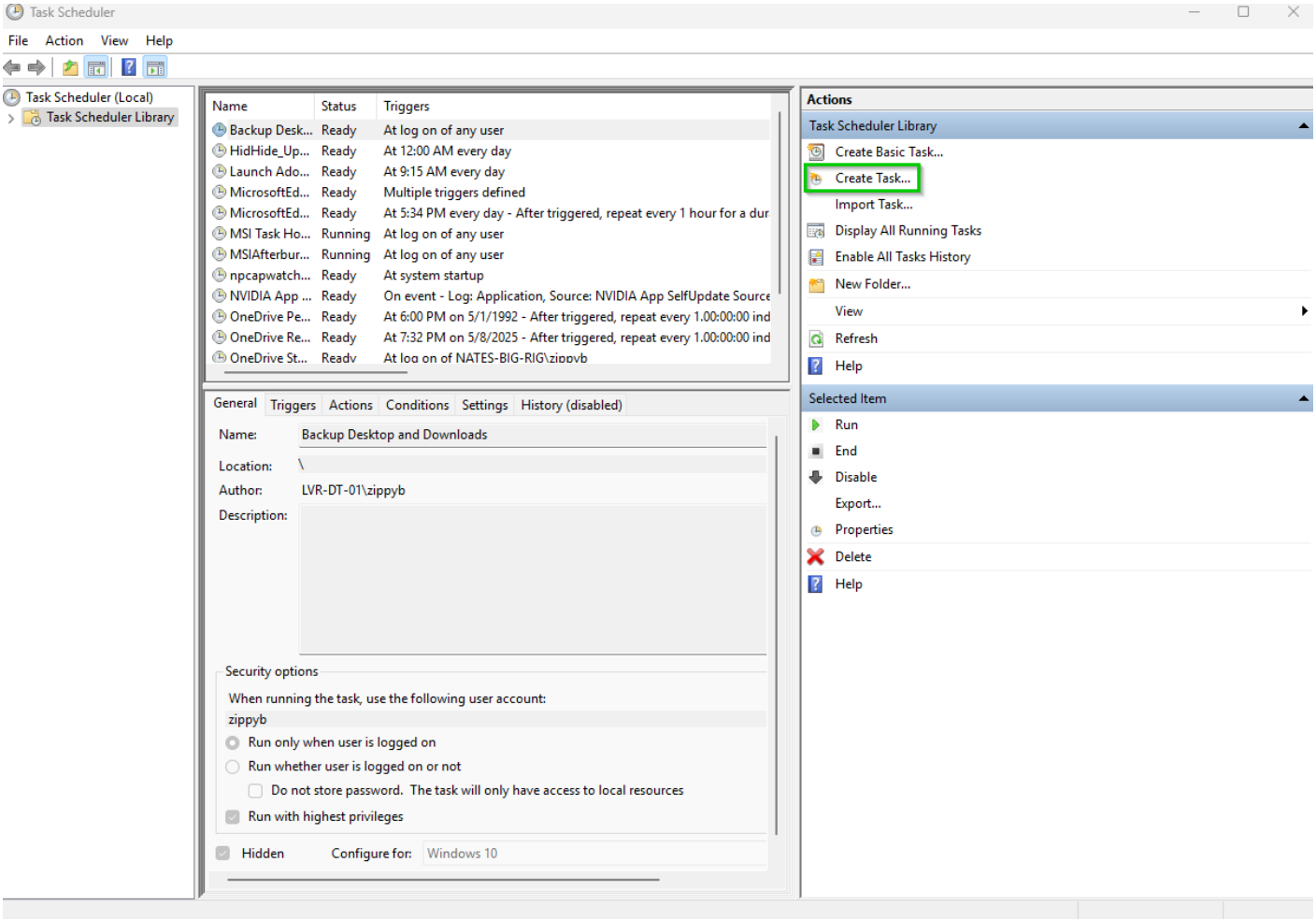




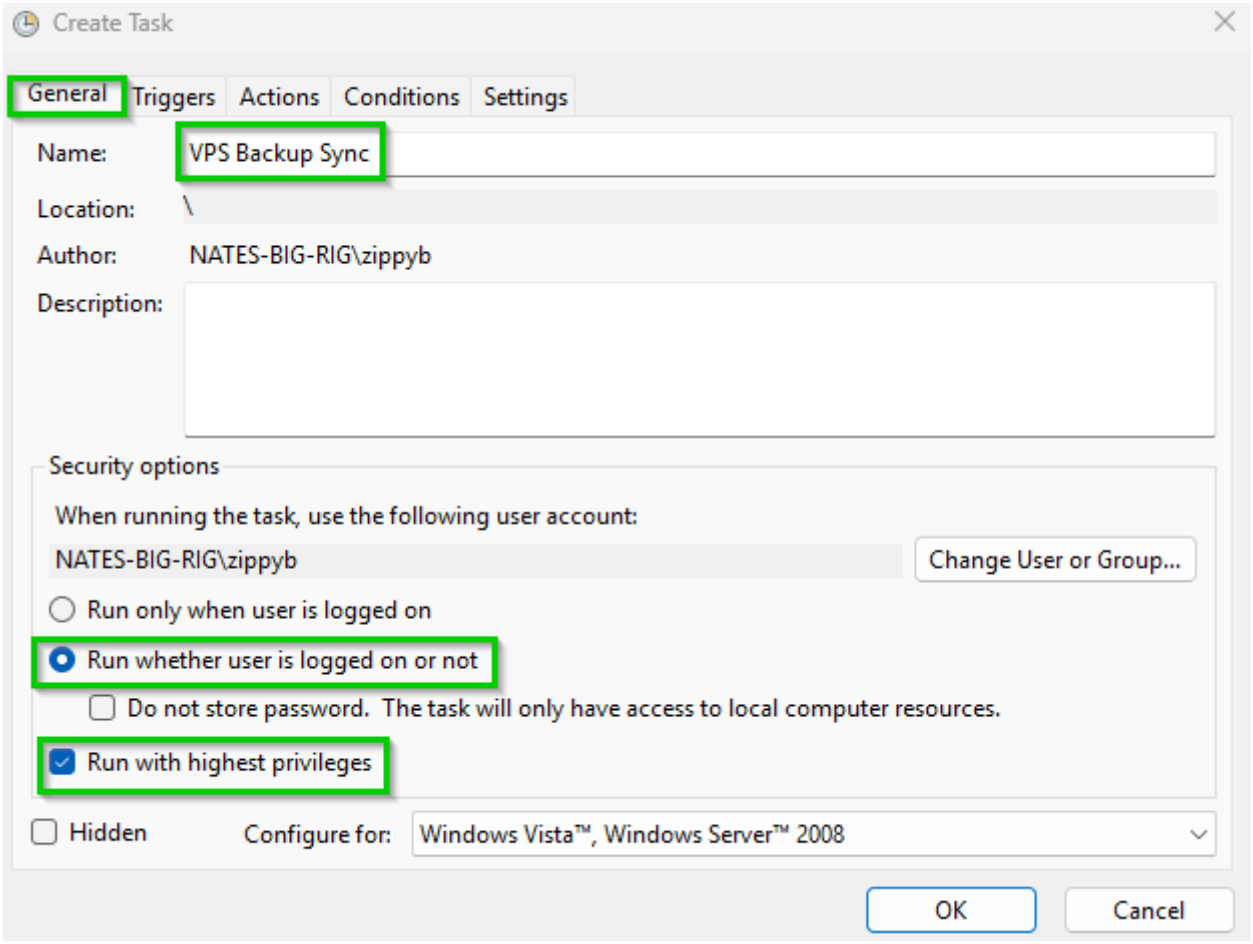
I then created a task in the Task Scheduler by doing Win + R and entering taskschd.msc



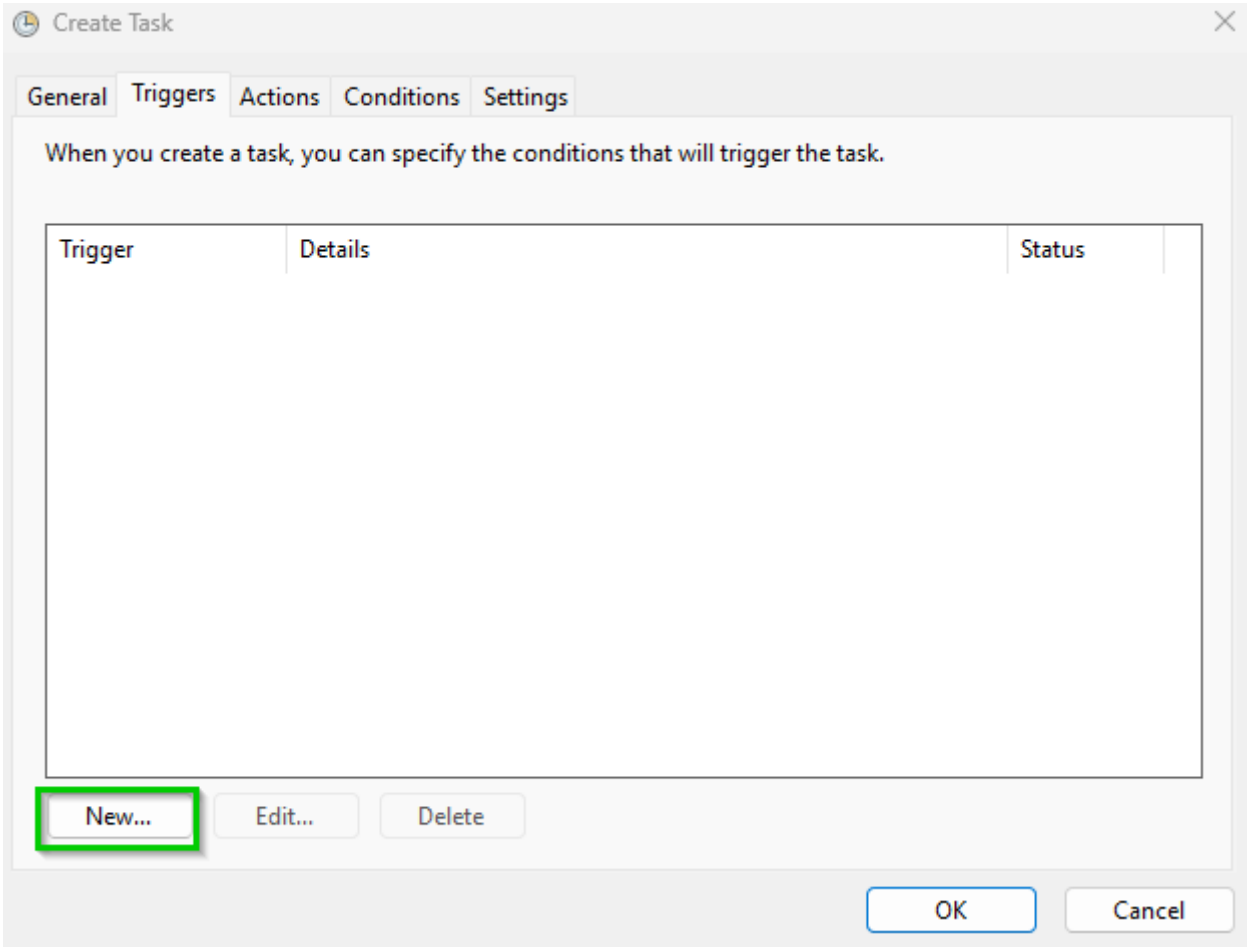
Create New Task:

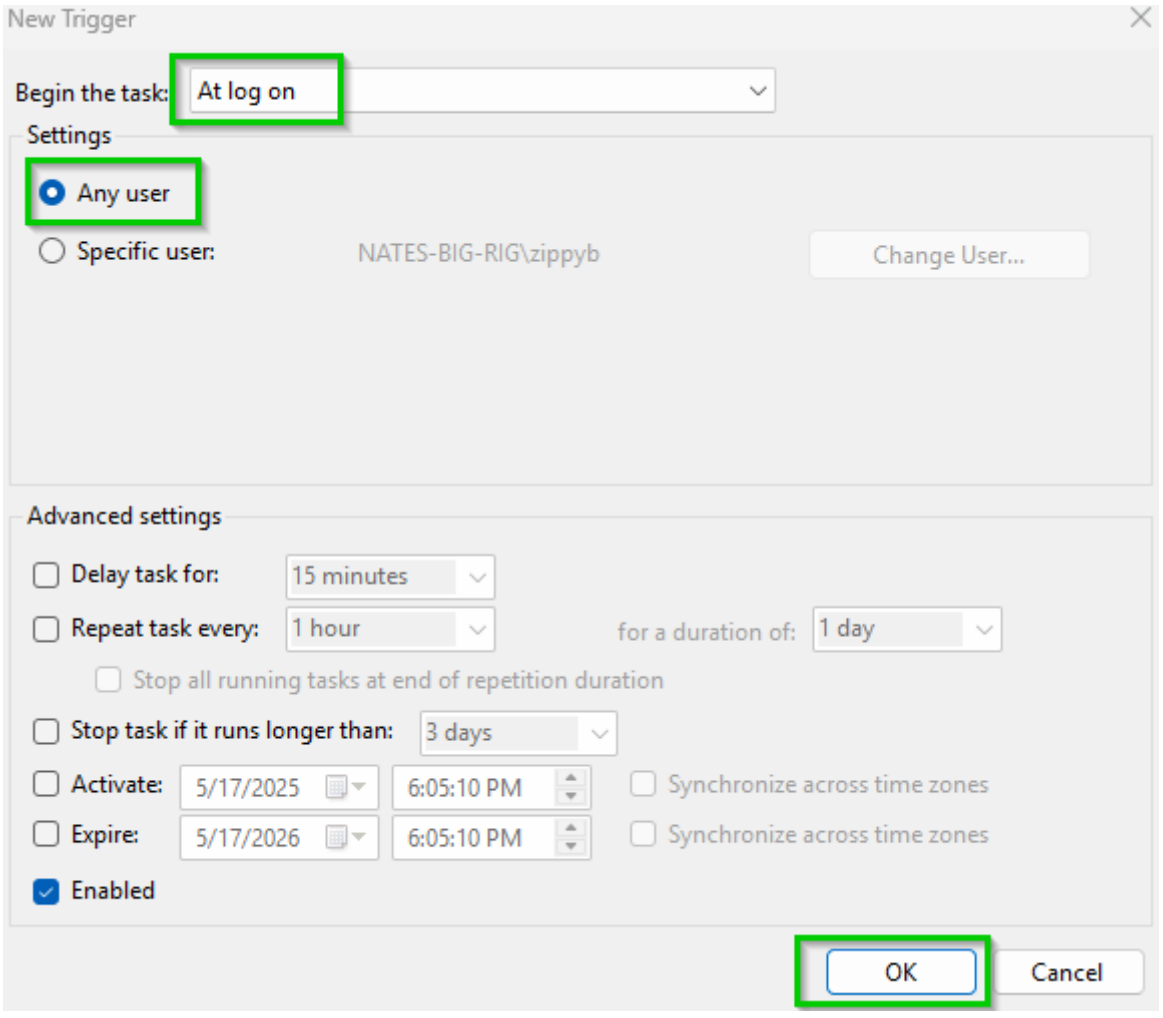


Under General Tab create a Name and check the 2 boxes below:

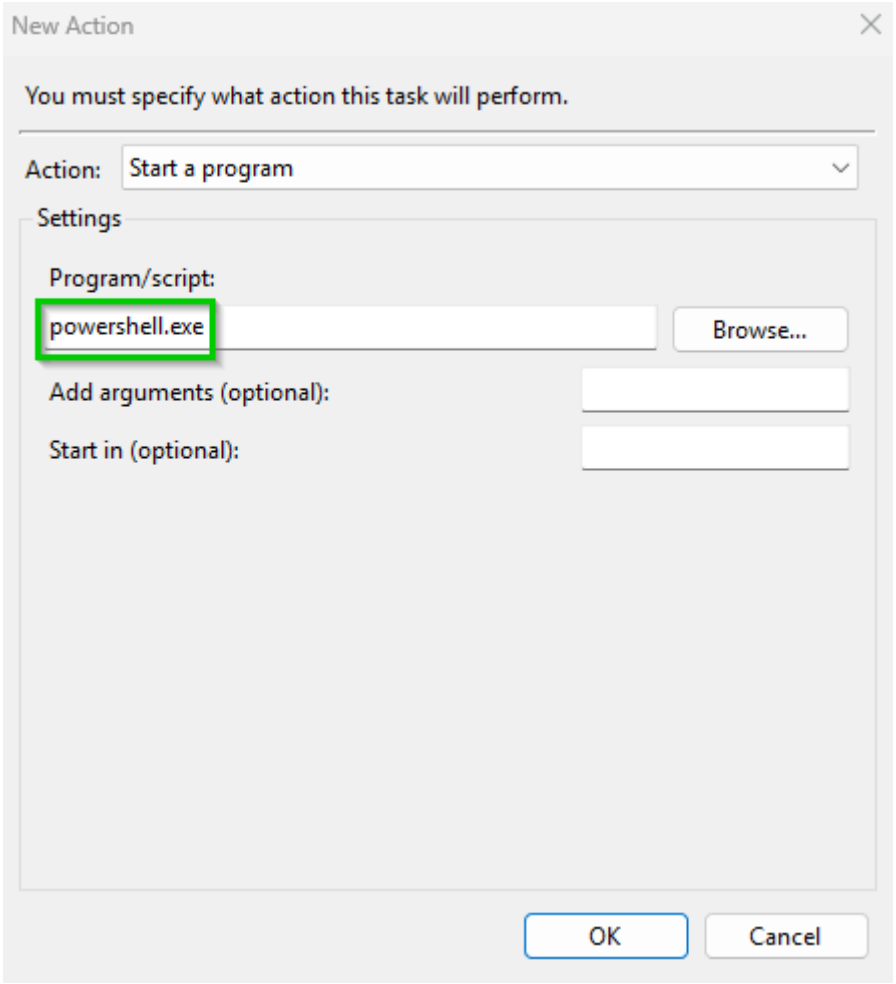


Under the Triggers tab click New, Begin Task at Logon, and for Any User:


Create Task
General
Triggers
Actions
Conditions
Settings
When you create a task, you can specify the conditions that will trigger the task.
Trigger
Details
Status
New...
Edit...
Delete
OK
Cancel

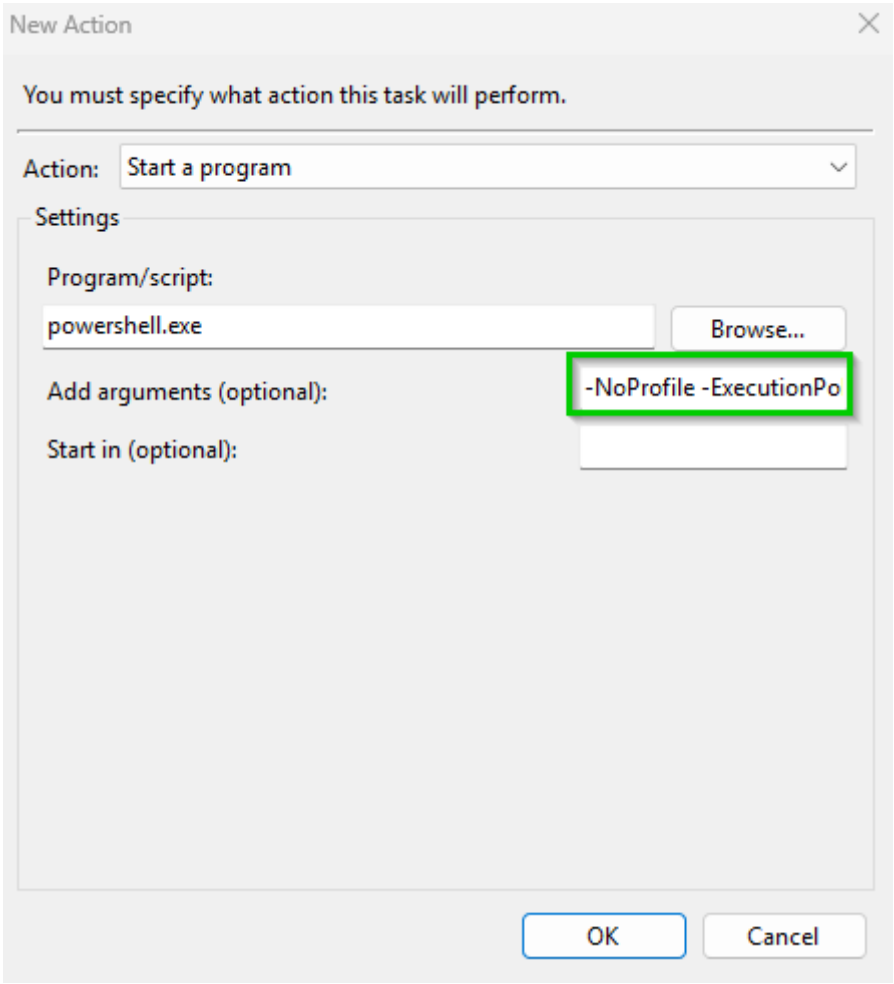

New Trigger
Begin the task:
At log on
Settings
Any user
Specific user:
NATES-BIG-RIG\zippyb
Change User...
Advanced settings
Delay task for:
15 minutes
Repeat task every:
1 hour
for a duration of:
1 day
Stop all running tasks at end of repetition duration
Stop task if it runs longer than:
3 days
Activate:
5/17/2025
6:05:10 PM
Synchronize across time zones
Expire:
5/17/2026
6:05:10 PM
Synchronize across time zones
Enabled
OK
Cancel

Under the Actions Tab, Click New > Start a Program > powershell.exe

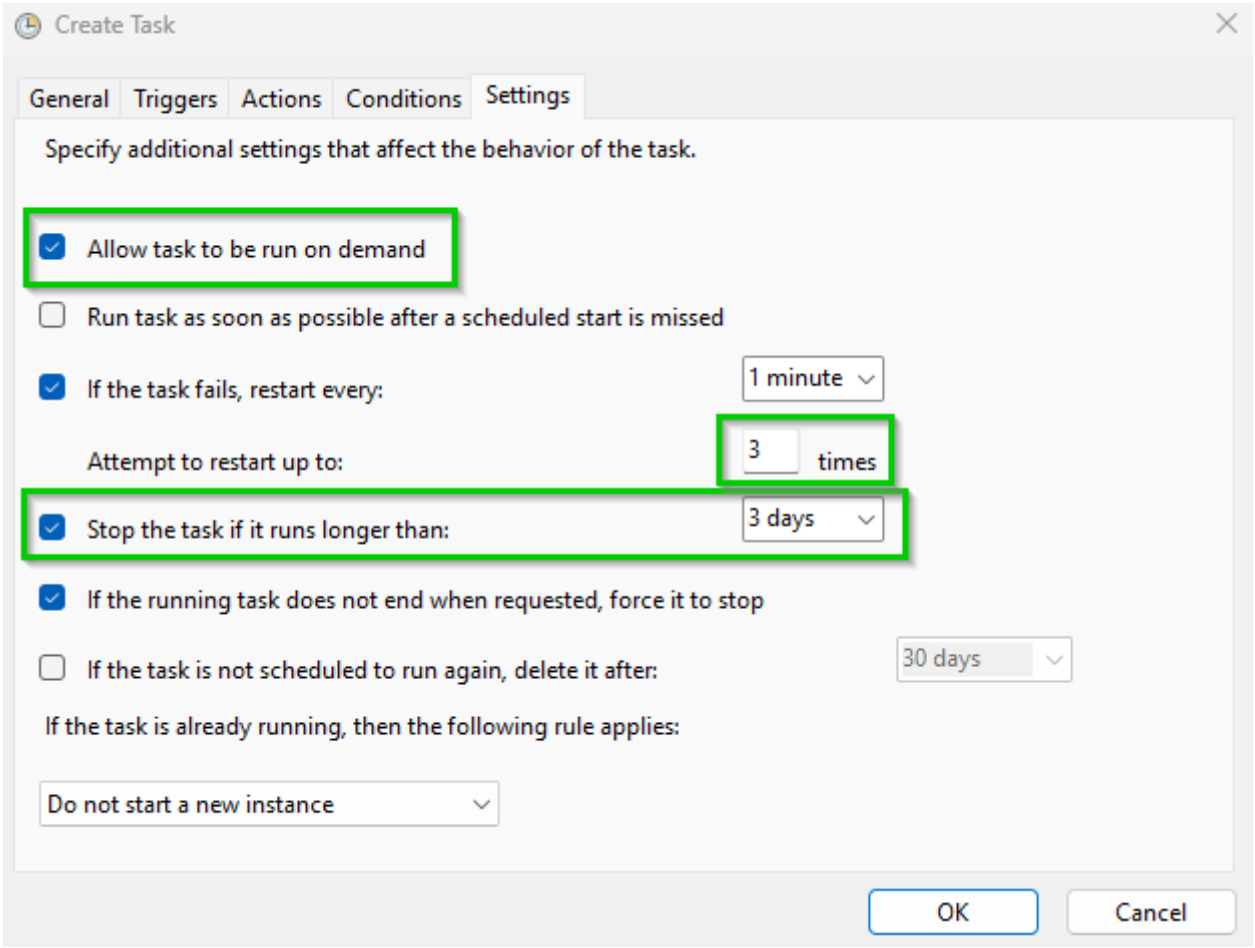


Add this argument script in the Add arguments section replacing the path to the script:

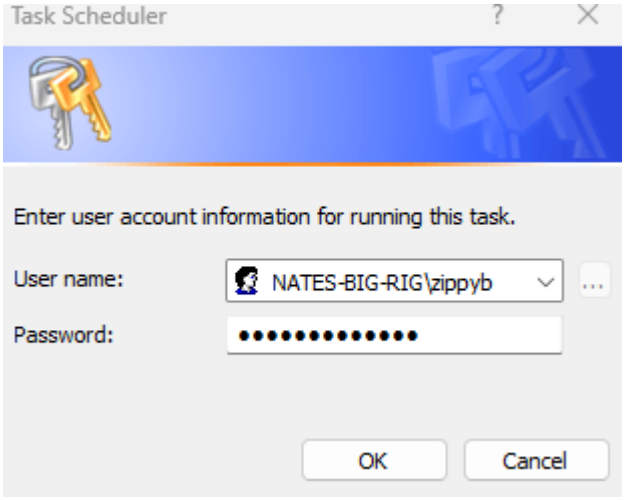
```
-NoProfile -ExecutionPolicy Bypass -File "C:\Path\To\backup-vps-folders.ps1"
```



Under Settings do the following:



Click OK and then it will prompt you for your logon password:



Once you enter that correctly this will run on logon and make sure you have another offsite backup out of Syncthing.

Revision #1
Created 17 May 2025 23:00:47 by Nate Nash
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