



Below is a template of what information is needed to ftp upload to your website.

	Your details to keep in a safe place	
Sitename		The name of your provider
ftp / host name		ftp.users.bigpond.com
Username		Usually the username or email address
Password		Usually the password associated with the username or email address
Other setting	Are usually the default for the program but the help files on the hosting can give the correct settings.	

The above details can be used with any ftp program.