Overview of FTP

FTP is the protocol used to transfer files from your computer to your web site that can be more efficient because it allows you to upload multiple files at the same time as well as entire directories.

In order to use the FTP protocol to connect to your server, you should install an FTP client application on your local computer. There are freeware and shareware FTP applications available. Here are links to a few:

SmartFTP - http://www.smartftp.com
CuteFTP - http://www.cuteftp.com
WS_FTP - http://www.ipswitch.com/Products/file-transfer.html

https://support.lexiconn.com/kb/questions/185/