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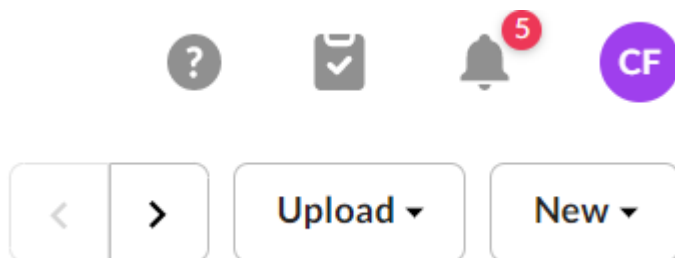
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# Upload to Box With the File Browser

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While browsing all files and folders in Box, uploading a new file or folder is straightforward:

1. Click the **Upload** button in the upper-right corner.

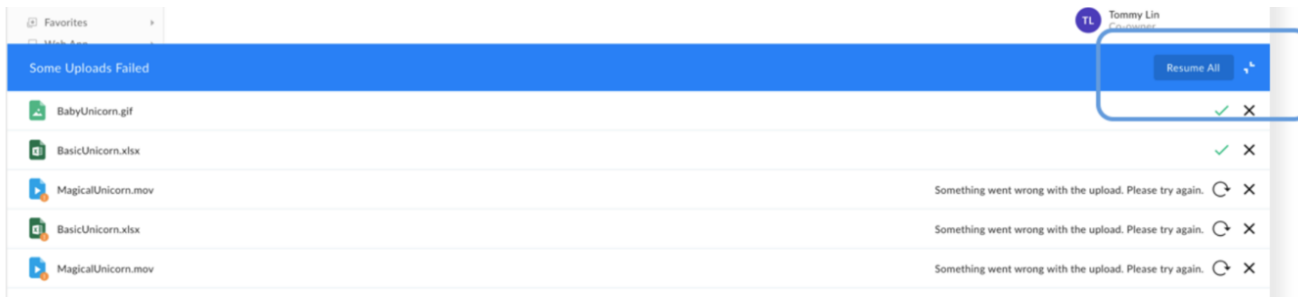


2. Select **Files** or **Folders**, depending on what you'd like to upload. **Note:** Folder uploads on IE 11 are not officially supported.
3. Select the file(s) or folder you'd like to upload.
4. You can select multiple files for upload by holding the **Command** or **Control** key (Mac or Windows, respectively) while selecting files. However, you can only select one folder at a time for upload.
5. Click **Open** or **Upload**.

If your session is interrupted, Box enables you to later resume uploads of files that are over 100 MB in size.

**To resume an interrupted upload:**

- In the Uploads Manager header click **Resume All**,  
OR
- In the Uploads Manager click **Resume**.



**Note:**

If you are having trouble uploading files, here are some possible issues and solutions:

- [The upload button is greyed out and not working](#)
- [Issues uploading folders in Windows 7](#)
- [Issues uploading folders in Safari on Macs](#)



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