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Home / Get started / Postman first steps / DownloadDownload the Postman app for macOS, Windows, or Linux.Postman is the API platform for using, building, and testing APIs. You can use the Postman desktop app to power every part of your API lifecycle:Send requests with the Postman API client, including HTTP, GraphQL, and gRPC requests.Design, build, and document APIs.Build AI agents that interact with LLMs and APIs.Test and monitor your API's functionality and performance.Organize your work and collaborate with your team on API development.Discover new APIs and build visual API-driven applications.To get started, download and install the latest version of the Postman desktop app. Visit the Download Postman page and select the option for your operating system. Postman is available as a native desktop app for macOS (Intel or Apple silicon), Windows (Intel 64-bit), and Linux (64-bit).Need more help getting the Postman app? Check out Install and update Postman.Last modified: 2025/03/03 In this module, you'll dive into Postman and its core features, with a specific focus on elements crucial to streamlining your API workflow. While exploring workspaces, variables, and environments, you'll discover how collections and Postman's API Networks are productivity boosters for API practitioners. In this module, you will: Discover how to organize your API development projects efficiently using workspaces Learn to leverage collections to significantly improve the overall workflow, transforming scattered, individual requests into cohesive units of API functionality. Understand the power of dynamic values to make your requests more flexible and reusable Explore how to manage different configurations settings for various development stages with environments Delve into the purpose of the Postman API Network Uncover the potential of both private and public API Networks for collaboration and discovery Design, secure, and ship higher-quality APIsall in one platform.Learn more Prototype, document, test, and demo all your APIs in one place. Get early feedback by having conversations in the context of any APIinternal, public, or partnernot scattered across tools.Transform API development from an individual to a team sport. Get to that first API call faster, improve developer onboarding, and increase API discoverability.Open and extensible by design, collections in Postman expedite self-serve API consumption across the org, so devs can start testing APIs and building workflows.Organize API collections in to workspaces where API changes can be seen in real-time, by everyone.Automatically create documentation on how to interact with APIs for faster onboarding, consistency across teams, and strong partner collaboration.Move fast to build quality APIswithout breaking anythingby managing every phase of the API workflow, together, on a single platform.Avoid building from scratch or writing lengthy descriptions about API issues by storing and sharing APIs in Collections.Seamlessly update, edit, deprecate, and communicate changes on APIs so even the simplest API change doesn't bring havoc to your workflow.Use AI in Postman to write test scripts from scratch, generate tests for an entire collection, or visualize API responses with graphs to better understand API output.To get the latest version of the Postman desktop app, visit the Download Postman page and select the option for your operating system. Postman is available as a native desktop app for macOS (Intel or Apple silicon), Windows (Intel 64-bit), and Linux (Intel 64-bit or ARM 64-bit).Postman is also available as a web app. You can use the Postman web app to carry out many of your API development and testing tasks in your web browser. Keep in mind that some features aren't supported when using the Postman web app, so use the Postman desktop app for the full Postman experience. Postman is available for Windows 10 and later.Download the latest Postman version.Select and run the .exe file to install Postman.Postman v9.4 is the last version of Postman that supports both 32-bit and 64-bit Windows. All versions of Postman following v9.4 require 64-bit x86 Windows. You can run Postman on 32-bit Windows only if you already have Postman v9.4 or earlier; however, those versions of Postman are no longer available for download. Install Postman on Mac Postman is available for macOS 10.15 (Catalina) and later.Download the latest Postman version.If your Mac has an Apple silicon processor, make sure to download the Mac Apple Chip version.If your browser downloads the file as a ZIP file, find the file in the Downloads folder and unzip it.In the Downloads folder, open the Postman file to install it.When prompted, move the file to your Applications folder. This ensures that future updates can be installed.You can also install Postman using the Homebrew package manager:brew install --cask postmanInstall Postman on LinuxPostman supports the following Linux distributions: Ubuntu 18.04 and later, Fedora 32 and later, and Debian 10 and later.If you're using Electron in your development environment, you can only install certain Linux distributions, as described in Electron's documentation.You can install Postman on Linux from the Snap store page or by using the snap install postman command. If installing from the command line, first ensure that you're set up for snaps. Alternatively, you can download the latest version of Postman and unpack the file using the tar xzf linux\_64 command.Postman recommends installing using Snap because it includes all the libraries the app needs and they're bundled with the app itself.Create a Linux launcher iconTo start the app from a launcher icon, install the desktop file, located in the bundle, into an applications subdirectory of a path contained in \$XDG\_DATA\_DIRS (for example, ~/.local/share/applications)/install 4 ~/.local/share/applications//Postman.app/resources/Postman.desktopEnter the following content in the file, replacing with the location of the file, then save it.Desktop EntryEncoding=UTF-8Name=PostmanExec=/Postman/app/Postman %UIcon=/Postman/app/resources/app/assets/icon.pngTerminal=falseType=ApplicationCategories=Development;Additional requirements for installation on LinuxWhen installing Postman on Linux:Don't start Postman with the sudo command. If you do, files created by Postman will have permissions issues.Ensure you have read/write permission for the ~/.config folder. This is where Postman stores information.Ensure that you've installed openssl on your machine.On Ubuntu 18, install the libconf-2.4 package with the apt-get install libconf-2.4 command.Use the Postman web appYou can use Postman in your web browser to complete your API development and testing tasks with the Postman Agents.If you're using the Postman web app, Postman recommends using the Postman Desktop Agent for more information.Browser requirementsThe Postman web app supports the following browsers:Chrome (80 and higher)Firefox (76 and higher)Edge (79 and higher)Safari (13.1.1 and higher)Install the Postman Desktop AgentIf you're using the Postman web app, Postman recommends downloading and installing the Postman Desktop Agent, an application that runs locally on your desktop. The Desktop Agent overcomes the cross-origin resource sharing (CORS) limitations of browsers and acts as your agent for making API requests from the Postman web app.Postman recommends you use the latest version of the Postman Desktop Agent to receive recent changes and improvements.Web limitationsThe following features require the Postman desktop app and aren't available when using the Postman web app:Find and replace - The Postman desktop app supports finding and replacing values in a workspace, but this feature isn't available in the Postman web app.Proxy configuration - The Postman desktop app enables you to use your system's configured proxy to send API requests or access the internet. In the Postman web app, you can configure a proxy for sending requests but not for connecting to online services.Request and cookie capture - The interceptor and the Postman proxy enable you to capture traffic and syncs cookies from your browser or client apps to the Postman desktop app. It's not possible to use the interceptor or the Postman proxy with the Postman web app.Collection run export - You can export the results of a collection run to a JSON file using the Postman desktop app. This feature isn't available in the Postman web app.Performance testing - You can use the Postman desktop app to simulate user traffic, so you can observe how your API behaves under load. Performance testing isn't available for the Postman web app.On-premises Git integration - You must use the Postman desktop app to connect your API in the Postman API Builder to GitHub Enterprise Server, GitLab Self-Managed, or Azure DevOps Server repositories.Lightweight Postman API Client - You can use the lightweight API Client to send requests from the Postman desktop app when you aren't signed in to Postman.Use the Postman VS Code extensionYou can use the Postman VS Code extension to test and collaborate on your APIs in the same application you're using to develop. With the VS Code extension, you can send API requests, manage collections and environments, troubleshoot requests, and more, directly from VS Code. To install the VS Code extension, visit the Visual Studio Marketplace.Update PostmanTo check whether your Postman app is up to date, click Settings in the header, then select the Update tab.If it's not already up to date, Postman might be waiting for a restart because it has automatically downloaded an update. When you restart Postman, it will install the update (Postman v9.13 and later downloads updates automatically).When the Update tab says Postman is up to date, you can still check for newer updates. This can happen if Postman went offline after its last update. In this case, click Check for Updates.When Postman is waiting to install an automatically downloaded update, click Restart to Install Update.Use Postman behind a firewallPostman's infrastructure runs on Amazon's AWS platform. If you're operating behind a network firewall, you'll need to allowlist the following domains to make WebSocket connections for Postman\*.getpostman.com\*.postman.co\*.pstmn.io\*.postman.comYou'll also need to allowlist the challenges.cloudflare.com domain to enable users to sign in to Postman with a password.For the Postman VS Code extension, you'll need to allowlist the following domains: //bifrost-extension-global.gw.postman.comBy default, WebSocket connections use the same ports as HTTP (80) and HTTPS (443). For Postman v10, allowlist the following domains:Postman web app - WebSocket connections: //bifrost-web-public-v10.gw.postman.com //bifrost-web-polling-v4.gw.postman.coPostman desktop app - WebSocket connections: //bifrost-premium-v10-global.gw.postman.com desktop app - HTTP connections: //bifrost-premium-https-v10.gw.postman.comPostman doesn't have a fixed IP range that can be provided. If necessary, refer to the current AWS IP ranges and allowlist the broad range provided.Troubleshoot your Postman installationIf you encounter any issues installing and running Postman, see the following tips. If these tips don't help, refer to the installation posts on the community forum and create a new post if your issue isn't already covered. You can also contact Postman support for help. If you get an Update Failed notification in Postman, you can use the DevTools console to investigate. To open the DevTools console, select View > Developer > Show DevTools (Current View).Here are some common error messages:Cannot update while running on a read-only volumeThis means that the app user doesn't have write permission in the directory where Postman is installed. To resolve the problem, move Postman to a directory where the user has write permissions, for example /Applications on macOS or home on Linux.EACCESS: permission denied, open '/opt/Postman/Postman-1620288011421.tar.gzThis means that the app user doesn't have write permission in the directory where Postman is installed. To resolve the problem, move Postman to a directory where the user has write permissions, for example home on Linux.Code signature at URL file:///... did not pass validation: code object is not signed at allThis means that multiple updates are running at the same time. This can happen if you open the app when one update is about to install itself but another update hasn't finished yet. To resolve the problem, quit and reopen the app. If you used the Ubuntu Software Center or Snap store to install Postman on Linux, you might not have the Check for Updates option in Settings > Update. This is because the updates are handled by the store, which automatically updates Postman on a regular cadence.Helper tool dialogIf you're using Postman for macOS, you may receive the "An update is ready to install. Postman is trying to add a new helper tool." dialog.This message indicates that the ~/.Applications/Postman.app file is owned by the root user instead of your user account. This can interfere with the auto-update process.To resolve the issue, ensure that you grant Full Disk Access to your terminal app. You can check this by going to System Settings > Privacy & Security > Full Disk Access. Turn on Full Disk Access for your terminal app, then change ownership to your user account using the following command:sudo chown -R "\$USER":staff /Applications/Postman.appAfter running this command, restart Postman.Download the app to get started using the Postman API Platform today. Or, if you prefer a browser experience, you can try the web version of Postman.Download the app to get started with the Postman API Platform.To experience the best the Postman app has to offer, please download it on your desktop.Postman on the webAccess the Postman API Platform through your web browser. Create a free account, and you're in.Postman EnterprisePostman Enterprise is designed for organizations who need to deploy Postman at scale.Learn more Design, govern, and sync your API specsall inside Postman.No more jumping between tools. With Spec Hub, you can write and manage OpenAPI and AsyncAPI specs, validate them in real time, and generate synced collections for testing, docs, and mocks. Plus, use types in Collections to define and reuse common schema across your APIsso everything stays consistent and easy to maintain.Learn more about Spec HubThe Postman VS Code extension enables you to develop, test, and organize your APIs in Postman directly from Visual Studio Code. The VS Code extension also supports VSCodium, Cursor, and Windsurf.If you want to be first in line to experience new features, download our latest Canary builds available for a sneak peek. They are designed for early adopters, and may sometimes break.Download Postman Canary If you are using the Postman web client, you will need to also download the Postman desktop agent to overcome the Cross-Origin Resource Sharing (CORS) limitations of browsers.The Postman CLI is the command-line companion that is developed, supported, and signed by Postman. It enables you to run collections, lint API schemas, run security and governance checks, and log in and out.Read the installation docs Newman is a command-line collection runner for Postman. It is built with extensibility in mind so that you can easily integrate it with your continuous integration servers and build systems.Read the installation docs

**Postman collection variables in request body. How to use postman variables in request body. Postman use environment variables in request body. How to pass environment variables in postman request body. Postman global variables in request body. Postman request body size. Postman body examples. Postman dynamic variables in request body. Postman variables in json request body.**