Update Existing Files Only
When synchronising two folders, only the files that are present in both those folders are synchronised — all other files are left unchanged.

Delete Obsolete Items
Any file that is in the destination folder, but not in the source folder, is deleted upon completion of the synchronisation. This option is rendered useless when the Also Backup in Reverse option is enabled — for obvious reasons.

Resolve Aliases
With this option checked the target that the alias refers to will be copied instead of the alias file itself. If the target of the alias resides on an unmounted volume, that volume will automatically be mounted. This may require you to insert a floppy disk, or enter a username and password for a shared volume. This option enables quick and efficient backing up of files over a network. When performing a one-way backup it does not really matter what the name of the alias is. However, with a two-way backup, or when deleting obsolete items, it is very important that the alias name matches the name of its target. This is because SwitchBack relies on names to compare files and folders. It would have no way of knowing, for example, that a source filename of "My Doc" should be compared with a destination filename of "My Doc Alias", short of resolving all aliases in that folder.

Projector Aware
This item applies to users of the Macintosh Programmer's Workshop (MPW). Any MPW files that are checked out as read-only will not be overwritten.

Copy Folder Attributes
The Finder information about each folder is not normally retained. With this item checked, the folder size, window position etc. will remain the same in both the source and destination folders.