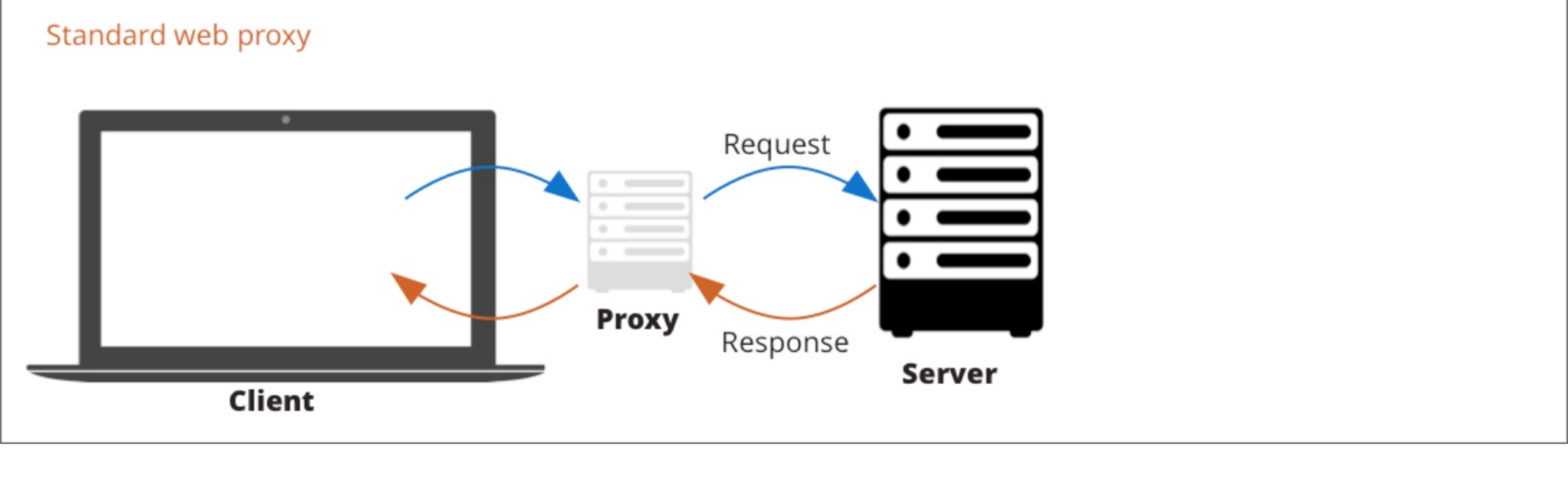


Configure Postman to use a proxy server

A proxy is an intermediary server that sits between a client application (like Postman) and the destination server that the client is communicating with (like an API). The proxy server acts as a security barrier, making requests on your behalf to websites and other internet resources, and preventing others from accessing your internal network.



By default, the Postman desktop app uses your system's configured proxy to send API requests or access the internet. If needed, you can enter authentication details for the [default proxy](#) in the Postman desktop app. You can also configure Postman to use the [system proxy](#) or a [custom proxy](#) when sending requests. If you haven't already, [download and install the Postman desktop app](#) to get started.

The steps below show how to configure Postman to use a proxy server when sending requests or accessing online resources. If you want to configure Postman's built-in proxy to capture API requests, see [Capturing request data overview](#).

Configuring the default proxy

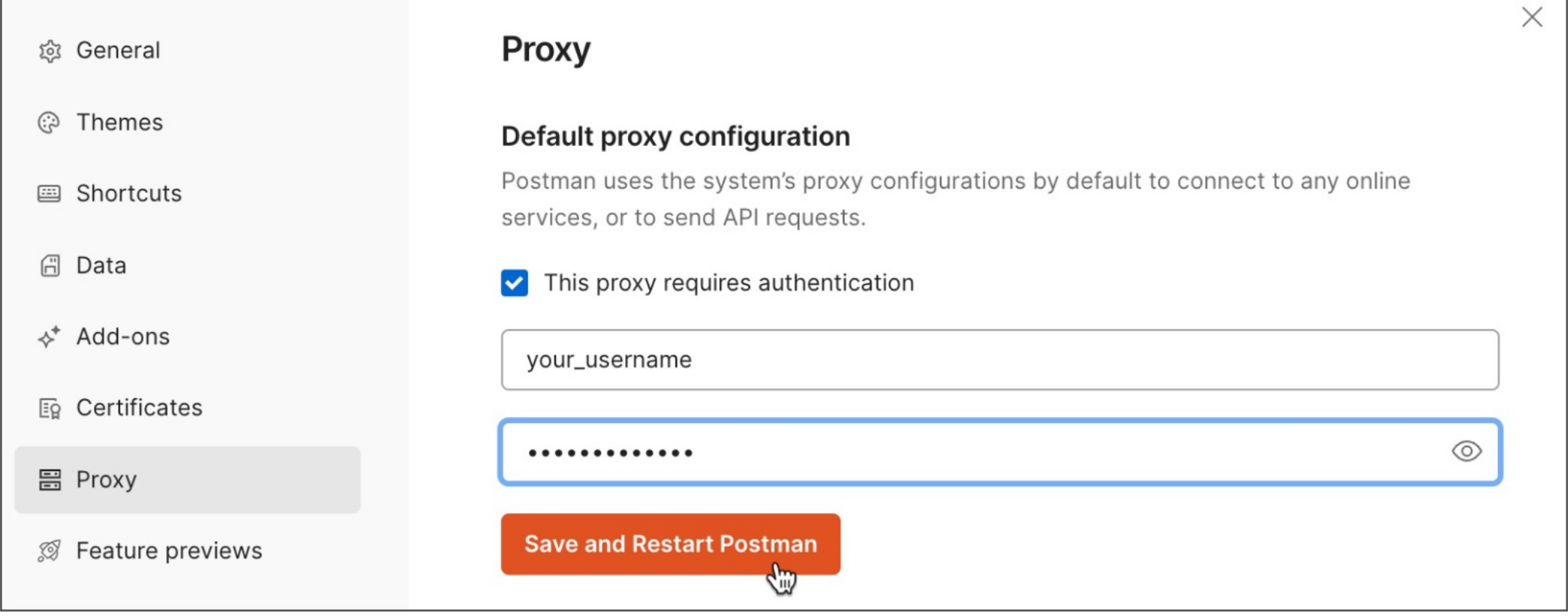
If you have configured a proxy for your local system, the Postman desktop app uses this proxy by default to send API requests or access any online resources. Learn more about [adding a proxy to your operating system](#).

You can't configure the default proxy in the Postman web app. Instead, use the [system proxy](#) or a [custom proxy](#) for sending requests.

If the proxy server configured for your system requires basic authentication, add the credentials to the Postman desktop app.

To configure the default proxy, do the following:

1. In the Postman desktop app, select **Settings** in the header and select **Settings**.
2. Select the **Proxy** tab.
3. Under **Default proxy configuration**, select the checkbox next to **This proxy requires authentication**.
4. Enter the **Username** and **Password** required by the proxy server.
5. Select **Save and Restart Postman**.



Using the system proxy for requests

If you have configured a proxy for your local system, Postman can use this proxy to send API requests. Learn more about [adding a proxy to your operating system](#).

To configure Postman to use the system proxy, do the following:

1. Select **Settings** in the header and select **Settings**.
3. Under **Proxy configurations for sending requests**, turn on the toggle next to **Use system proxy**.

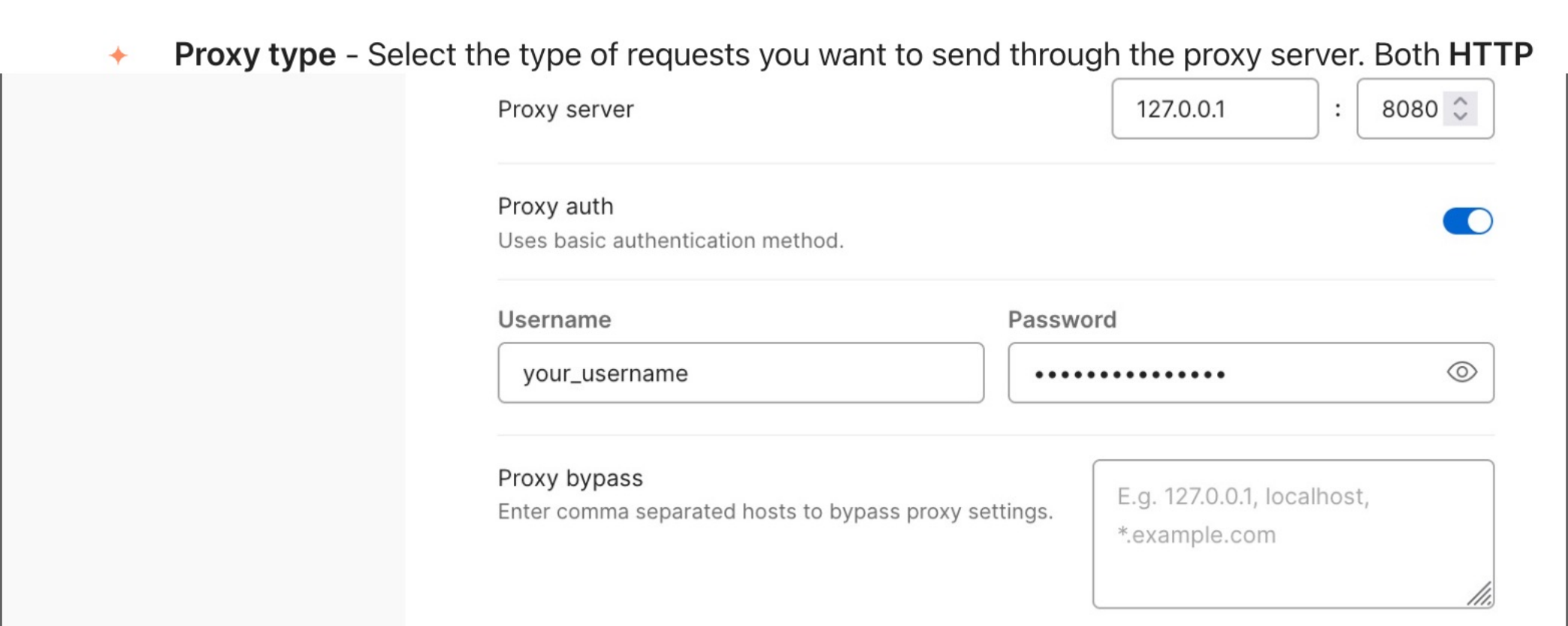


Using a custom proxy for requests

Configure a custom proxy to send API requests using a proxy server other than your system proxy. You can send HTTP requests, HTTPS requests, or both types of requests through the custom proxy.

To configure Postman to use a custom proxy, do the following:

1. Select **Settings** in the header and select **Settings**.
2. Select the **Proxy** tab.
3. Under **Proxy configurations for sending requests**, turn on the toggle next to **Use custom proxy configuration**.
4. Enter information about the custom proxy:



Troubleshooting proxy configurations

If you're having problems sending requests from Postman, see the topics below for help resolving the issue.

For more help with configuration and request issues, see [Troubleshooting requests](#).

I can't send a request and my network requires a proxy

Enable the [system proxy option](#) in Postman and make sure the proxy is configured for your operating system.

- ✦ **Windows** - Open **Settings**, select **Network & Internet**, and select **Proxy**. Under **Manual proxy setup**, turn on the toggle. Enter the proxy address and port, and then select **Save**.
- ✦ **macOS** - Open **System Preferences** and select **Network**. Select your active network connection, select **Advanced**, and select the **Proxies** tab. Select **Web Proxy (HTTP)** and enter the proxy address and port. You can also enter the username and password if needed. Select **OK** and then select **Apply**.
- ✦ **Linux** - (These steps may vary depending on your Linux distribution.) Open **Settings**, select **Network**, and turn on the **Network Proxy** option. Select **Automatic** or **Manual**, and then enter the configuration settings for your proxy.

1. Select **Settings** in the header and select **Settings**.
2. Select the **Proxy** tab.
3. Clear the **Use system proxy** and **Use custom proxy configuration** checkboxes.

If you still can't send requests, the problem might be due to environment variables configured for your operating system. If there are environment variables, Postman will use the system proxy and ignore the proxy settings in Postman. Do one of the following:

- ✦ Remove the environment variables `http_proxy`, `https_proxy`, `HTTP_PROXY`, and `HTTPS_PROXY` from your shell profile or operating system configuration.
- ✦ Create a file using the code for your operating system. Run the file to open the Postman desktop app without any of the proxy environment variables set.

- ✦ **Windows** - Create a `postman.bat` file with the following code:

```
set HTTP_PROXY=''
set HTTPS_PROXY=''
set http_proxy=''
set https_proxy=''
start C:\path\to\Postman.exe
```

- ✦ **macOS or Linux** - Create a `postman.sh` file with the following code:

```
http_proxy=''
https_proxy=''
HTTP_PROXY=''
HTTPS_PROXY=''
/path/to/postman
```

The proxy on my system requires basic authentication

Make sure to [configure basic authentication](#) for the default proxy in the Postman desktop app.

You can also start Postman with the appropriate environment variables. Create a file using the code for your operating system. Run the file to open the Postman desktop app using your proxy configuration.

- ✦ **Windows** - Create a `postman.bat` file with the following code:

```
set HTTP_PROXY=http://USER:PASS@host:port
set HTTPS_PROXY=https://USER:PASS@host:port
start C:\path\to\Postman.exe
```

- ✦ **macOS or Linux** - Create a `postman.sh` file with the following code:

```
HTTP_PROXY=http://USER:PASS@host:port
HTTPS_PROXY=https://USER:PASS@host:port /path/to/postman
```