

# Forgotten your password?

If you've forgotten your password, you can [reset your password](#).



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## Request password

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**Username or e-mail address \***

### CAPTCHA

This question is for testing whether or not you are a human visitor and to prevent automated spam submissions.

☐

I'm not a robot



**E-mail new password**

1. Enter your Trap.NZ username or email address
2. Complete the CAPTCHA
3. Click the "Email new password" button at the bottom of the form
4. Check your email for a Reset password email - if it doesn't arrive within a few minutes, check your Junk/Spam folder, as it might have ended up in there.
5. Click the link in the email for a one-time login
6. Update your password and click "Save", so you can login again in future.

For video help, click the you tube link here <https://youtu.be/858a1YOK34I>

