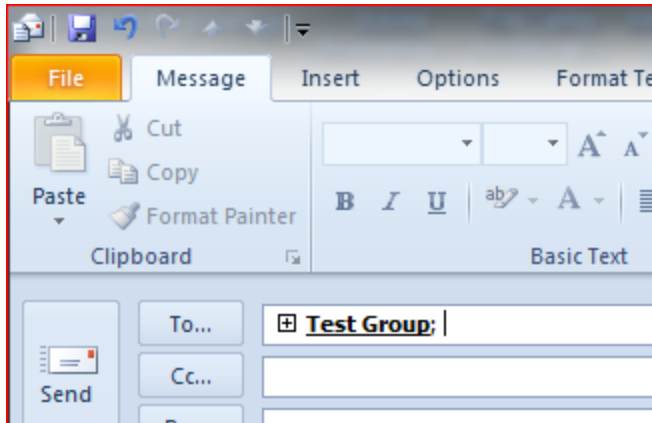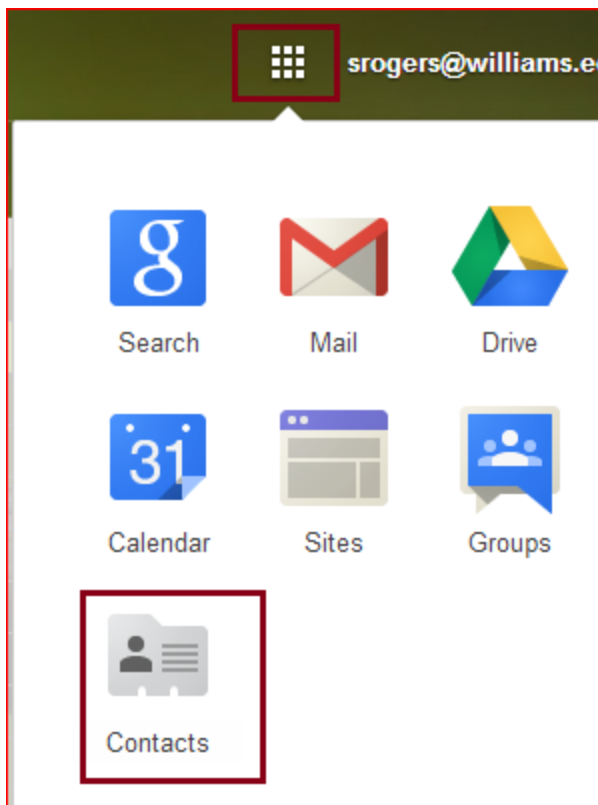**Moving contact Groups (Distribution Lists) from Outlook to Gmail**

From Outlook compose a message to your Group (you won't end up sending it, so no need for a subject or message).
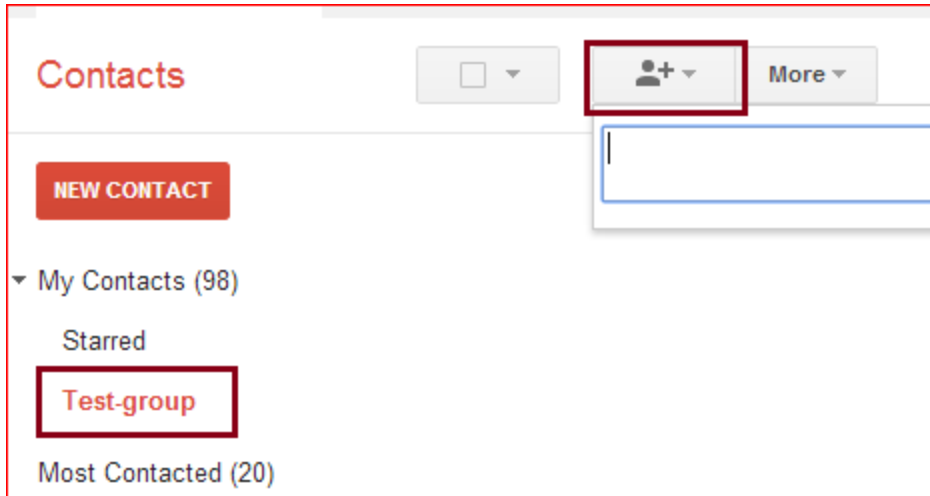

Click the + next to the group name to expand it and see all the email addresses.   Select all the addresses (click CTRL-A) and copy them (CTRL-C).

From Gmail go to your Contacts by selecting the App grid, then Contacts

From the Contacts, select New Group on the left. Name it whatever your old group was named.

The new group will show up in the list on the left. Select it and then click the add people button.

CTRL-V to paste (or right-click Paste) the addresses in and click Add.