

Service	Requires	is Required by	Notes
.NET Runtime Optimization Service x64	/	/	For 64-bit .NET 2.0; the service name will have a version number at the end of it that varies. I think it is safe on manual.
.NET Runtime Optimization Service x86	/	/	For 32-bit .NET 2.0; the service name will have a version number at the end of it that varies. I think it is safe on manual.
Alterter	Workstation	/	Safe to disable.
AOL Connectivity Service	/	/	If your AOL service is disconnected for some reason, this reconnects you.
Application Experience Lookup Service / Application Experience	/	/	Must restart to turn off. Microsoft says it forces a patch for incompatible versions of programs installed on your computer. Probably safe to leave as-is.
Application Information	Remote Procedure Call (RPC), User Profile Service	/	Allows users who are not full Administrators to have the rights of a full Administrator in Vista. Leave it alone.
Application Layer Gateway Service	/	[Windows Firewall/Internet Connection Sharing (ICS)] (unlisted)	Firewall is unlisted dependency.
Application Management	/	/	Disable in XP Home; causes some stability problems in XP according to Microsoft.
ASP.NET State Service	/	/	Unless you know what it is, it is best to leave it at manual. This is related to Microsoft's version of several programming languages (C#, ASP, ...)
Ati External Event Utility			Okay to leave disabled. Must restart to turn off. Loads hotkeys in games. Same as Ati HotKey Poller.
Ati HotKey Poller	/	/	Okay to leave disabled. Must restart to turn off. Loads hotkeys in games. Same as Ati External Event Utility.
ATI Smart	/	/	Leave to automatic. Used by the ATI drivers to optimize your AGP card.
Automatic Updates	/	/	Leave to automatic.
avast! Antivirus	Remote Procedure Call (RPC), System componets	avast! Mail Scanner, avast! Web Scanner	avast! antivirus.
avast! iAVS4 Control Service	/	/	avast! antivirus.

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avast! Mail Scanner	/	avast! Antivirus, Remote Procedure Call (RPC), System components	avast! antivirus.
avast! Web Scanner	/	avast! Antivirus, Remote Procedure Call (RPC), System components	avast! antivirus.
AVG7 Alert Manager	/	Remote Procedure Call (RPC)	AVG antivirus
AVG7 Update Service	/	Remote Procedure Call (RPC)	AVG antivirus
Background Intelligent Transfer Service	Remote Procedure Call (RPC), System Event Notification [XP], COM+ Event System [Vista]	/	Leave to manual or Automatic (Delayed). Turn off to get rid of pesky restart reminders after an auto-update.
Base Filtering Engine	Remote Procedure Call (RPC)	IKE and AuthIP IPsec Keying Modules, Internet Connection Sharing (ICS), IPsec Policy Agent, Routing and Remote Access, Windows Firewall	Part of the firewall in Vista. Do not turn off or disable.
Block Level Backup Engine Service	/	/	Part of the Vista backup program(?).
Bluetooth Service	Remote Procedure Call (RPC)	/	3rd part Bluetooth. Leave to automatic
Bluetooth Support Service	Remote Procedure Call (RPC)	/	Microsoft's Bluetooth. If you have a 3rd party Bluetooth, search Microsoft for ways to use that instead of this one.
BrSplService	/	/	Brother printer service. Leave to automatic
CAISafe	/	/	Computer Associates antivirus. Also associated with Zone Alarm antivirus.
Certificate Propagation	Remote Procedure Call (RPC)	/	Part of Smart Card support.
ClipBook	Network DDE, Network DDE DSDM	/	Important to set to disable. Removed in Vista.
CNG Key Isolation	Remote Procedure Call (RPC)	Extensible Authentication Protocol	Appears to be related to virtual private networks(?).
ColdFusion MX 7 Application Server	/	/	ColdFusion related. Best not to modify.
ColdFusion MX 7 ODBC Agent	/	/	ColdFusion related. Has an unknown unlisted dependency.
ColdFusion MX 7 ODBC Server	/	/	ColdFusion related. Best not to modify.
ColdFusion MX 7 Search Server	/	/	ColdFusion related. Best not to modify.

Service	Requires	is Required by	Notes
COM+ Event System	Remote Procedure Call (RPC)	System Event Notification, Background Intelligent Transfer Service [Vista], COM+ System Application [Vista], DFS replication [Vista], SL UI Notification [Vista]	Likes to start. Best not to disable. See System Event Notification.
COM+ System Application	Remote Procedure Call (RPC), COM+ Event System [Vista], System Event Notification [Vista]	/	Leave to manual unless you like clearing the event log every 5 minutes.
Computer Browser	Server, Workstation	/	Required to access files or printers on other computers. If this is a solo computer, disable.
Creative Service for CDROM Access	/	/	Okay to leave disabled.
Cryptographic Services	Remote Procedure Call (RPC)	/	Related to signed drivers somehow. If this service is damaged, you cannot install security updates or access Windows Update. If it does become damaged, it is easy to re-install Windows.
Cryptkey License	/	/	You'll know if you need it. Will not start on its own.
DCOM Server Process Launcher	/	Remote Procedure Call (RPC) [Vista], [Windows Firewall/Internet Connection Sharing (ICS)] (unlisted)	Required for Windows Firewall or for Windows Vista to even work. Don't touch.
DEF Watch	/	/	Norton antivirus service.
Desktop Window Manager Session Manage	/	/	Part of Windows Aero. Low memory computers will probably want this disabled.
DFS Replication	Remote Procedure Call (RPC), COM+ Event System	/	?
DHCP Client	Network Store Interface Service [Vista], System components	WinHTTP Web Proxy Auto-Discovery Service [Vista]	Can turn off with static IP. Most people will want to leave this to automatic.
Diagnostic Policy Service	/	/	Appears to be related to Vista searching for solutions to problems over the Internet(?).
Diagnostic Service Host	/	/	Has the same description of Diagnostic Policy Service, but this one is set to manual by default.

Service	Requires	is Required by	Notes
Diagnostic System Host	/	/	Also has the same description of Diagnostic Policy Service, but this one is set to manual by default.
Distributed Link Tracking Client	Remote Procedure Call (RPC)	/	Ideally, automatically fixes broken links. It is safe to turn off (as it not always works).
Distributed Transaction Coordinator	Remote Procedure Call (RPC), Security Account Manager	/	Safe to disable unless you use Personal Web Server or SQL Server.
dlcf_device	/	/	Possible spyware
DNS Client	System components only	/	Best to disable. This caches DNS lookups, but what if it cached a bad one? You are screwed, unless you turn this off.
EPSON Printer Status Agent2	/	/	Probably required for some Epson printer features.
Error Reporting Service	Remote Procedure Call (RPC)	/	Safe to disable. If you do disable, you can't send an error report to Microsoft. Not a big loss anyway since the error reporting feature can be just as annoying as the crash itself.
Event Log	/	Windows Management Instruction, Security Center, Windows Firewall/ Internet Connection Sharing (ICS), IPv6 Service, Simple Mail Transfer Protocol (SMTP), SNMP Service, SNMP Trap, [Remote Access Connection Manager] (unlisted), [Windows Update] (unlisted)	Must restart to turn off. As much as I hate something tracking my actions, I think it is much better to leave this on. Problems seem to arise when you don't. Windows Update requires this (probably to create an unnecessary log file).
Extensible Authentication Protocol	Remote Procedure Call (RPC), CNG Key Isolation	Wired AutoConfig, WLAN AutoConfig	Appears to be related to virtual private networks(?).
Fast User Switching Compatibility	Terminal Service, Remote Procedure Call (RPC)	/	Notably absent on XP x64.
Fax Service	Remote Procedure Call (RPC), Plug and Play, Telephony, Print Spooler	/	Not installed by default.
FTP Publishing	IIS Admin, Remote Procedure Call (RPC), Security Account Manager	/	Not installed by default. Safe to leave disabled on home computers.

Service	Requires	is Required by	Notes
Function Discovery Provider Host	Remote Procedure Call (RPC)	PnP-X IP Bus Enumerator, Windows Media Center Extender Service	Appears to be related to Vista Ultimate media center functionality. Most likely for discovering shared devices like the Xbox 360. (?)
Function Discovery Resource Publication	Remote Procedure Call (RPC)	/	
Group Policy Client	Remote Procedure Call (RPC)	/	Group policies are radically different in Vista.
Health Key and Certificate Management	Remote Procedure Call (RPC)	/	
Help and Support	Remote Procedure Call (RPC)	[Help and Support (Start menu)] (unlisted)	Good idea to set to manual. Required for the start menu Help, but not much else.
HID Input Service	Remote Procedure Call (RPC)	/	Safe to disable for most people.
HTTP SSL	System components only	/	You don't need this to browse secure websites. However, it is best to leave to manual just in case.
Human Interface Device Access	Remote Procedure Call (RPC) [XP]	/	Safe to disable for most people. Provides accessibility support.
IAA Event Monitor	/	/	Intel service.
IAS Jet Database Access	Remote Procedure Call (RPC)	/	Some are related to XP x64. Is set to manual in XP x64, so unless you know you need it, leave it alone.
IIS Admin	Remote Procedure Call (RPC), Security Account Manager	FTP Publishing, Simple Mail Transport Protocol (SMTP), World Wide Web Publishing	Not installed by default. Safe to leave disabled on home computers.
IKE and AuthIP IPsec Keying Modules	Base Filtering Engine	/	?
IMAPI CD-Burning COM Service	/	/	Disable if and only if you will never use Microsoft programs to burn CD's.
Indexing Service	Remote Procedure Call (RPC)	/	Probably a good idea to set to manual. This service makes searches quicker. If you are doing a lot of searching, turn it on. For most people, it is better to leave off.

Service	Requires	is Required by	Notes
InstallDriver Table Manager	/	CD's(?) and DVD's(?) <i>Possibly</i> a way to prevent media copying. Unsure.	Something installed in a folder named "Intel 32" and the creator is Macrovision. I think it is related to DRM, secretly limiting our rights to use CD's or DVD's. I see no uninstall program, so I assume it is malware. I don't know the true purpose of it, and I suspect I never will (especially since MacroVision is pure evil).
Intel NMS	/	/	Unsure of purpose or use or if required.
Interactive Login	/	Terminal Services	Best to leave disabled.
Interactive Services Detection	/	/	
iPod Service	/	/	Required to transfer songs from iTunes to your iPod. This service will not automatically start.
iprip	/	/	Not available on XP Pro and on XP Home SP2.
IP Helper Service	Remote Procedure Call (RPC), Windows Management Instrumentation, Event Log [XP], Network Store Interface Service	/	Related to IPv6. Not used in Windows XP, but used automatically in Vista. IPv6 is still a ways away, so you are probably safe turning this off. If you have any problem connecting to the Internet, set this to automatic.
IPsec Policy Agent	Base Filtering Engine	/	Related to Internet security. So, I think it is best to leave to automatic.
IPSEC Services	Remote Procedure Call (RPC)	/	Related to Internet security. So, I think it is best to leave to automatic.
Kodak Camera Connection Software	/	/	This service has reported to be error prone. It starts a Kodak program when you insert your Kodak camera. You are better off turning this service off and using Windows XP built-in camera controls.
KtmRm for Distributed Transaction Coordinator	Remote Procedure Call (RPC), Security Account Manager	/	Part of the Vista kernel.
LightScribeService Direct Disc Labeling Service	/	/	Obviously, used by LightScribe. Disable it and you won't be able make any LightScribe discs (at least in Nero).

Service	Requires	is Required by	Notes
Link-Layer Topology Discovery Mapper	Remote Procedure Call (RPC)	/	Part of the very unreliable Network and Sharing Center feature of Vista. Appears to activate only when it needs to update the network topology map.
LiveShare P2P Server	Remote Procedure Call (RPC)	/	A Roxio service, so it is legal. But it is a bad idea. It allows people through the Internet look at your multimedia files, just like P2P. You are better off using quality P2P programs like BitTorrent or eDonkey. Disable this.
Logical Disk Manager	Remote Procedure Call (RPC), Plug and Play	Logical Disk Manager Administrative Service	Required to access the Logical Disk Manager in the MMC console. Set to manual and let it only come on when you use the LDM.
Logical Disk Manager Administrative Service	Remote Procedure Call (RPC), Plug and Play, Logical Disk Manager	/	Required to access the Logical Disk Manager in the MMC console. Set to manual and let it only come on when you use the LDM.
Machine Debug Manager	Remote Procedure Call (RPC)	/	Enable only if you need to debug Visual Studio projects.
Media Center Receiver Service	/	Remote Procedure Call (RPC)	Part of Windows XP Media Center. This service has a major bug. If you encounter problems capturing any video, disable this service.
Media Center Scheduler Service	/	Remote Procedure Call (RPC)	Part of Windows XP Media Center.
Message Queuing	Distributed Transaction Coordinator, Remote Procedure Call (RPC), Security Accounts Manager, NT LM Security Service, Server	Message Queuing Triggers	Not installed by default. Safe to leave disabled on home computers.
Message Queuing Triggers	Message Queuing, Distributed Transaction Coordinator, Remote Procedure Call (RPC), Security Accounts Manager, NT LM Security Service, Server	/	Not installed by default. Safe to leave disabled on home computers.
Messenger	Remote Procedure Call (RPC), Plug and Play, Workstation	/	Important to disable to avoid Messneger spam.

Service	Requires	is Required by	Notes
MHN	/	System Components/Remote Procedure Call (RPC)	Part of Windows XP Media Center. A service that determines the capabilities of your wireless devices.
Microsoft Net API	/	/	
Microsoft .NET Framework NGEN v2.0.50727_X64	/	/	
Microsoft .NET Framework NGEN v2.0.50727_X86	/	/	
Microsoft iSCSI Initiator Service	/	/	iSCSI is SCSI commands over an IP network. iSCSI uses cheap ethernet cable instead of expensive Fibre Channel cable. Unless you have a huge network, leave this to manual and don't bother with it.
Microsoft Office Diagnostics Service	/	/	Part of Office 2007 programs.
Microsoft Office Groove Audit Service	/	/	Part of Office 2007's Groove program.
MS Software Shadow Copy Provider	Remote Procedure Call (RPC)	/	Leave to manual. The MS in the service name may also be spelled out Microsoft.
MSSQL\$MICROSOFTSMLBIZ	/	SQLAgent\$MICROSOFTSMLBIZ	Installed with Microsoft SQL server and Office Contact Manager.
MSSQLServerADHelper	/	/	Installed with Microsoft SQL server and Office Contact Manager.
Multimedia Class Scheduler	/	Windows Audio [Vista]	This service makes sure your movies or audio gets a higher priority for better playback. Programs have to register themselves in the registry so that Vista will know which programs to boost priority to.
Net.Tcp Port Sharing Service	/	/	
Net Logon	Workstation	/	Safe to leave disabled for most people. This is part of user authentication.
NetMeeting Remote Desktop Sharing	/	/	Leave to manual unless you use NetMeeting.

Service	Requires	is Required by	Notes
Network Access Protection Agent	Remote Procedure Call (RPC)	/	
Network Connections	Remote Procedure Call (RPC), Network Store Interface Service [Vista]	Windows Firewall/Internet Connection Sharing (ICS) [XP], Internet Connection Sharing [Vista]	In Windows XP, you should leave this automatic because the XP Firewall requires it. In Windows Vista, the Firewall doesn't need it, but it loves to start even on manual. Probably best to leave alone.
Network DDE	Network DDE DSDM	ClipBook	Safe to leave disabled.
Network DDE DSDM	/	Network DDE, Clipbook	Safe to leave disabled.
Network List Service	Remote Procedure Call (RPC), Network Location Awareness (NLA)	SL UI Notification	The unreliable Network and Sharing Center is disable when this is, but you can still connect to the internet after this is off. Experience has shown that Network and Sharing Center is a living pain when all you want to do is connect to the internet. Disabling it does not speed up Vista getting an IP address, but it <i>may</i> prevent stupid conflicts.
Network Location Awareness (NLA)	Remote Procedure Call (RPC) [Vista], Network Store Interface Service [Vista]	[Windows Firewall/Internet Connection Sharing (ICS)] [XP] (unlisted), Network List Service [Vista]	XP Firewall will start this service, but the firewall will start with it disabled. The firewall seems to still work without it, but I cannot confirm that. If in doubt, set it to automatic. In Vista, see Network List Service for more information.
Network Provisioning Service	Remote Procedure Call (RPC)	/	Probably safe to leave disabled on a home network.
Network Store Interface Service	<System Components Only>	DHCP Client, IP Helper Service, Network Connections, Network Location Awareness, Workstation	Very important not to disable in Vista because of all the important things it controls.
Norton AntiVirus AutoProtect Service	Remote Procedure Call (RPC)	/	Norton antivirus service.
Norton AntiVirus Service	/	/	Norton antivirus service.
Norton Unerase Protection	/	/	Safe to leave disabled.
NS			DISABLE AND STOP IMMEDIATELY! Malware

Service	Requires	is Required by	Notes
NT LM Security Support Provider	/	Telnet	Safe to leave disabled unless Telnet is needed.
NVIDIA Display Driver Service	/	/	Needs to be tested to see if this is needed for the display driver.
nVidia Driver Helper Service	/	/	Overrides OpenGL refresh rate. May be required.
Office Source Engine	/	/	
Offline Files	Remote Procedure Call (RPC)	/	Safe to disable if you don't bother with offline files, like most people.
Parental Controls	Remote Procedure Call (RPC)	/	
PDEngine	Remote Procedure Call (RPC)	PDScheduler	Part of the Perfect Disk defragmentation program.
PDScheduler	PDEngine	/	Part of the Perfect Disk defragmentation
Peer Name Resolution Protocol	Peer Networking Identity Manager	Peer Networking Identity Manager [XP], System Components [XP], Peer Networking Group Authentication [Vista], PNRP Machine Name Publication Service [Vista]	Related to IPv6(?). Usually not installed in XP, so its safe to leave manual.
Peer Networking	Peer Name Resolution Protocol, Peer Networking Identity Manager [Vista]	Peer Networking Group Authentication, Peer Networking Identity Manager, System Components	Related to IPv6(?). Usually not installed in XP, so its safe to leave manual.
Peer Networking Group Authentication	Peer Networking Identity Manager	Peer Networking	Related to IPv6(?). Usually not installed in XP, so its safe to leave manual.
Peer Networking Identity Manager	Peer Networking Group Authentication [XP], Peer Networking [XP]	Peer Networking Group Authentication [XP], Peer Networking [XP], Peer Name Resolution Protocol [Vista], Peer Networking Group Authentication [Vista]	Related to IPv6(?). Usually not installed in XP, so its safe to leave manual.
Performance Logs and Alerts	/	/	Safe to leave manual.

Service	Requires	is Required by	Notes
Plug and Play	/	Fax [Vista], Logical Disk Manager [XP], Logical Disk Manager Administrative Service [XP], Messenger [XP], Smart Card, Tablet PC Input Service, Telephony, Remote Access Connection Manager, Remote Access Auto Connection Manager, Trend Micro Personal Firewall, Virtual Disk [Vista], Windows Audio [XP], Windows Audio Endpoint Builder [Vista], Windows Driver Foundation - User-mode Driver Framework [Vista], Windows Module Installer [Vista]	Do not turn off or disabled! Try it, and you'll be sorry.
PML Driver	/	/	Will have various extensions. Related to HP's printers.
PnP-X IP Bus Enumerator	Remote Procedure Call (RPC), Function Discovery Provider Host	Windows Media Center Extender Service	Appears to be related to Vista Ultimate media center functionality. Most likely for discovering shared devices like the Xbox 360. (?)
PNRP Machine Name Publication Service	Peer Name Resolution Protocol	/	Related to IPv6(?). Usually not installed in XP, so its safe to leave manual.
Portable Device Enumerator Service	Remote Procedure Call (RPC)	/	Best to leave disabled unless you have a rights-restricting DRM device, like a WMA media player. Get a iPod (whose restrictions are far less) and don't mess with any WMA files.
Portable Media Serial Number Service	/	/	Best to leave disabled unless you have a rights-restricting DRM device, like a WMA media player. Get a iPod (whose restrictions are far less) and don't mess with <i>any</i> WMA files.
Print Spooler	Remote Procedure Call (RPC)	/	Do not turn off or disabled unless you have no printer and never plan to.

Service	Requires	is Required by	Notes
PrismXL	/	/	Installed by Gateway computers or OEM manufacturers. It is related to remote deployment of software. They say do not disable because it could cause stability issues. To the contrary, you <i>should</i> disable it unless you need to deploy software to prevent hijacking. Enable it to download updates only when needed.
Problem Reports and Solutions Control Panel Support	/	/	
Program Compatibility Assistant Service	Remote Procedure Call (RPC)	/	The idea behind this service is to make sure incompatible programs don't run. It is probably safe to disable this.
Protected Storage	Remote Procedure Call (RPC)	/	Protects your sensitive information in Internet Explorer and Outlook/Outlook Express (i.e. passwords, form autofills). Disable it if you don't use any Microsoft Internet products.
Promise FastTrak Log Service	/	/	Possible RAID service; probably safe to disable if not using RAID drives.
QoS RSVP	Remote Procedure Call (RPC)	/	Might be needed if using ICS.
Quality Windows Audio Video Experience	Remote Procedure Call (RPC), System componets	/	
Quick Heal Live Update Service	/	/	Quick Heal antivirus (www.quickheal.co.in)
Quick Heal Online Protection	/	/	Quick Heal antivirus (www.quickheal.co.in)
ReadyBoost	Remote Procedure Call (RPC), Software Licensing	/	The idea behind ReadyBoost is to use a Flash drive to help speed up the page file in Vista. Those with lots of memory will get only a little benefit from ReadyBoost. Disable if you don't use it.
Remote Access Auto Connection Manager	Remote Access Auto Connection Manager, Telephony, Remote Procedure Call (RPC) [XP], Plug and Play [XP]	/	Needed for Trend Micro's firewall, dial-up connections, or VPN's. Everyone can disable this safely.

Service	Requires	is Required by	Notes
Remote Access Connection Manager	Telephony, Remote Procedure Call (RPC) [XP], Plug and Play [XP], [Event Log] (unlisted)	Remote Access Auto Connection Manager, Trend Micro Personal Firewall, Internet Connection Sharing [Vista], Routing and Remote Access [Vista]	Unless you use Trend Micro PC-Cillian (a very good AV program) or Internet sharing, you probably can disable. Event log is unlisted dependency.
Remote Desktop Help Session Manager	Remote Procedure Call (RPC)	/	I think remote desktop is a very bad idea for security reasons. If you use remote desktop, set to automatic. Otherwise, disable and avoid a possible security loophole.
Remote Procedure Call (RPC)	DCOM Server Process Launcher [Vista]	<MANY>	Do not turn off or disabled!
Remote Procedure Call (RPC) Locator	Workstation [XP]	/	No one really knows the purpose of this service. Anything related to RPC is best to leave alone.
Remote Registry	Remote Procedure Call (RPC)	/	Always leave disabled unless you have a specific use.
Removable Storage	Remote Procedure Call (RPC)	/	Required for tape backups.
Routing and Remote Access	Remote Procedure Call (RPC), Base Filtering Engine [Vista], NetBIOSGroup [Vista], Remote Access Connection Manager [Vista]	/	Safe to leave disabled.
Roxio Hard Drive Watcher	/	/	By now you should know better than to let Roxio manage your media (it is too slow). Safe to disable.
RoxMediaDB	/	RoxUpnpServer	See the above service. Safe to disable.
RoxUpnpRenderer	Remote Procedure Call (RPC)	/	May be required for digital camcorders. Since UPnP is a serious security risk, I would suggest you disable this unless you find out you need it for digital camcorders.
RoxUpnpServer	RoxMediaDB	/	See the above service.
Script Blocking Service	/	/	Norton antivirus service.
ScsiAccess	/	/	It appears this has nothing to do with SCSI drives at all, but rather to aide in burning CD's and DVD's. Try turning it off, and if any programs seem to not burn CD's, turn it back on.

Service	Requires	is Required by	Notes
Secondary Logon	/	/	Really only needed to use "Run as" command. Might have replaced Fast User switching in XP x64(?).
Security Accounts Manager	Remote Procedure Call (RPC)	Distributed Transaction Coordinator, KtmRm for Distributed Transaction Coordinator [Vista], Server [Vista]	Must restart to turn off. Do not disable or turn off or you'll never see your toolbar again, seriously.
Security Center	Remote Procedure Call (RPC), Windows Management Instructions, Event Log [XP]	/	Provides balloons reminding you of security advisories and manages the very important security center. Since we all need these reminders, leave to automatic.
Server	Security Accounts Manager [Vista]	Computer Browser	For file-sharing over your local network. You can turn it off if you have only one computer. If you do turn it off, you won't be able to share anything between computers.
Shell Hardware Detection	Remote Procedure Call (RPC)	Windows Image Acquisition (WIA)	Linked to autoplay feature. I never liked autoplay. Also, the RIAA and other shady organizations plant malware that prevents full access to your purchased music on your computer by autoplay. Unless you need WIA, you should disable this. And you should also disable autoplay.
Simple Mail Transport Protocol (SMTP)	IIS Admin, Remote Procedure Call (RPC), Security Account Manager, Event Log	/	Not installed by default. Safe to leave disabled on home computers.
Simple TCP/IP Service	System components only	/	Not installed by default. Safe to leave disabled on home computers.
SL UI Notification Service	COM+ Event System, Network List Service, Software Licensing	/	Until you purchase software digitally from Microsoft or a service implemented by Microsoft, you don't need this. Steam works fine without it.
Smart Card	/	Plug and Play	Self-explanatory.
Smart Card Helper	/	/	Combined with Smart Card in SP2.
Smart Card Removal Policy	Remote Procedure Call (RPC)	/	With this and a smart card, when you remove your smart card, your desktop is locked.
Speed Disk service	Remote Procedure Call (RPC)	/	Norton Systemworks file. Couldn't hurt to disable.

Service	Requires	is Required by	Notes
SNMP Service	Event Log	/	Not installed by default. Safe to leave disabled on home computers.
SNMP Trap Service	Event Log	/	Not installed by default. Safe to leave disabled on home computers.
Softex OmniPass Service	?	?	Something to do with Softex's password service. I believe it helps keep passwords secure.
Software Licensing	Remote Procedure Call (RPC)	ReadyBoost, SL UI Notification Service	Until you purchase software digitally from Microsoft or a service implemented by Microsoft, you don't need this. Steam works fine without it. Microsoft makes it sound like this is required for Windows to run, but it doesn't. For some strange reason, ReadyBoost doesn't work without this. Remember, buying another gigabyte of memory is better than ReadyBoost.
SQLAgent\$MICROSOFTSMLBIZ	/	/	Installed with Microsoft SQL server and Office Contact Manager.
SSDP Discovery Service	/	Universal Plug and Play Device Host, Windows Media Connect (WMC) [XP], Windows Media Center Extender Service [Vista]	Part of UPnP services. Unless you are sharing songs between your computer and your Xbox 360 or WMA based music player, you might be safe to turn this off.
Still Image Service	/	/	Not sure if required for digital cameras, scanners, and the like.
Superfetch	Remote Procedure Call (RPC)	/	A new feature in Vista that improves performance somehow. Performance gains are always good, so leave to automatic.
Symantec Event Manager	/	/	Norton antivirus service.
Symantec Password Validation Service	/	/	Norton antivirus service.
SymWMI Service	/	/	Norton antivirus service.
System Event Notification	Remote Procedure Call (RPC) [XP], COM+ Event System	Background Intelligent Transfer Service [XP], COM+ System Application [Vista]	Do not turn off or disabled! Many important things, like Windows Update, stop working when you turn this off.

Service	Requires	is Required by	Notes
System Restore Service	Remote Procedure Call (RPC)	/	I really think this feature is very useful and shouldn't be disabled. However, you can safely disable it.
Tablet PC Input Service	Plug and Play, Remote Procedure Call (RPC)	/	Safe to disable unless you are on a tablet PC (probably not).
Task Scheduler	Remote Procedure Call (RPC), Windows Event Log [Vista]	/	I guess it is safe to disable, but sometimes weird things happen when you do.
TCP/IP NetBIOS Helper	System components only	/	If not using NetBIOS or WINS, disable. In fact, probably best to disable (security).
TCP/IP Printer Service	Print Spooler, Remote Procedure Call (RPC)	/	Not installed by default. Safe to leave disabled on home computers.
Telephony	Remote Procedure Call (RPC), Plug and Play	Remote Access Connection Manager, Remote Access Auto Connection Manager, Trend Micro Personal Firewall, Fax [Vista]	Likes to start. Need for Trend Micro's firewall anyway. Unless you use Trend Micro PC-Cillian or Internet sharing, you can probably disable.
Telnet	Remote Procedure Call (RPC), NT LM Security Support Provider	/	Best to leave disabled. Telnet is a way of remotely connecting to a computer. Unless you have a need for it, it is safer to disable and close a possible security hole.
Terminal Services	Remote Procedure Call (RPC)	Fast User Switching Compatibility [XP], Windows Media Center Extender Service [Vista], Terminal Services UserMode Port Redirector [Vista]	Must restart to turn off. Required for Fast User switching in XP. Seems to have fully replaced that service in XP x64(?). Also required for allowing other to remotely access the computer in any way. Huge memory hog.
Terminal Services Configuration	Remote Procedure Call (RPC), Workstation	/	Do not disable because it activates when needed and goes off when done.
Terminal Services UserMode Port Redirector	Terminal Services	/	Apparently, when Terminal Services are active, this redirects hardware calls to the appropriate location.
Themes	/	/	Required for the new XP or Vista look. Need more memory? Disable it.
Thread Ordering Server	/	/	
TPM Base Services	/	/	
Trend Micro Central Control Component	Remote Procedure Call (RPC)	/	Trend Micro antivirus.

Service	Requires	is Required by	Notes
Trend Micro Personal Firewall	Remote Access Connection Manager, Telephony, Remote Procedure Call (RPC), Plug and Play	/	Trend Micro antivirus.
Trend Micro Protection Against Spyware	Remote Procedure Call (RPC)	/	Trend Micro antivirus.
Trend Micro Proxy Service	System components only	/	Trend Micro antivirus.
Trend NT Realtime Service	/	/	Trend Micro antivirus.
TrueVector Internet Monitor	/	Remote Procedure Call (RPC), System Components	ZoneAlarm antivirus
Uninterruptible Power Supply	/	/	
Universal Plug and Play Device Host	SSDP Discovery Service	Windows Media Connect (WMC)	Safe to disable. In fact, probably a very good idea to unless you own a rights-restricting DRM WMA player. UPnP is a very big security risk.
UPnP Device Host	SSDP Discovery Service		Part of UPnP services. Unless you are sharing songs between your computer and your Xbox 360 or WMA based music player, you might be safe to turn this off.
User Profile Hive Cleanup	/	/	If you ever had trouble loading a profile (meaning won't load or is too slow), run this service. Of course, you must download and install it from Microsoft.
User Profile Service	Remote Procedure Call (RPC)	Application Information	Do not disable or turn off. Turning this off prevents any logins.
Utility Manager	/	/	Provides support for accessibility features. However, Microsoft reports that it has a bug with a huge security risk. Disable it.
Upload Manager	/	/	Removed in XP SP2.
VET Message Service	/	/	Computer Associates antivirus.
Virtual Disk	Plug and Play, Remote Procedure Call (RPC)	/	
Virtual NIC Service	/	/	Related to American On-line. But what is its purpose?

Service	Requires	is Required by	Notes
Volume Shadow Copy	Remote Procedure Call (RPC)	/	Required only if backing up regularly. What this does is enable copy access to files that are listed as "in use", such as your registry.
WAN Minipart (ATW) Service	?	?	Part of AOL.
WebClient	System components only	/	I've had it disabled for a while with no ill effects.
Webroot Spyware Sweeper Engine	/	Remote Procedure Call (RPC)	Part of Webroot's anti-Spyware program. It should be noted that Webroot is a legit company, but unethical. They post fake reviews of their product and inflate user ratings and then slam other products. You can do a lot better for a lot less to get rid of spyware.
Windows Audio	Remote Procedure Call (RPC), Plug and Play [XP], Multimedia Class Schedule [Vista], Windows Audio Endpoint Builder [Vista]	/	Leave to automatic unless you hate sound.
Windows Audio Endpoint Builder	Plug and Play	Windows Audio	Leave to automatic unless you hate sound.
Windows Backup	Remote Procedure Call (RPC)	/	
Windows CardSpace	/	/	Somehow part of .Net.
Windows Color System	Remote Procedure Call (RPC)	/	
Windows Connect Now - Config Registrar	Remote Procedure Call (RPC)	/	
Windows Defender Service	Remote Procedure Call (RPC)	/	Microsoft antispyware.
Windows Driver Foundation - User-mode Driver Framework	Plug and Play	/	
Windows Error Reporting Service	/	/	
Windows Event Collector	/	/	

Service	Requires	is Required by	Notes
Windows Event Log	/	Task Scheduler	Manages your event log and tasks. I do not recommend turning this off as strange things seem to happen when the Event Log is off.
Windows Firewall	Base Filtering Engine	/	Leave this on unless you purchased a 3rd party firewall.
Windows Firewall/Internet Connection Sharing (ICS)	Application Layer Gateway Service, Network Connections, Remote Procedure Call (RPC), Windows Management Instruction, Event Log	/	Application Layer Gateway Service starts when this does if ALG is not disabled. Do not leave this disabled unless using a third-party firewall.
Windows Image Acquisition (WIA)	Remote Procedure Call (RPC), Shell Hardware Detection	/	Says it is related to cameras and scanners. I had absolutely no problem using a digital camcorder or scanner with this service disabled. But, scanners and camcoders turn it on (even disabled?). Try it to see if you need it.
Windows Installer	Remote Procedure Call (RPC)	/	Important to leave to manual.
Windows Management Instrumentation	Remote Procedure Call (RPC), Event Log	Windows Firewall/Internet Connection Sharing (ICS) [XP], Security Center, Internet Connection Sharing [Vista], IP Helper [Vista]	Do not turn off or disabled!
Windows Management Instrumentation Driver Extensions	/	/	Not available in XP Home. What this <i>really</i> is is confusing. Leave it alone.
Windows Media Connect (WMC)	Remote Procedure Call (RPC), Universal Plug and Play Device Host, SSDP Discovery Service, Windows Media Connect (WMC) Helper	/	Part of XP Media Center Edition. Really only needed if you have a Xbox 360 or WMA based music player.
Windows Media Connect (WMC) Helper	Remote Procedure Call (RPC)	Windows Media Connect (WMC)	Part of XP Media Center Edition.
Windows Media Center Extender Service	Function Discovery Host Provider, PnP-X IP Bus Enumerator, SSDP Discovery, Terminal Services	/	Part of Vista Ultimate. Really only needed if you have a Xbox 360 or WMA based music player.
Windows Media Center Receiver Service	Remote Procedure Call (RPC)	/	Needed for a remote control.
Windows Media Center Scheduler Service	Remote Procedure Call (RPC)	/	Needed to user your computer as a DVR.

Service	Requires	is Required by	Notes
Windows Media Center Service Launcher	Remote Procedure Call (RPC)	/	Needed for Media Center to activate.
Windows Media Player Network Sharing Service	UPnP Device Host	/	Part of Vista Ultimate. Really only needed if you have a Xbox 360 or WMA based music player.
Windows Modules Installer	Plug and Play	/	
Windows Network Latency Controller	/	/	SPYWARE! Disable immediately, restart, and delete the file!
Windows NT Logon Application	/	/	SPYWARE! Disable immediately, restart, and delete the file!
Windows Presentation Foundation Font Cache 3.0.0.0	/	/	
Windows Remote Management (WS-Management)	Remote Procedure Call (RPC)	/	
Windows Search	Remote Procedure Call (RPC)	/	Creates indicies to make searching quicker.
Windows Time	/	/	Need to sync clock every so often. I think it is worth it.
Windows Update	Remote Procedure Call (RPC)	/	Do not disable.
Windows User Mode Driver Framework	Remote Procedure Call (RPC)	/	Part of Media Player 10. Synchronizes your media on your rights-restricting WMA DRM device. If you are smart enough to avoid WMA devices, disable it.
WinHTTP Web Proxy Auto-Discovery Service	DHCP Client	/	Microsoft says this is for Windows Server 2003; whats it doing on XP x64 or Vista?
Wired AutoConfig	Extensible Authentication Protocol, Remote Procedure Call (RPC)	/	Not enabled by default, LAN works fine without it. So what is the point of it?
Wireless Zero Configuration	Remote Procedure Call (RPC)	/	Set to auto only when using Wi-Fi. Also called "Wireless Configuration"
WLAN AutoConfig	Extensible Authentication Protocol, Remote Procedure Call (RPC)		
WMDM PMSP Service		/	
WMI Performance Adapter	Remote Procedure Call (RPC) [XP]	/	

Service	Requires	is Required by	Notes
Workstation	Network Store Interface Service [Vista], System components	Alerter [XP], Computer Browser, Messenger [XP], Net Logon, Remote Procedure Call (RPC) Locator [XP], Terminal Services Configuration [Vista]	Required for Internet.
World Wide Web Publishing	IIS Admin, Remote Procedure Call (RPC), Security Account Manager	/	Not installed by default. Safe to leave disabled on home computers.

<http://www.microsoft.com/windows2000/techinfo/howitworks/management/w2kservices.asp>

http://www.theeldergeek.com/services_guide.htm

http://www.theeldergeek.com/services_guide.htm

<http://www.blackviper.com/WinXP/service411.htm>

DISCLAIMER: This is to be used as a guide *only*. There are no guarantees of accuracy. You are responsible for any changes and the consequences of those changes. It is assumed you have a reasonable knowledge of what you are doing. Some services have different, but very similar, names. Use common sense. Not all services are available to everyone. Techs-on-Call is not responsible for any consequences resulting from using this guide.

NOTE: Some services have different requirements in Windows Vista than they do in Windows XP or Windows 2000. The differences are noted in the dependency by having [Vista] or [XP] after it. Even though [XP] is listed, it covers both Windows XP and Windows 2000. No differences are noted in services unique to Vista or 2000/XP.

NOTE: Sometimes a service has a similar name in different versions of Windows. Unless the name is radically different, there isn't a double-listing.

This is a non-exhaustive list. You can help by sending any errors, additional services, and other information to service@techs-on-call.biz. Please include

The information is free for personal use.