For purchased content packs, we recommend that you download and install all purchased content directly from the CTA5 content manager. Please see this FAQ for the installation method:

https://kb.reallusion.com/Product/53119/How-do-I-install-content-packs-if-I-have

For the content files that are saved in Custom, you can directly go to Content Manager Settings > click "Smart Import Custom Content", select the custom content folder and it will automatically sync all content files stored in the folder.

CTA4 Default Custom Content folder path:

C:\Users\Public\Documents\Reallusion\Custom\Cartoon Animator 4 Custom

Kindly also check this tutorial video for the process: -

https://courses.reallusion.com/home/smart-gallery/smart-content-manager-for-ct

Reallusion FAQ
https://kb.reallusion.com/Product/53123/How-do-I-move-my-content-from-CTA4-to-CTA5