Obtain cyberduck for your OS from: https://cyberduck.io/download/
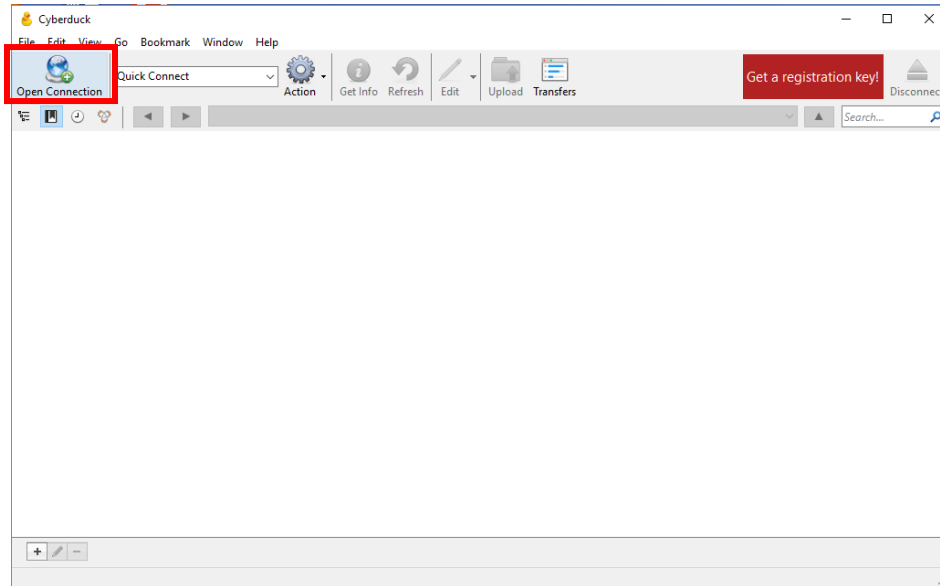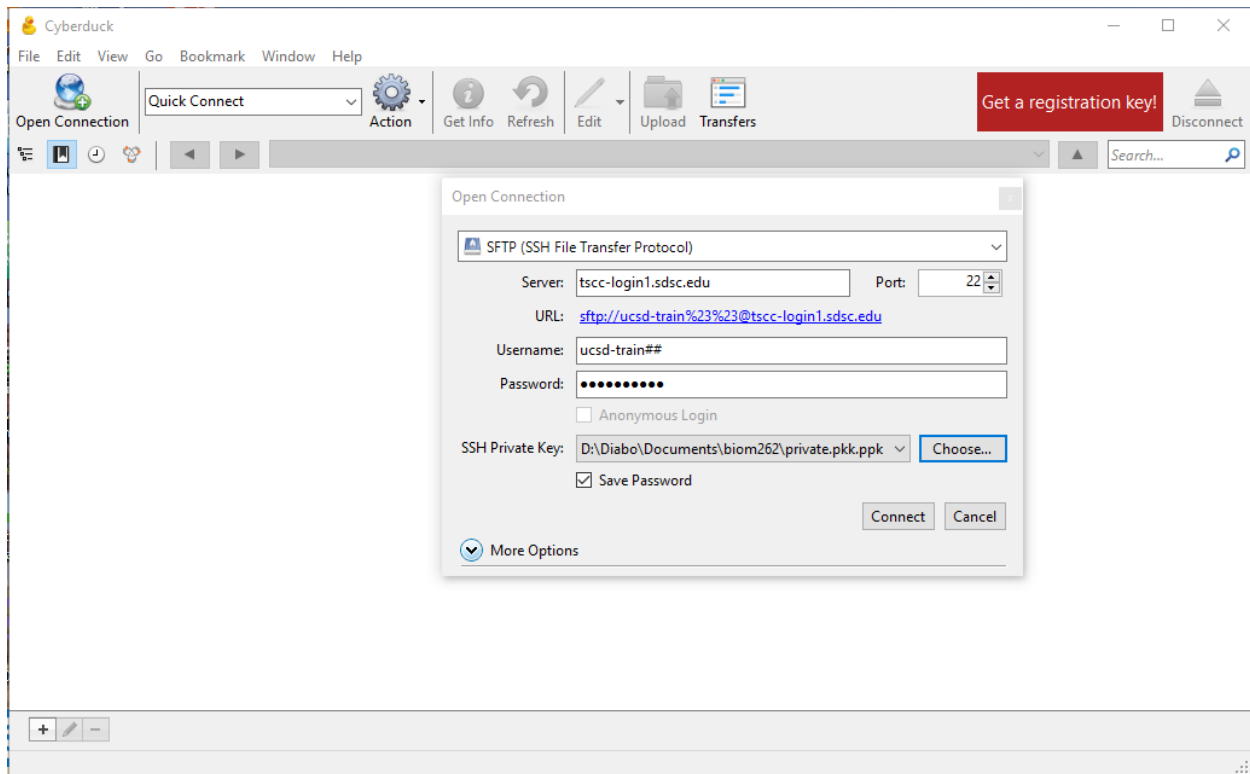
The initial start window will look something like this:

Open an new connection (red box)

1. Make sure you select the SFTP (SSH File Transfer Protocol) as transfer type
2. Specify the server: tscc-login1.sdsc.edu
3. Port should be 22
4. Username is your training account. Replace the '##' with your account number
5. Add your password
6. Add the ssh private key you've generated

Allow if a question about fingerprints comes up.

It might take a bit before the connection is established.

You can now drag and drop files from and to your you desktop and the cluster