一、首先制作SD启动卡

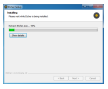
Download the lastest Debian image from beagleboard.org/latest-images. The "IoT" images provide more free disk space if you don't need to use a graphical user interface (GUI).

Note: Due to sizing necessities, this download may take 30 minutes or more.

The Debian distribution is provied for the boards. The file you download will have an .img.xz extension. This is a compressed sector-by-sector image of the SD card.

Step #0.B: Install SD card programming utility

Download and install Etcher.



Some general help on programming SD cards can be found on the Ubuntu Image Writer page.

Step #0.C: Connect SD card to your computer

Use your computer's SD slot or a USB adapter to connect the SD card to your computer.

Step #0.D: Write the image to your SD card

Use Etcher to write the image to your SD card. Etcher will transparently decompress the image on-the-fly before writing it to the SD card.

Step #0.E: Eject the SD card

Eject the newly programmed SD card.

Step #0.F: Boot your board off of the SD card

Insert SD card into your (powered-down) board, hold down the USER/BOOT button (if using Black) and apply power, either by the USB cable or 5V adapter.

If using an original BeagleBone or PocketBeagle, you are done.

If using BeagleBone Black and desire to write the image to your on-board eMMC, you'll need to follow the instructions

at http://elinux.org/Beagleboard:BeagleBoneBlack_Debian#Flashing_eMMC. When the flashing is complete, all 4 USRx LEDs will be steady on or off. The latest Debian flasher images automatically power down the board upon completion.*This can take up to 45 minutes.* Power-down your board, remove the SD card and apply power again to finish.

二、将系统写入到EMMC中

Flashing eMMC

To set up the standalone microSD image to automatically flash the eMMC on powerup. Login as debian (password = temppwd) and edit /boot/uEnv.txt with nano (sudo nano /boot/uEnv.txt) or your preferred editor.

In /boot/uEnv.txt:

```
##enable BBB: eMMC Flasher:
#cmdline=init=/opt/scripts/tools/eMMC/init-eMMC-flasher-v3.sh
```

Change to:

```
##enable BBB: eMMC Flasher:
cmdline=init=/opt/scripts/tools/eMMC/init-eMMC-flasher-v3.sh
```

Optional, update Flasher Scripts:

```
cd /opt/scripts/
git pull
```

注意：需要将BBB联网才能git pull 成功。

and reboot the system, it'll flash the eMMC on the next bootup. (make sure to remove the microSD after flashing is complete, otherwise it'll just keep on re-flashing the eMMC)