Steps to download ROS for macOS:
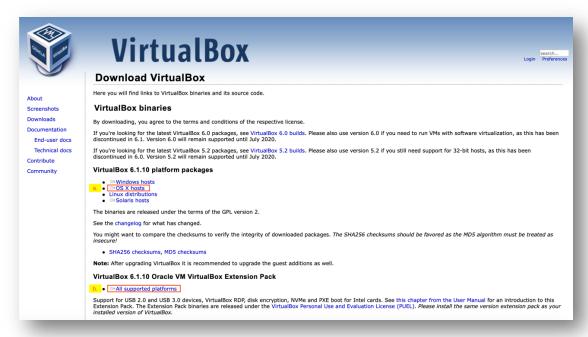
1. Download VirtualBox components (https://www.virtualbox.org/)
   a. **VirtualBox 6.1.10 for OS X hosts**
      i. Open the .**dmg** file and complete the installation steps
   b. **VirtualBox 6.1.10 Oracle VM VirtualBox Extension Pack**
      i. Open the .**vbox-extpack** and follow the instructions

2. Download Ubuntu and ROS (http://nootrix.com/downloads/#RosVM)
   a. nootrix has assembled the **Ubuntu** operating system with **ROS Indigo 64Bits VM**
      i. Once downloaded, go to **VirtualBox** then go to File → Import Appliance. Choose the **ova** file you have installed.

3. Start Ubuntu
   a. To check that the installation went well, you should see a picture like this:
      i. Select **RosIndigo64Bits** from the left and click the green **Start** arrow