**So, in order to install R,**

1. go to <http://www.r-project.org>,
2. click on 'CRAN',
3. then choose the CRAN site that you like. I like Kansas: <http://rweb.quant.ku.edu/cran/>.
4. click on 'Download R for XXX' [where XXX is your operating system]
5. follow the installation procedure for your operating system
6. resart RStudio
7. rejoice

**--wait - what about my beloved packages??--**

ok, I use a Mac, so I can only provide accurate details for the Mac - perhaps someone else can provide the accurate paths for windows/linux; I believe the process will be the same.

To ensure that your packages work with your shiny new version of R, you need to:

1. move the packages from the old R installation into the new version; on Mac OSX, this means moving all folders from   
     
   /Library/Frameworks/R.framework/Versions/2.15/Resources/library  
   to here:  
   /Library/Frameworks/R.framework/Versions/3.0/Resources/library

[where you'll replace "2.15" and "3.0" with whatever versions you're upgrading from and to. **And** only copy whatever packages aren't already in the destination directory. i.e. don't overwrite your new 'base' package with your old one - if you did, don't worry, we'll fix it in the next step anyway. If those paths don't work for you, try using installed.packages() to find the proper pathnames.]

1. now you can update your packages by typing update.packages() in your RStudio console, and answering 'y' to all of the prompts.

> update.packages(checkBuilt=TRUE) class : Version 7.3-7 installed in /Library/Frameworks/R.framework/Versions/3.0/Resources/library Version 7.3-8 available at http://cran.rstudio.com Update (y/N/c)? y ---etc---

1. finally, to reassure yourself that you have done everything, type these two commands in the RStudio console to see what you've got:

> version > packageStatus()

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Note: I note for others that your personal library of R packages on OSX might alternatively be located under ~/Library/R instead of /Library/Frameworks/...