Install R

Step 1

☐ Download R: https://cran.r-project.org/mirrors.html

☐ Choose a mirror, it doesn't matter which, by clicking on any one of the URLs below the country names.

Step 2

☐ Choose the appropriate option based on the operating system of your computer.

Step 3 - Windows users

☐ Click "install R for the first time."

Step 3 - Windows users continued

☐ Click the link to Download R for Windows.

<table>
<tr><td rowspan="6">

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R—4.5.1 for Windows

Download R-4.5.1 for Windows (86 megabytes, 64 bit)
README on the Windows binary distribution
New features in this version

This build requires UCRT, which is part of Windows since Windows 10 and Windows Server 2016. On older systems, UCRT has to be installed manually from here.

If you want to double-check that the package you have downloaded matches the package distributed by CRAN, you can compare the md5sum of the .exe to the fingerprint on the master server.
</td></tr>
</table>

☐ Save the file to your downloads folder.

☐ Locate the file and double-click it to execute the installation of the software.

☐ Use the default options that are suggested.

☐ After the installation, you will have two icons on your desktop – "Rx64 x.x.x" and "Ri386 x.x.x". Use Rx64 x.x.x if you are running 64bit Windows or Ri386 x.x.x if you are using 32bit Windows. x.x.x represents the installed version number.

Step 3 - Mac users

☐ Select the most recent version of R for installation.

Software		**Latest release:**
R Sources R Binaries Packages Task Views Other	For Apple silicon (M1,2,..) Macs: R-4.5.1-arm64.pkg SHA1- hash: 0db802faf0e544168794a6d648c73a48c2b51a5d (ca. 97MB, notarized and signed)	**R 4.5.1** binary for macOS 11 (**Big Sur**) and higher, signed and notarized packages.
Documentation Manuals FAQs	For older Intel Macs: R-4.5.1-x86_64.pkg SHA1- hash: 5384a1b3458a28030fc043e64c113e3af40f4c58 (ca. 100MB, notarized and signed)	Contains R 4.5.1 framework, R.app GUI 1.82, Tcl/Tk 8.6.12 X11 libraries and Texinfo 6.8. The latter two components are optional and can be ommitted when choosing "custom install", they are only needed if you want to use the `tcltk` R package or build package documentation from sources.
Donations		macOS Ventura users: there is a known bug in Ventura preventing

☐ Save the file to your downloads folder.

☐ Locate the file and double-click it to execute the installation of the software.

☐ Use the default options that are suggested.

☐ After the installation, you will find the R.app in your Applications folder on your Mac.

Install RStudio

Step 1

- ☐ Please ensure that you have Installed R before you install RStudio.
- ☐ Go to: https://posit.co/download/rstudio-desktop/

The page will recognize your operating system. If it does not, scroll further down the page to select from a list of all operating systems.

2: Install RStudio

DOWNLOAD RSTUDIO DESKTOP FOR WINDOWS

Size: 287.97 MB | SHA-256: 8CE88C63 | Version: 2025.09.0+387 | Released: 2025-09-12
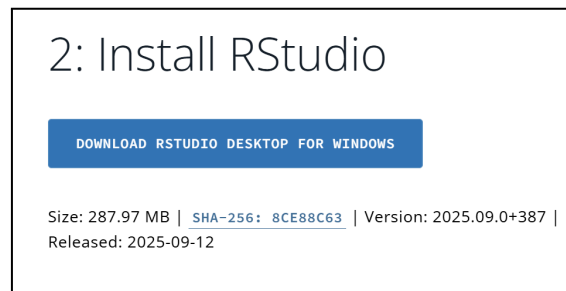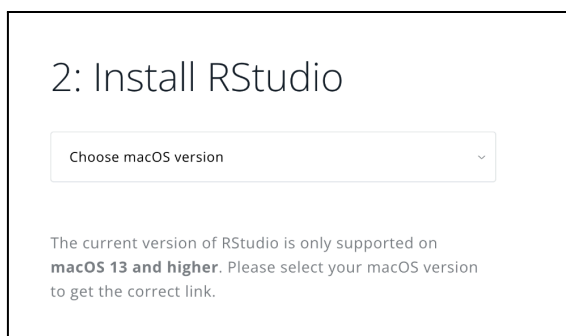
Step 2 - Windows
- ☐ Click to download the file and save the file to your downloads folder.
- ☐ Locate the file and double-click it to execute the installation of the software.
- ☐ Use the default options that are suggested.
- ☐ After installation locate the RStudio icon on your desktop.

2: Install RStudio

Choose macOS version ⌄

The current version of RStudio is only supported on **macOS 13 and higher**. Please select your macOS version to get the correct link.

Step 2 - Mac
- ☐ Click to download the file and save the file to your downloads folder.
- ☐ Locate the file and double-click it to open the dmg file.
- ☐ Drag the RStudio icon to the Application folder..
- ☐ After the installation, you will find the RStudio.app in your Applications folder on your Mac.