Go to Tools:

-select "Pro Trinket 5V/16MHz (USB)" in Boards (if you don't have it, you will need to go to Boards Manager and install the correct board type

-Both Windows and MAC will choose the correct COM port

-select "USBtinyISP" in Programmer (Macs already have it installed). For Windows, unless the driver installs automatically, go to Device Manager -> right click "USBtinyISP" and update driver software using the files from the jump drive