need usb 4g or more.

download and install Windows7-USB-DVD-tool.exe

http://pcsupport.about.com/gi/o.htm?

%3A//images2.store.microsoft.com/prod/clustera/framework/w7udt/1.0/en-us/Windows7-USB-DVD-tool.exe

start the prorgam choose the ISO file. choose USB device

Boot wih the usb stick