YML file
create a conda environment minimal basic prerequisites

$ conda env create -f your_file.yml

See:
Minimal_rdeps_plus_ichorcna.yml

Aditional packages

Install it either through conda or directly in R
$ conda install -c conda-forge r-devtools
> install.packages("usethis")
...

See:
Additional_prerequisites.txt

Configure Github Credentials

$ git config --global user.email "r8... "
...
in R >
usethis::create_github_token()
...
gitcreds::gitcreds_set()

See: Quick_configuration_token_github.R

Install ichorCNA from Github

in R >
install_github("broadinstitute/ichorCNA")

downloading and installing picard "wget picard"
could be an option since the one from conda complains