

What to do next?

Example

To upload files, you **can** use a GUI like WinFCP or FileZilla, but I would really encourage you to try using sftp directly through the terminal.

In a new window: Connect using either ssh (mac/linux) or pUTTy.

You must first navigate to the folder where your files are, like this:

```
cd /volumes/dean/chunlab/meetings
```

Then connect like this:

```
sftp yourx500@login.msi.umn.edu
```

What to do next?

Example

Once connected, you can navigate around your MSI filesystem normally and upload files using the command `put`

```
put meetingExample121820.R
```

```
put example_metadata.csv
```

Keep this window open since we will return to it in just a moment.