This all needs to be done in Command Line, or Terminal. Use the general search tool on your computer to find this if you're not familiar with it. It should open a black window with some text in the upper left corner.

1. Install node.js and npm
   a. https://nodejs.org/en/ (the LTS one)
   b. In your terminal window, try npm -v, you should get something like 6.4.1, etc.
2. Install truffle
   a. In your terminal window: npm install -g truffle
   b. In your terminal window, try truffle version, you should get Truffle <some version number> and then Solidity <some version number>.
3. Install Ganache
   a. https://truffleframework.com/ganache
      i. For Windows users, click "Need another OS download?" and use the second download link ganache-1.2.2-x86_64.AppImage
   b. Open the program to make sure it works
4. Get MetaMask
   a. https://metamask.io/
   b. Get the chrome extension
   c. When you create your password WRITE IT DOWN SOMEWHERE SAFE. with Metamask and all other crypto accounts/wallets, its best to assume that there is no "forgot my password" option, so anything important that they give you, store it somewhere you won't forget or lose it.
   d. Also write down that 12 word phrase, for the same reasons as above
5. Get a text editor!!
   a. I suggest atom: https://atom.io/
   b. Default setup
   c. Go to settings > install
      i. Search autocomplete-solidity
         1. Install the one by austp
      ii. Search linter-solidity
         1. Download the one by Latrasis
      iii. These will make the code you write easier to understand