

Installing R on a Windows PC

To install R on your Windows computer, follow these steps:

1. Go to: <https://cran.r-project.org/bin/windows/base/>
2. Under “Download and Install R”, click on the “Windows” link.
[Download R-4.5.1 for Windows](#)
3. You may be asked if you want to save or run a file “R-4.5.1-win.exe” double-click on the icon for the file to run it
4. The R Setup Wizard will appear in a window. Click “Next” at the bottom of the R Setup wizard window.
5. The next page says “Information” at the top. Click “Next” again.
6. The next page says “Select Destination Location” at the top. By default, it will suggest installing R in “C:\Program Files” on your computer.
7. Click “Next” at the bottom of the R Setup wizard window.
8. The next page says “Select components” at the top. Click “Next” again.
9. The next page says “Startup options” at the top. Click “Next” again.
10. The next page says “Select start menu folder” at the top. Click “Next” again.
11. The next page says “Select additional tasks” at the top. Click “Next” again.
12. R should now be installed. This will take about a minute. When R has finished, you will see “Completing the R for Windows Setup Wizard” appear. Click “Finish”.

Download RStudio on a Window PC

Go to <https://www.rstudio.com/products/rstudio/download/#download> and download the RStudio version for

Windows (**Free**). It'll say something like RStudio-2025.05.1-513.exe for Windows.

- Double-click that RStudio-2025.05.1-513.exe file
- Follow the instructions for installing .exe files on Windows

Installing R on MAC

Get R

- Go to: <https://cran.r-project.org/bin/macosx/>
- For Apple silicon (M1,2,..) Macs:
[R-4.5.1-arm64.pkg](#)
- For older Intel Macs:
[R-4.5.1-x86_64.pkg](#)
- Install the package by double-clicking on it and working through the prompts.

Download RStudio on MAC

- Go to <https://posit.co/download/rstudio-desktop/>
- And download the RStudio version for Mac OS X. It'll say something like RSTUDIO-2025.05.1-513.DMG).
- Double-click that DMG file
- Drag the RStudio icon to the Applications folder.