

[illegible]

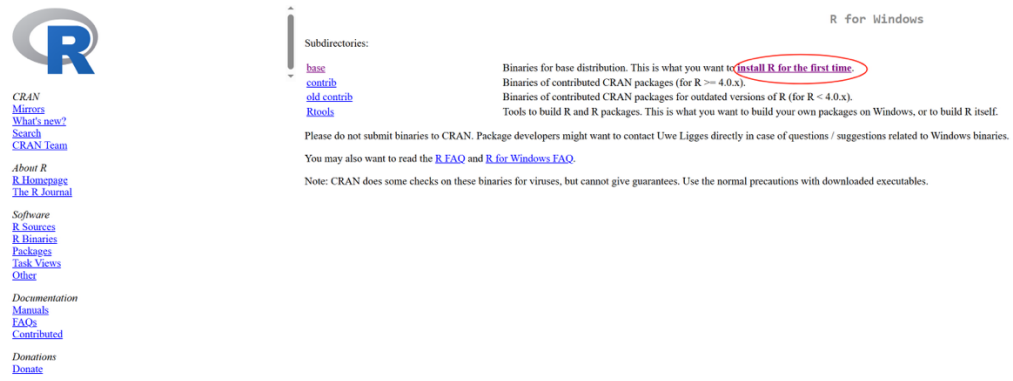
### 3. Choose Your Operating System



The screenshot shows the CRAN website's 'Download and Install R' section. The link 'Download R for Windows' is highlighted with a red box. The page also includes links for Linux, macOS, and Windows, as well as source code for all platforms. The 'Download R for Windows' link is the primary focus for users on that operating system.

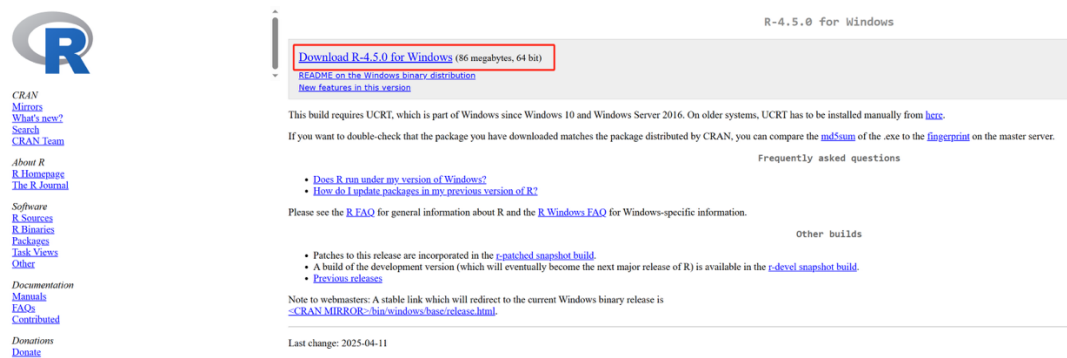
- **For Windows:**

1. Click "Install R for the first time"



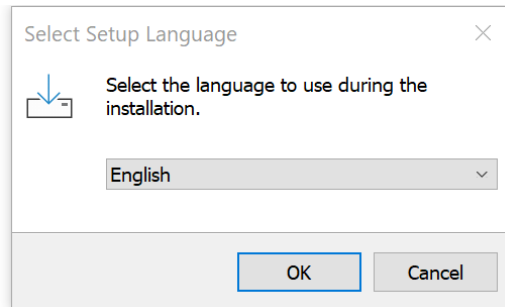
The screenshot shows the 'R for Windows' page. The link 'install R for the first time' is highlighted with a red circle. The page also includes links for 'base', 'contrib', 'old contrib', and 'Rtools'. The 'install R for the first time' link is the primary focus for users on that operating system.

2. Click "Download R-4.5.0 for Windows"




The screenshot shows the 'R-4.5.0 for Windows' page. The link 'Download R-4.5.0 for Windows (86 megabytes, 64 bit)' is highlighted with a red box. The page also includes links for 'README on the Windows binary distribution' and 'New features in this version'. The 'Download R-4.5.0 for Windows' link is the primary focus for users on that operating system.

3. Open the downloaded `.exe` file and follow the installation steps.  
When prompted, make sure to select *English* as the setup language



- **For macOS:**

1. For Apple silicon (M1, M2...) Macs, click `R-4.5.0-arm64.pkg` ; For older Intel Macs, click `R-4.5.0-x86_64.pkg`



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### R for macOS

This directory contains binaries for the base distribution and of R and packages to run on macOS. R and package binaries for R versions older than 4.0.0 are only available from the [CRAN archive](https://cran-archive.r-project.org) so users of such versions should adjust the CRAN mirror setting (<https://cran-archive.r-project.org>) accordingly.

Note: Although we take precautions when assembling binaries, please use the normal precautions with downloaded executables.

R 4.5.0 "How About a Twenty-Six" released on 2025/04/11

Please check the integrity of the downloaded package by checking the signature:  
`pkgutil --check-signature R-4.5.0-arm64.pkg`  
in the *Terminal* application. If Apple tools are not available you can check the SHA1 checksum of the downloaded image:  
`openssl sha1 R-4.5.0-arm64.pkg`

**Latest release:**

For Apple silicon (M1,2,...) Macs:  
[R-4.5.0-arm64.pkg](#)  
SHA1-  
hash: a47d9579664f0ca878b83d90416d66af2581ef9c  
(ca. 97MB, notarized and signed)

For older Intel Macs:  
[R-4.5.0-x86\\_64.pkg](#)  
SHA1-  
hash: d1121c6945118c6e43d96b643c589008340f3e7  
(ca. 100MB, notarized and signed)

R 4.5.0 binary for macOS 11 (Big Sur) and higher, signed and notarized packages.

Contains R 4.5.0 framework, R.app GUI 1.81, Tcl/Tk 8.6.12 X11 libraries and Texinfo 6.8. The latter two components are optional and can be omitted when choosing "custom install", they are only needed if you want to use the `tcltk` R package or build package documentation from sources.

macOS Ventura users: there is a known bug in Ventura preventing installations from some locations without a prompt. If the installation fails, move the downloaded file away from the *Downloads* folder (e.g., to your home or Desktop).

Note: the use of X11 (including `tcltk`) requires [XQuartz](#) (version 2.8.5)

2. Open the downloaded `.pkg` file and follow the installation steps

## 2) Step 2: Install R Studio

1. Go to the official download page: <https://posit.co/download/rstudio-desktop/>

**RStudio Desktop**

Used by millions of people weekly, the RStudio integrated development environment (IDE) is a set of tools built to help you be more productive with R and Python.

Don't want to download or install anything? Get started with RStudio on [Posit Cloud for free](#). If you're a professional data scientist looking to download RStudio and also need common enterprise features, don't hesitate to [book a call with us](#).

Want to learn about core or advanced workflows in RStudio? Explore the [RStudio User Guide](#) or the [Getting Started](#) section.

### 1: Install R

RStudio requires R 3.6.0+. Choose a version of R that matches your computer's operating system.

*R is not a Posit product. By clicking on the link below to download and install R, you are leaving the Posit website. Posit disclaims any obligations and all liability with respect to R and the R website.*

[DOWNLOAD AND INSTALL R](#)

### 2: Install RStudio

[DOWNLOAD RSTUDIO DESKTOP FOR WINDOWS](#)

Size: 265.28 MB | [SHA-256: BB369742](#) | Version: 2024.12.1+563 | Released: 2025-02-13

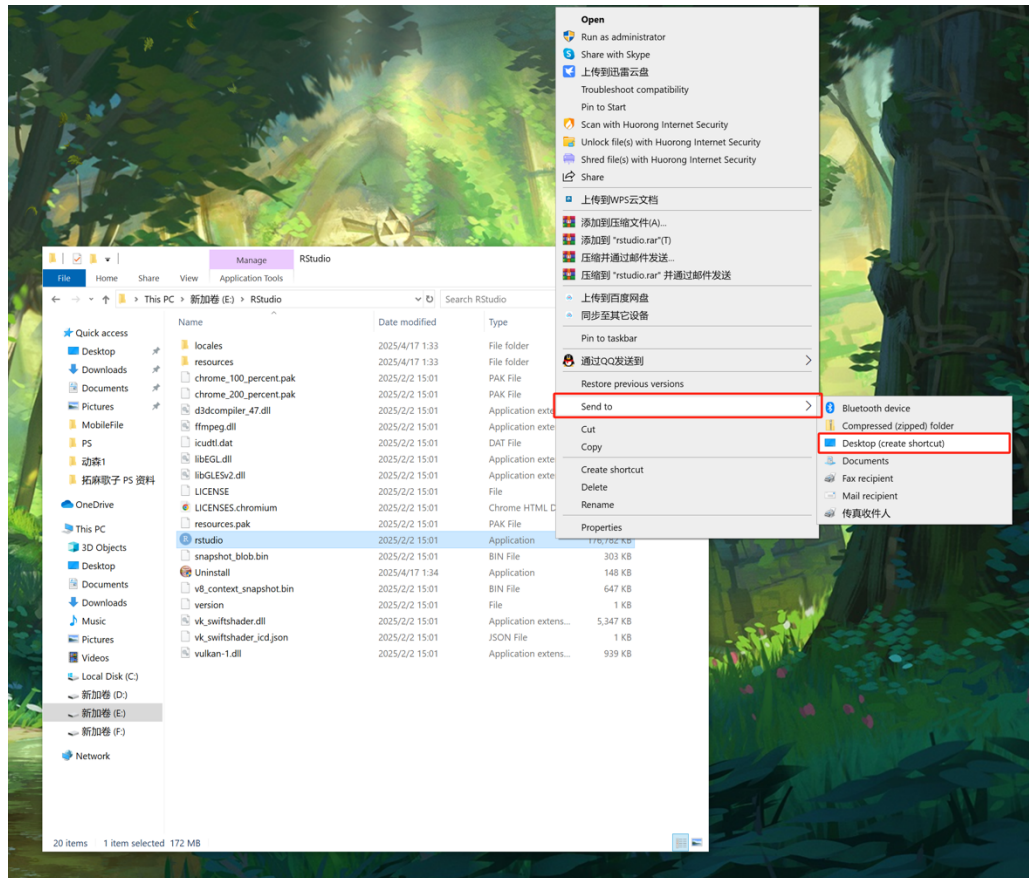
2. **Scroll down** to see the download options for different systems, click the right file for your OS

OS	Download	Size	SHA-256
Windows 10/11	<a href="#">RSTUDIO-2024.12.1-563.EXE ↕</a>	265.28 MB	<a href="#">BB369743</a>
macOS 13+	<a href="#">RSTUDIO-2024.12.1-563.DMG ↕</a>	557.15 MB	<a href="#">BE73D3A9</a>
Ubuntu 20/Debian 11	<a href="#">RSTUDIO-2024.12.1-563-AMD64.DEB ↕</a>	203.14 MB	<a href="#">EE259A88</a>
Ubuntu 22/Debian 12	<a href="#">RSTUDIO-2024.12.1-563-AMD64.DEB ↕</a>	203.17 MB	<a href="#">710931EC</a>
Ubuntu 24	<a href="#">RSTUDIO-2024.12.1-563-AMD64.DEB ↕</a>	203.17 MB	<a href="#">710931EC</a>
OpenSUSE 15	<a href="#">RSTUDIO-2024.12.1-563-X86_64.RPM ↕</a>	205.07 MB	<a href="#">9C7E7109</a>
Fedora 34/Red Hat 8	<a href="#">RSTUDIO-2024.12.1-563-X86_64.RPM ↕</a>	228.91 MB	<a href="#">CDFC2100</a>
Fedora 36/Red Hat 9	<a href="#">RSTUDIO-2024.12.1-563-X86_64.RPM ↕</a>	219.53 MB	<a href="#">D5FE5220</a>

3. Open the downloaded file and follow the installation steps

- **For Windows:**

- It's better to install both R and RStudio on the **same disk** (e.g., both in F:), this helps avoid path issues and makes it easier for RStudio to detect R.
- Create a Desktop Shortcut for RStudio:



# R Studio Interface

Once you've successfully installed R and RStudio, you should see an interface like the one below. Feel free to explore—try a few basic calculations in the Console Section.

Nice work getting everything set up. See you in lab soon!

