

# Quick Start: Getting R & RStudio



*It is likely that version numbers will be different, just download whatever is displayed.*

## Windows

1. In your web browser, go to: <https://cran.r-project.org/bin/windows/base/>
2. Choose the largest link, starting with “Download”

[Download R 3.2.3 for Windows](#) (62 megabytes, 32/64 bit)  
[Installation and other instructions](#)  
[New features in this version](#)

3. Double-click the downloaded file and follow the installation wizard, accepting all defaults.

## Mac

1. In your web browser, go to: <https://cran.r-project.org/bin/macosx/>
2. Choose the first link ending in “.pkg” that applies to you. Use the latest release unless you have a very old Mac (macOS 10). Only select computers since 2020 have Apple silicon processors:  
<https://support.apple.com/en-us/116943>

3. Double-click the downloaded file and follow the installation wizard, accepting all defaults.

For Apple silicon (M1-3) Macs:  
[R-4.3.3-arm64.pkg](#)  
SHA1-hash: 37dc051e0a241eeef8e8207b2710067767781e6c  
(ca. 92MB, notarized and signed)

For older Intel Macs:  
[R-4.3.3-x86\\_64.pkg](#)  
SHA1-hash: cbff7e4657eb67d3a35f4c74772680aa3c6b8d4b  
(ca. 94MB, notarized and signed)



*Install R first. RStudio is not necessary but does make many tasks in R a lot easier.*

1. In your web browser, go to: <https://posit.co/download/rstudio-desktop/>
2. Choose the blue button with “Download RStudio Desktop” for your operating system.
3. Double-click the downloaded file and follow the installation wizard, accepting all defaults.

2: Install RStudio

DOWNLOAD RSTUDIO DESKTOP FOR