

TRACES NMR Data Transfer

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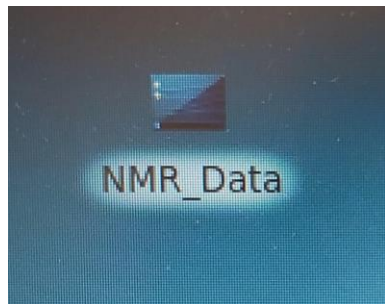
STEP 1



STEP 2

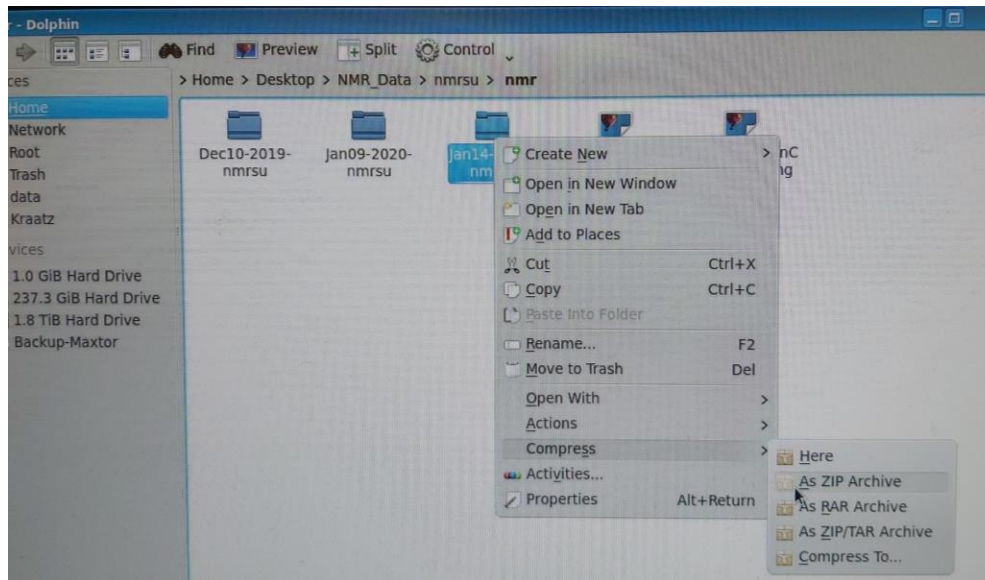


STEP 3



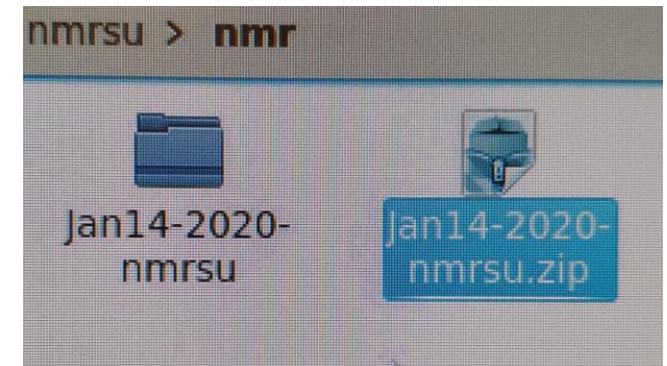
Click on this icon on the desktop

Note – This is likely on a different screen



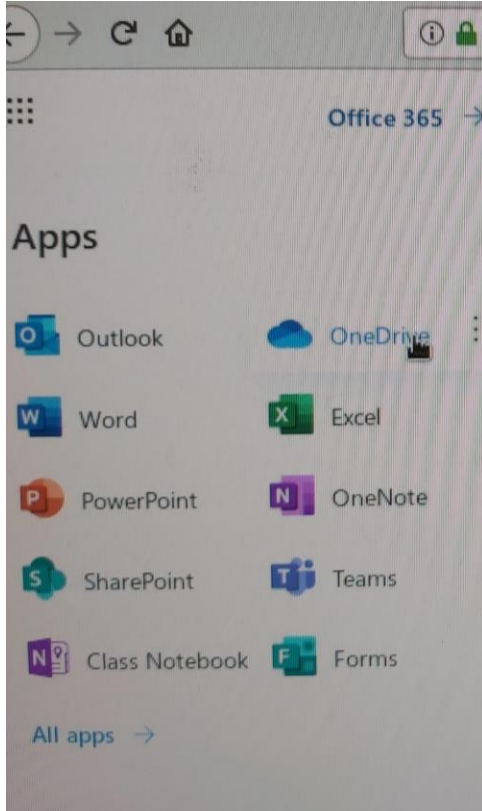
Select the folder you want and right click. This will prompt you to a drop down manual.

Scroll down to Compress - > as ZIP archive



Here you can see a ZIP file is created

STEP 4

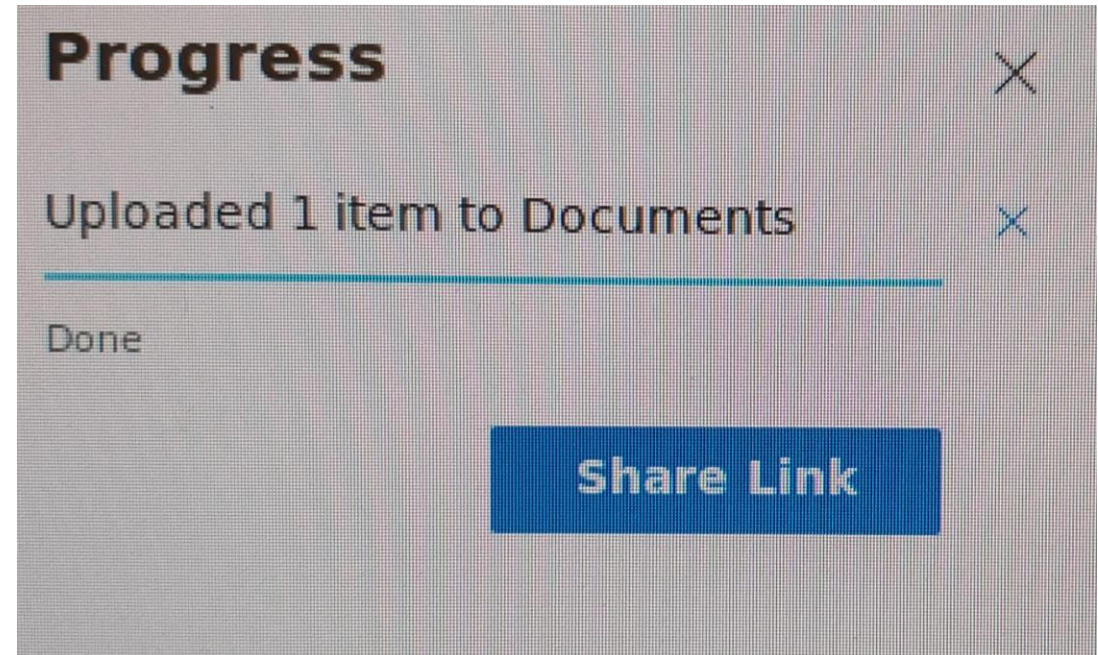


Open the **Firefox** web Browser and log on to your Microsoft outlook account.

In the top left hand corner, you select OneDrive. This will log you on to your own OneDrive UofT account



STEP 5



Drag the zip file onto you onedrive through the web browser. Once it is upload, it will show the following message.

Now – YOU ARE DONE