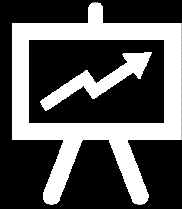




synergy
usa



RECOVER YOUR FILES

USING

FREE TRINITY RESCUE KIT
(TRK)

Made with  by Synergy USA llc

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CHAPTER ONE

HOW TO CREATE A BOOTABLE ISO

DOWNLOAD ISO AND BURN IT

- Download **Trinity Rescue Kit ISO**

http://trinityhome.org/Home/index.php?content=TRINITY_RESCUE_KIT_DOWNLOAD&front_id=12&lang=en&locale=en

- Burn it on a CD or make a bootable USB drive.

Bootable USB maker- <http://www.isotousb.com/>

CD/DVD Burner- <http://www.freeisoburner.com/>



CHAPTER TWO

RUN TRK AND RECOVER FILES

PhoenixBIOS Setup Utility							
Main	Advanced	Security	Boot	Exit			
CD-ROM Drive +Hard Drive +Removable Devices Network boot from AMD Am79C970A					Item Specific Help Keys used to view or configure devices: <Enter> expands or collapses devices with a + or - <Ctrl+Enter> expands all <+> and <-> moves the device up or down. <n> May move removable device between Hard Disk or Removable Disk <d> Remove a device that is not installed.		
F1	Help	↑↓	Select Item	-/+	Change Values	F9	Setup Defaults
Esc	Exit	↔	Select Menu	Enter	Select ► Sub-Menu	F10	Save and Exit

From bios boot menu choose CD/DVD drive or USB drive.



Trinity Rescue Kit 3.4 build 372

```
Run Trinity Rescue Kit 3.4 (default mode, with text menu)
1 : TRK 3.4 in failsafe mode (No menu, UGA, noacpi, noapic)
2 : TRK 3.4 running from RAM (best >= 512mb, 256mb min)
3 : TRK 3.4 - Run 'mclone' in client mode (!)
4 : TRK 3.4 in simple UGA mode (debugging of kernel output)
5 : TRK 3.4 with Belgian keyboard (use menu for other)
6 : TRK 3.4 - Uirusscan all drives (Clamav, non interactive)
7 : TRK 3.4 - Try more pcmcia and usb nics (when not detected)
8 : TRK 3.4 - Try more SCSI drivers (when disks not detected)
9 : TRK 3.4 with a secure shell server enabled
10: TRK 3.4 - Execute local scripts on harddrive of PC
11: TRK 3.4 as bootserver to boot other TRK clients
12: TRK 3.4 - Fileshare all drives as guest, no security
13: TRK 3.4 - Single user mode (no menu)
14: TRK 3.4 - Acpi=off, noapic PCI=bios (Alternate boot 1)
15: TRK 3.4 - Acpi=off, noapic PCI=any (Alternate boot 2)
16: TRK 3.4 - PCI=conf2 (Alternate boot 3)
17: TRK 3.4 - Uerbose startup for debugging (no menu)
```

Automatic boot in 7 seconds...

Trinity Rescue Kit 3.4

1. *Run Trinity Rescue Kit (It will run automatically after 10 sec)*

Trinity Rescue Kit easy menu

```
| Welcome
| TRK Help -->
| Keyboard layout selection -->
| Windows password resetting -->
| Mount all local filesystems
| Unmount all local filesystems
| Virus scanning -->
| Windows junkfile cleaning -->
| Mclone: computer replication over the network -->
| Backup and restore utilities-->
| Run a windows fileserver -->
| Run an ssh server
| Set an ip-address on the first adapter
| Trinity Remote Support (contact us first)
| Ethernet packet sniffing -->
| Try detecting more harddisk controllers
| Try detecting more USB and PCMCIA network adapters
| Midnight Commander
| Go to a shell
| Go to a shell and save all output to /tmp/terminal.out
| Quit this menu
| Poweroff computer
| Reboot without ejecting CD / usb stick
```

Run a TRK bootserver to boot other TRKs from your LAN.
This will only work if there are no other bootservers on your LAN and you have a working DHCP server

(command: trkbootnet)

```
trk ~ # fdisk -l
```

```
Disk /dev/sda: 42.9 GB, 42949672960 bytes
255 heads, 56 sectors/track, 5874 cylinders
Units = cylinders of 14280 * 512 = 7311360 bytes
Disk identifier: 0x3bbe3bbd
```

Device	Boot	Start	End	Blocks	Id	System
/dev/sda1	*	1	5873	41933192	7	HPFS/NTFS

```
Disk /dev/sdb: 8053 MB, 8053063680 bytes
2 heads, 63 sectors/track, 124830 cylinders
Units = cylinders of 126 * 512 = 64512 bytes
Disk identifier: 0x028c111d
```

Device	Boot	Start	End	Blocks	Id	System
/dev/sdb1	*	1	124831	7864288	b	W95 FAT32

```
trk ~ #
```

5. On easy menu select "MOUNT ALL LOCAL FILESYSTEM" and press enter.

Results will be show on the bottom of the screen (as shown above).

6. Then press Ctrl + C to enter command line.

Type **fdisk -l** (arrow #1) to see the directory of the USB drive (arrow #2) you want to store recovered files.


```
trk ~ # cd /sdb1
```

```
trk sdb1 #
```

2

Trinity Rescue Kit 3.4

7. Now type `cd /` "directory of your USB drive" (in this case `sdb1`). With this command you will go to your USB directory.

```
PhotoRec 6.11.3, Data Recovery Utility, May 2009
Christophe GRENIER <grenier@cgsecurity.org>
http://www.cgsecurity.org
```

```
PhotoRec is free software, and
comes with ABSOLUTELY NO WARRANTY.
```

```
Select a media (use Arrow keys, then press Enter):
```

```
Disk /dev/hdc - 158 MB / 151 MiB (RO) - VMware Virtual IDE CDROM Drive
Disk /dev/sda - 42 GB / 40 GiB (RO) - VMware, VMware Virtual S
Disk /dev/sdb - 8053 MB / 7680 MiB (RO) - General UDisk
```

```
[Proceed ] [ Quit ]
```

Trinity Rescue Kit 3.4

```
Note:
```

```
Disk capacity must be correctly detected for a successful recovery.
If a disk listed above has incorrect size, check HD jumper settings, BIOS
detection, and install the latest OS patches and disk drivers.
```

8. Type **photorec** and press enter.

9. Select the hard drive you want to recover files from (in this case sda) and press enter.

```
PhotoRec 6.11.3, Data Recovery Utility, May 2009
Christophe GRENIER <grenier@cgsecurity.org>
http://www.cgsecurity.org
```

```
Disk /dev/sda - 42 GB / 40 GiB (RO) - VMware, VMware Virtual S
```

```
Please select the partition table type, press Enter when done.
```

```
[Intel ] Intel/PC partition
[EFI GPT] EFI GPT partition map (Mac i386, some x86_64...)
[Mac ] Apple partition map
[None ] Non partitioned media
[Sun ] Sun Solaris partition
[XBox ] Xbox partition
[Return ] Return to disk selection
```

```
Note: Do NOT select 'None' for media with only a single partition. It's very
rare for a drive to be 'Non-partitioned'.
```



Trinity Rescue Kit 3.4

10. In partition type choose **INTEL** and press enter.

11. Select partition or select “**no partition**” to analyze whole disk.

12. In filesystem type menu select **OTHER** press enter.

13. Select “**WHOLE**” so all the partition will be analyzed and press enter.

```
PhotoRec 6.11.3, Data Recovery Utility, May 2009
Christophe GRENIER <grenier@cgsecurity.org>
http://www.cgsecurity.org

Do you want to save recovered files in /sdb1 ? [Y/N]
Do not choose to write the files to the same partition they were stored on.

To select another directory, use the arrow keys.
drwxrwxrwx  0  0  4096  9-Nov-2017 12:14 .
drwxr-xr-x  0  0  1024  9-Nov-2017 11:40 ..
drwxrwxrwx  0  0  4096  9-Nov-2017 11:29 New folder
drwxrwxrwx  0  0  4096  6-Nov-2017 15:39 System Volume Information
-rwxrwxrwx  0  0  40960  9-Nov-2017 12:14 photorec.ses
```



Trinity Rescue Kit 3.4

14. Press **Y** to start.



CHAPTER THREE

RECOVERED FILES

```
PhotoRec 6.11.3, Data Recovery Utility, May 2009
Christophe GRENIER <grenier@cgsecurity.org>
http://www.cgsecurity.org

Disk /dev/sda - 42 GB / 40 GiB (RO) - VMware, VMware Virtual S
Partition      Start      End      Size in sectors
1 * HPFS - NTFS      0      0 57 5220 113 21 83866384

Pass 1 - Reading sector      130352/83866384, 475 files found
Elapsed time 0h00m06s - Estimated time for achievement 1h04m14

txt: 192 recovered
exe: 102 recovered
jpg: 58 recovered
cab: 32 recovered
chm: 27 recovered
gif: 18 recovered
tx?: 16 recovered
doc: 6 recovered
reg: 5 recovered
bmp: 4 recovered
others: 15 recovered
Stop
```

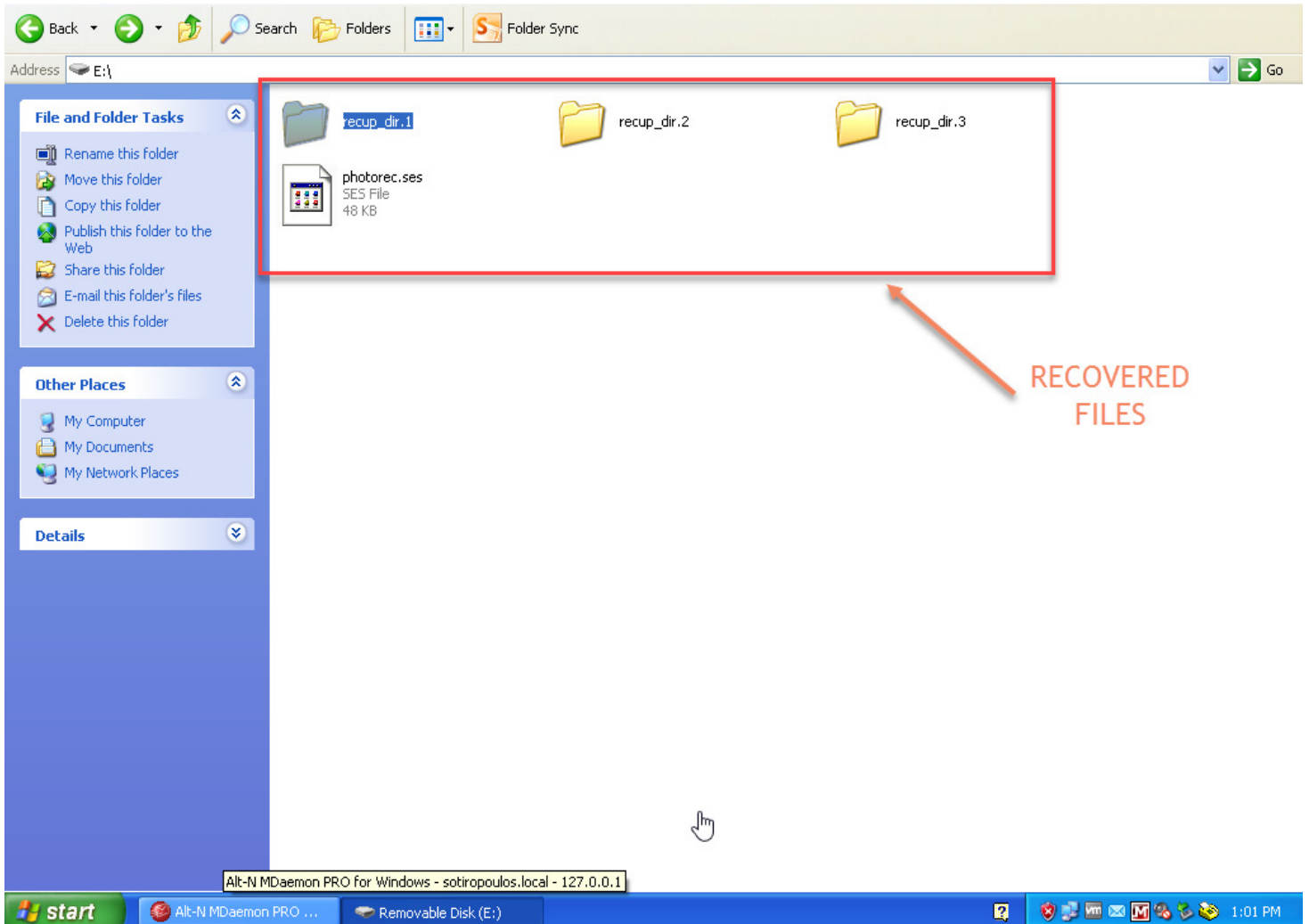
Recovered files



Recovering process

15. When the process is over press quit and you will return to the easy menu.

16. Select **Poweroff Computer**. Your system will reboot.



Above you can see that recovered files are in the USB flash drive.

Visit our web site for more

www.synergyusallc.com

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