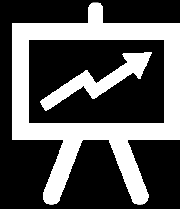




**synergy**  
usa



# Recover your files

using

free Trinity rescue kit (TRK)

Made with  by Synergy USA llc

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**Intro**



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**RUN TRK AND RECOVER FILES**



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## CHAPTER ONE

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# HOW TO CREATE A BOOTABLE ISO

# DOWNLOAD ISO AND BURN IT

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- Download **Trinity Rescue Kit ISO**

[http://trinityhome.org/Home/index.php?content=TRINITY\\_RESCUE\\_KIT\\_DOWNLOAD&front\\_id=12&lang=en&locale=en](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

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# RUN TRK AND RECOVER FILES

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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 ~ #

USB DRIVE

Trinity Rescue Kit 3.4

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
```

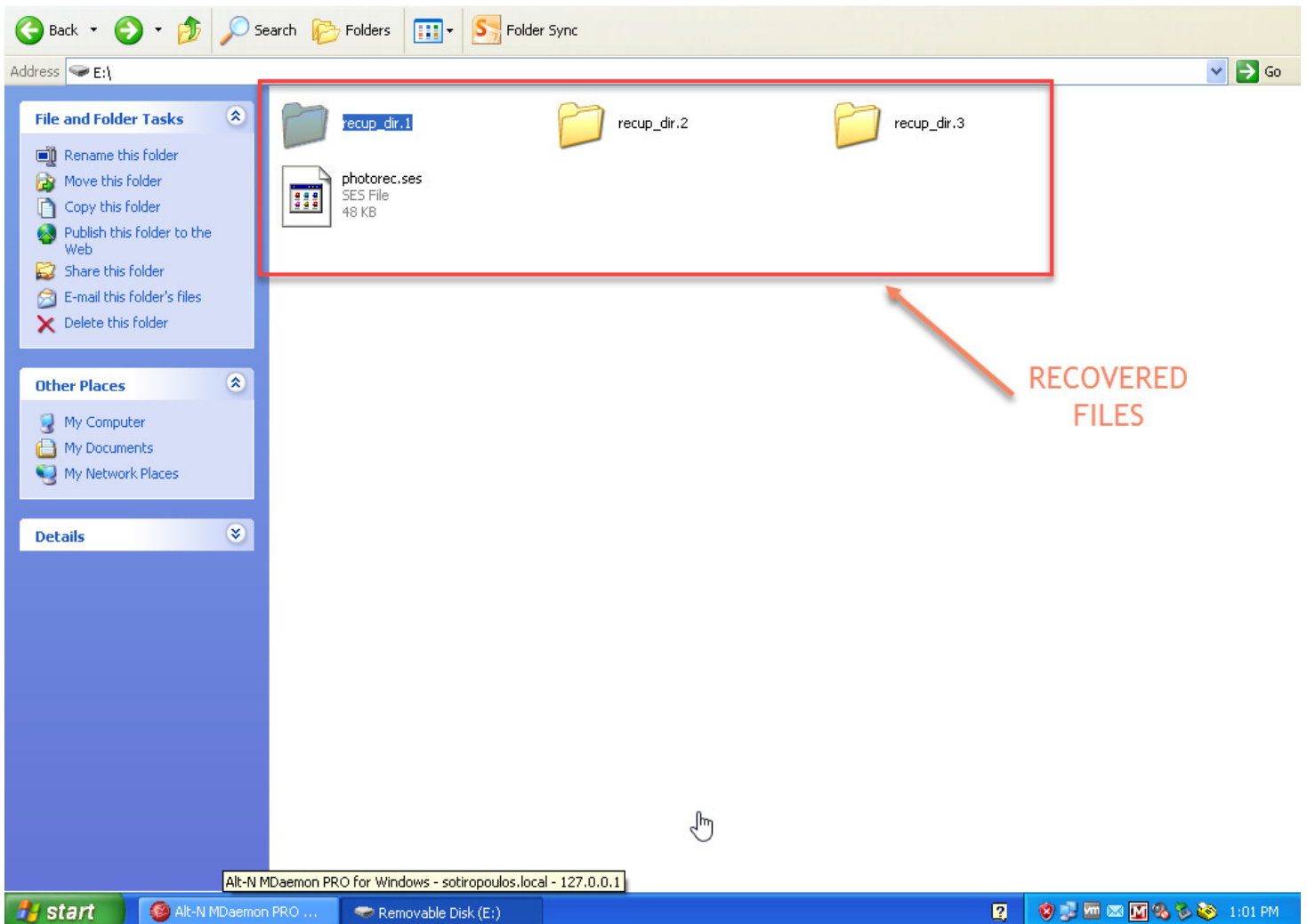
Recovered files

*Trinity Rescue Kit 3.4*

## 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.

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[www.synergyusallc.com](http://www.synergyusallc.com)

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