Destroying Information with CCleaner

INTRODUCTION

This is a brief guide on how to set up and use CCleaner, a tool for securely deleting temporary files from your computer.

INSTALLATION & SETUP

1. Go to http://www.piriform.com/ccleaner and download the free version. (For Mac OS, the site redirects to the Mac App Store)
2. Save and install on your computer.
3. For Windows, the first time CCleaner is opened, you will be asked to allow CCleaner to intelligently scan for cookies. Select NO.
4. Once CCleaner is installed and running, go to Options and click on the Settings tab.
5. Under Secure Deletion, select Secure file deletion (slower). In the dropdown menu, select Advanced Overwrite. This will overwrite erased data 3 times (“passes”), which is the recommended minimum for secure deletion. For more security, select an option with more than 3 passes. (For Mac OS, Medium Overwrite offers 7 passes, while Complex Overwrite offers 35 passes.)
6. If you want CCleaner to wipe free space on a drive, select from the available drives in the Wipe Free Space drives box at the bottom of the Settings window pane. Also accessible under Tools in the Drive Wiper option. (For Mac OS, this option is under Tools, then Erase Free Space. Search for the desired drive from the Select Volume options, and select 7-pass Erase under Security)
7. If you want to permanently delete the Master File Table on your drive (a list of all file names and locations for current files and files that have not been securely deleted), select Wipe MFT Free Space in the last checkbox in the Settings window pane. Note that this will take a significant amount of time. (For Mac OS, this is not yet an option)
8. If you want to keep certain cookies from being deleted, select these cookies from the list that is found under Options -> Cookies in both the Windows and MacOS version. It is recommended that you delete all cookies.

DELETING TEMPORARY FILES & FREE SPACE

1. To delete temporary files, go to Cleaner and select all of the items listed under both Windows and Applications. (For Mac OS, the tabs are Mac OS X and Applications.)
2. To delete the free space on your drive, make sure to select Wipe Free Space at the very bottom of the Windows tab.
3. When you select certain items, you will get a warning message explaining what will be deleted. Select OK.
4. Once all items you want to delete are selected, click Analyze to create a list of all items that will be deleted. This does not delete any files.
5. When asked, close all other running programs to allow CCleaner to work.
6. To permanently delete the files listed by the analysis, select Run Cleaner. Select OK when asked if you want to proceed. Depending on how many temporary files are deleted, this process can take some time.
7. You will see “Cleaning Complete” under the status bar when the secure erasure is finished.
DELETING WINDOWS REGISTRY (For Windows only)
1. To delete the windows registry, go to Registry and select all of the items listed.
2. Then select Scan for Issues to generate a list of problems related to the registry that will be fixed.
3. When you select Fix Selected Issues you will be prompted to backup changes to the registry. Click YES to create a backup. (It is important to create a backup in case any problems arise after the registry is cleaned. If so, the backup can simply be restored.) Select the location for your backup and click Save.
4. Select Fix All Selected Issues to clean the windows registry. (Advanced users can select fix issue to select different components to clean.)
5. Repeat steps 3-4 as needed.

PORTABLE CCLEANER
A portable version of CCleaner is installed directly onto an external hard drive or USB memory stick. Portable CCleaner can be used from any computer, and the use and existence of this tool may remain undetected. But remember: portable tools are not safe if the computer you are using is infected with malware!

1. Go to http://www.piriform.com/ccleaner/download/portable and download the latest version. Save the installation file to your computer.
2. Navigate to the saved installation file, right click, and select Extract File.
3. Navigate to the external device plugged into the computer and select new folder to create a new folder on the external device to install CCleaner in.
4. Select the new folder and click OK to extract the files.
5. To confirm installation and use Portable CCleaner, navigate to the new folder you created on the removable disk and open Portable CCleaner.