Go to the AOMEI website (www.aomeitech.com)

Download the free version of their "AOMEI backupper", and install it.

Also download the images I made - there are images both for the d8b and the HDR:

link

Now insert your CF card in the reader of your pc, and start up the AOMEI program.
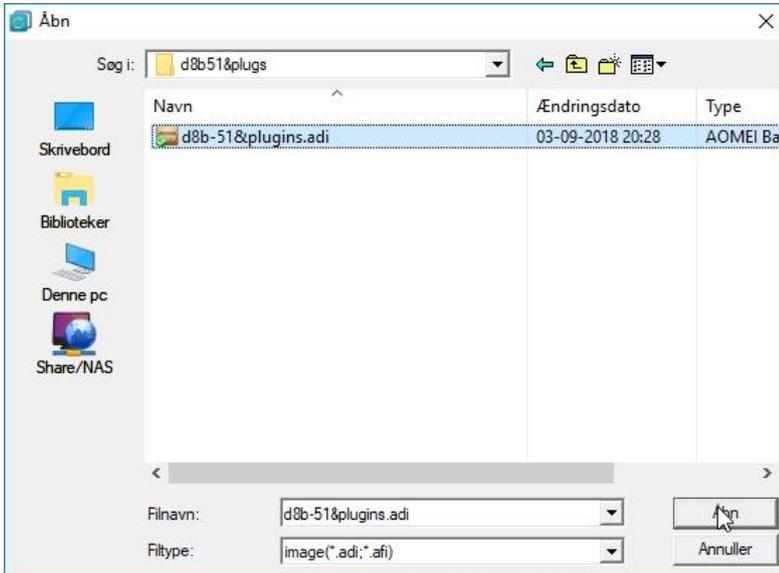
You should see something like this:

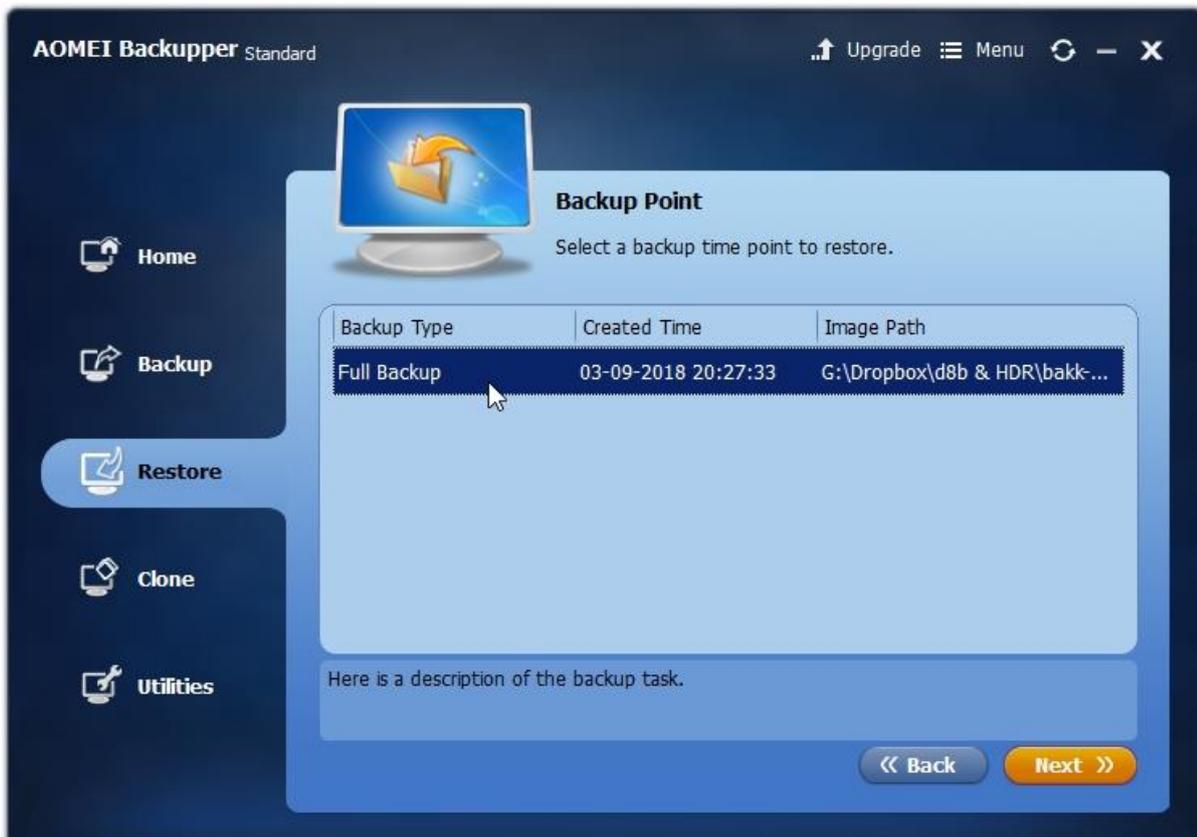Choose the "Restore" tab on the left, and you get this window:

Click on the "Path" button, and locate the image file you want to write to your CF card.

Here I'm going with the image for the d8b - choose the image and click "open".

(please note, my version of windows is Danish so it reads "Åbn").

Now the image will be listed. At first the "Next" button will be grey - you have to click on the "full backup" listing to choose it, before the "Next" button lights up and lets you proceed. Click Next.

In the next window, you have to choose the partition from the image file that you want to restore. It's called "Disk3" since that's what it was when I made the backup. Again, choose it to have the "Next" button light up, then click "Next".

In the next screen you are choosing where you want to restore to. Be sure that you're choosing your CF card, as the process will overwrite anything already on the disk you choose.

My card is a 4gb verbatim. You might be able to use a bigger or smaller card, but I haven't tested it.

Choose **the right disk - your cf card** - and click "Next". It will give you a warning that the disk will be overwritten. If you are sure you've chosen the right disk, click Yes.

In the next window you click "Start Restore", and the image will be written to your CF card.

When it is finished, click the "Finish" button. Then turn off your pc, before you remove the CF card.

Enjoy.