

BIOS Update Readme

BIOS Update Instructions for Intel® NUC Laptop Kit with Aptio V BIOS

This readme file includes BIOS update instructions for advanced users. If you need more complete step-by-step instructions on how to use each of these BIOS update methods, refer to [BIOS Update and Recovery Instructions for Intel® NUC Laptop Kits with the Aptio V BIOS Core](#).

The following methods are available to update Intel NUC Laptop Kit:

- Express BIOS Update (Windows-based)
- F7 BIOS Update
- BIOS Recovery Update

Important Notes:

- **Once the update process has started, DO NOT POWER DOWN YOUR SYSTEM before the update is complete. The update process will take up to 3 minutes.**
- Downgrading the BIOS to an earlier version isn't recommended and might not be supported. An earlier BIOS version might not offer support for the latest processors, bug fixes, critical security updates, or support the latest board revisions currently being manufactured. **If you're trying to downgrade to a previous BIOS version and its Intel® ME Firmware version is older than that currently on the motherboard, then the downgrade is NOT supported.**
- There may be a situation where the BIOS doesn't see your USB flash drive during an update or recovery. If this happens, try to reformat the USB flash drive, but de-select **Quick Format**. Then try the process again.
- If a BIOS update process is interrupted, your computer may not function properly. We recommend the process be done in an environment with a steady power supply (preferably with UPS).
- Before you start, record all BIOS settings that have been changed from default, so they can be restored after completing the BIOS update.

Express BIOS Update (Windows-Based) Instructions

1. Double-click the *.EBU.exe file to run the Windows-based BIOS update.
2. Follow all prompts.

F7 BIOS Update Instructions

The F7 BIOS update option allows you to update the system BIOS during the boot process and before the operating system loads.

1. Transfer the .CAP file to a USB flash drive.
 2. Plug the USB device into a USB port of the Intel NUC Laptop Kit when it's turned off (not in Hibernate or Sleep mode).
 3. Turn on (or restart) the Intel NUC Laptop Kit.
 4. During boot, when the F7 prompt is displayed, press F7 to enter the BIOS Flash Update screen.
 5. Select the USB device and press Enter.
 6. Select the .CAP file and press Enter.
 7. Confirm you want to update the BIOS by pressing Enter.
 8. Wait 2-5 minutes for the update to complete.
 9. Remove the USB flash drive.
 10. Restart the computer.
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BIOS Recovery Update Instructions

BIOS Recovery by the Power Button Menu

1. Download the **RECOVERY.zip** file.
2. Extract the **cap** file and transfer it to a USB flash drive.
3. Plug the USB flash drive into a USB port and connect the NUC Laptop Kit to AC power.
4. Press and hold down the power button for 6-7 seconds, release the power button and the Power Button Menu will appear.
5. Press **F4** when presented the option.
6. Wait 2-3 minutes for the recovery process to complete.
7. The Intel NUC Laptop Kit will automatically restart when the recovery process is completed.
8. Remove the USB device.
9. Restart the Intel NUC Laptop Kit.

***Creating a Bootable USB Flash Drive**

Refer to any of the following websites for tips on creating bootable USB devices. Intel is unable to assist with the creation of bootable devices.

- [How to Boot from a USB Flash Drive](#)
- [Boot from USB Flash Drive](#)

You can also search for additional resources on the web for creating bootable USB devices. Search on "How to create bootable USB drives".
