Before you start

A one-page guide for you. About 5 minutes.

Your 3 steps

1. Open a NEW chat in Claude (not an old one).
2. Add the Wingman connector: in Settings, open Connectors, choose Add custom connector, and paste https://memory.travismorrow.com. Press Connect, then type the code Travis sent you on the sign-in page that opens. Never type the code in the chat.
3. Type: Set me up. The AI asks one question at a time; you can say skip to any of them.

You need: a Claude account you are signed in to (the Pro plan is recommended: Dispatch is on Pro, Max and Ultra, not Team or Enterprise), a Dropbox account, and about an hour (you can pause and finish later).

No Dropbox yet? Create a free Dropbox account if you don't have one (dropbox.com, the free Basic plan with 2 GB). That is plenty, because the memory files are tiny.

If you are under 18: a parent or guardian should read this page, know that your AI will keep a folder of notes about you in your cloud storage, and be okay with it. Whether you may use these accounts and connect your storage is for them to check. The AI will ask you to confirm this.

If you set up with a file instead of the connector

1. Open a NEW chat in Claude (not an old one).
2. Look in Settings for Connectors (the name may differ by app and device). Find Dropbox, press Connect, sign in on the page that opens, and allow access. Do this yourself; never give a password to Claude. If you cannot find Connectors, try claude.com in a web browser or the desktop app on a computer. If it still is not there, that is okay: tell the AI when it asks and it will use the fallback.
3. Have your storage open somewhere so you can see the new folder appear.

Then start: in that new chat, attach the START HERE file (the plus or paperclip button in the chat box) and type: Set me up.

One front door: your AI will help you set up Dispatch (the Claude desktop app plus the Claude phone app, on plans that have it; your computer must be awake with the app open) as your one place for everything. If you do not have Dispatch, it will help you make one Claude Project called Wingman instead, and you start a new chat inside it when a chat gets long. The folder keeps your memory, so chats are disposable.

Dropbox on your computers: for chat and for a Claude Project you do not need to install the Dropbox desktop app; Claude reaches Dropbox through its connector (Settings, Connectors, Dropbox). For Dispatch, install the Dropbox desktop app on your home-base computer, so the folder exists locally where Cowork works. On your other computers it is optional, for local access.

Your AI will also ask which computers you use with Claude and pick a home base: the one that stays on most. Your memory lives in Dropbox, so it is the same on every computer.

The AI does the rest, one question at a time. You can say "skip" to any question. It will never ask for a password, and it only opens its own folder, not the rest of your files.

If the AI cannot reach your storage (3-line fallback)

1. At the end it gives you one file named "AI-Memory-all-in-one.md". Save it somewhere you can find it (Dropbox, Drive, Notes or Documents).
2. In any new chat, attach that file first. Paste back or save any new version the AI gives you.
3. Later, connect your storage, attach START HERE again and say: "I connected my storage, retry."