FGA

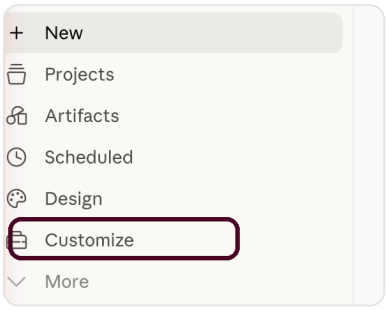
How to add a skill to Claude or ChatGPT

About two minutes, once. After that it's there in every chat.

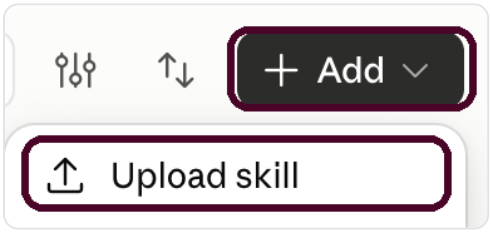
0 **Download the skill file** from the skill's page. It ends in `.skill`. Don't rename it. The page also says which app it works in.

CLAUDE the website or the desktop app

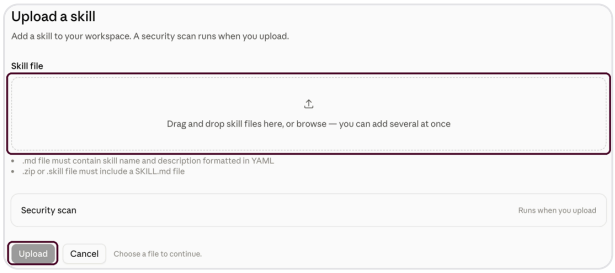
1 Click **Customize** in the left sidebar.



2 Check **Skills** is selected at the top. Click **+ Add**, then **Upload skill**.



3 Drag the file into the box and click **Upload**. Claude runs a quick security scan.



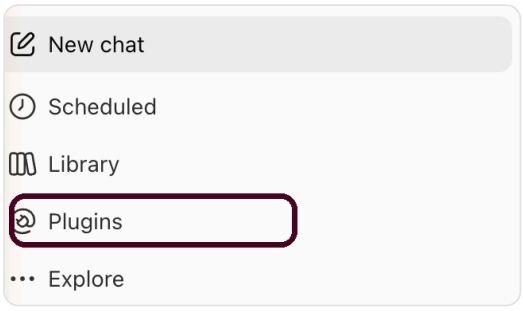
4 Start a new chat and try it.

The skill's page shows you what to type first.

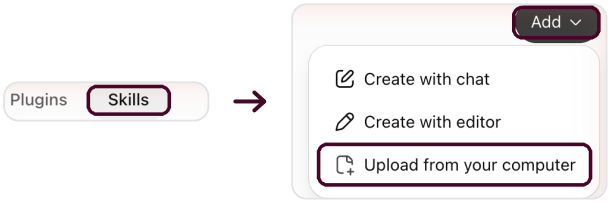
If it doesn't show up, go to Settings, then Capabilities, and switch on "Code execution and file creation". Skills need it.

CHATGPT the website or the desktop app

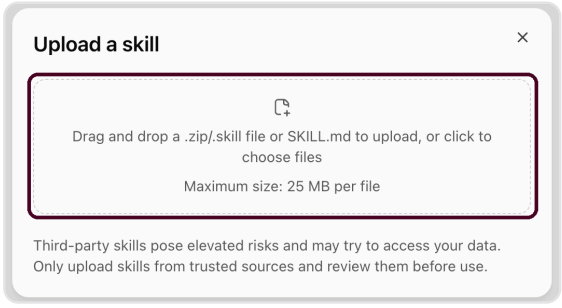
1 Click **Plugins** in the left sidebar.



2 Click the **Skills** tab at the top. Then **Add**, then **Upload from your computer**.



3 Drop the file into the box. It uploads by itself.



4 Start a new chat and try it.

The skill's page shows you what to type first.

Can't see Skills?

Try it on a computer rather than your phone. If it's still missing, your plan may not include skills yet.

Is it safe?

Both apps warn you about skills from strangers, and they're right to. Only add skills from someone you trust. A skill is a folder of instructions, so you can open it and read it first.

Some skills need the Code tab

A few skills run small programs on your computer. Those only work in the Claude desktop app's Code tab, and their page tells you so.