

INTERNAL · STARTER PACK · 17 MAY 2026

Hi Chris.

Your iO-CO workshop is ready. Visit your URL below, and turn the page for everything you need to start building.

URL <https://cooke.play.io-co.io>

YOUR KIT

Everything you need to start building.

Two sets of credentials below. **FTP** is how you (or your AI tools) push files onto your space. **Database** is optional — only needed if you build something that has to remember things.

FTP

REQUIRED

Server	sxb1plzcpnl506915.prod.sxb1.secureserver.net
Username	chris@cooke.play.io-co.io
Password	N6t-cVy2rQk8pWmL4xJfBhZ9
Port	21 — FTP / explicit FTPS

DATABASE

OPTIONAL

Host	localhost
DB name	cooke
Username	cooke_user
Password	pN6-cVy5jQk4PmL8xJfBhZ3w

TELL YOUR AI

Hand the FTP and DB credentials to your AI assistant (Claude, ChatGPT, Cursor). A prompt as simple as *"build me a one-page site about X and push it to my FTP at cooke.play.io-co.io"* is enough — the AI writes the files, uploads them, and your URL is live. Easiest desktop client if you'd rather drag files manually: **Cyberduck** at cyberduck.io.

GOOD TO KNOW

- 5 GB storage — plenty for sites, not a Dropbox replacement.
- Nothing you do here can break the main iO-CO site or email.
- Lost your password? Ask Nick — he resets it in a minute.
- Your folder is yours alone. Nobody else on the team can see it.
- Want the URL password-protected before you share? Ask Nick.
- HTTPS is automatic. Free, auto-renewing certs.