System Rescue, the project formerly known as System Rescue CD, has moved from being based on Gentoo to being built on Arch Linux packages.

With this their ISO layout changed substantially so when updating my trusty recue USB flash drive, I could not just update the kernel, initrd and the root filesystem image as I had typically done every other year before.

The "Installing on a USB memory stick" documentation is good for Windows (use Rufus, it's nice) but rather useless for Linux. They recommend a dd or the fancy graphical version of that, called usbimager.

[4]