Upgrade QNAP ContainerStation Gitlab

I finally figured out how to upgrade a [Gitlab Docker container](#) in QNAP's Container Station on my TS-453 Pro. Based on [this post on QNAP's forum](#) I was able to upgrade Gitlab from 8.9.6-1 to 11.4.5...

Edit the docker-compose.yml file for Gitlab...

```
vi /share/CACHEDEV1_DATA/.qpkg/container-station/data/application/gitlab/docker-compose.yml
```

Change the version image version to 11.4.5...

```
image: sameersbn/gitlab:11.4.5
```

Restart Docker...

```
docker-compose stop
docker-compose up -d
```

NOTE: Since I was upgrading from a version prior to 8.11.0 I also had to add the below gitlab environment parameters in the docker-compose.yml file...

```
GITLAB_SECRETS_SECRET_KEY_BASE
GITLAB_SECRETS_OTP_KEY_BASE
```

An example docker-compose.yml file can be found here at https://github.com/sameersbn/docker-gitlab/blob/master/docker-compose.yml.

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