How to save a model file (part or assembly) so it can be made on the 3D Printer

Save as STL, click Options
Set units
Set Deviation as low as it will allow, usually 0.02mm. Allowed value changes with part complexity
Set Angle no larger than 5 deg. Smaller is better but file size increases dramatically as you go lower. 3 or 4 is a good trade-off
Click OK when set, then save file