Communication and Network Security exercises

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Contents

Preface

This material is prepared for use in *Communication and Network Security workshop* and was prepared by Henrik Lund Kramshoej, `http://www.zencurity.com` . It describes the networking setup and applications for trainings and workshops where hands-on exercises are needed.

Further a presentation is used which is available as PDF from kramse@Github
Look for communication-and-network-security-exercisesin the repo security-courses.

These exercises are expected to be performed in a training setting with network connected systems. The exercises use a number of tools which can be copied and reused after training. A lot is described about setting up your workstation in the repo

`https://github.com/kramse/kramse-labs`

Prerequisites

This material expect that participants have a working knowledge of TCP/IP from a user perspective. Basic concepts such as web site addresses and email should be known as well as IP-addresses and common protocols like DHCP.

Have fun and learn

Introduction to networking

IP - Internet protocol suite

It is extremely important to have a working knowledge about IP to implement secure and robust infrastructures. Knowing about the alternatives while doing implementation will allow the selection of the best features.

ISO/OSI reference model

A very famous model used for describing networking is the ISO/OSI model of networking which describes layering of network protocols in stacks.

This model divides the problem of communicating into layers which can then solve the problem as smaller individual problems and the solution later combined to provide networking.

Having layering has proven also in real life to be helpful, for instance replacing older hardware technologies with new and more efficient technologies without changing the upper layers.

In the picture the OSI reference model is shown along side with the Internet Protocol suite model which can also be considered to have different layers.

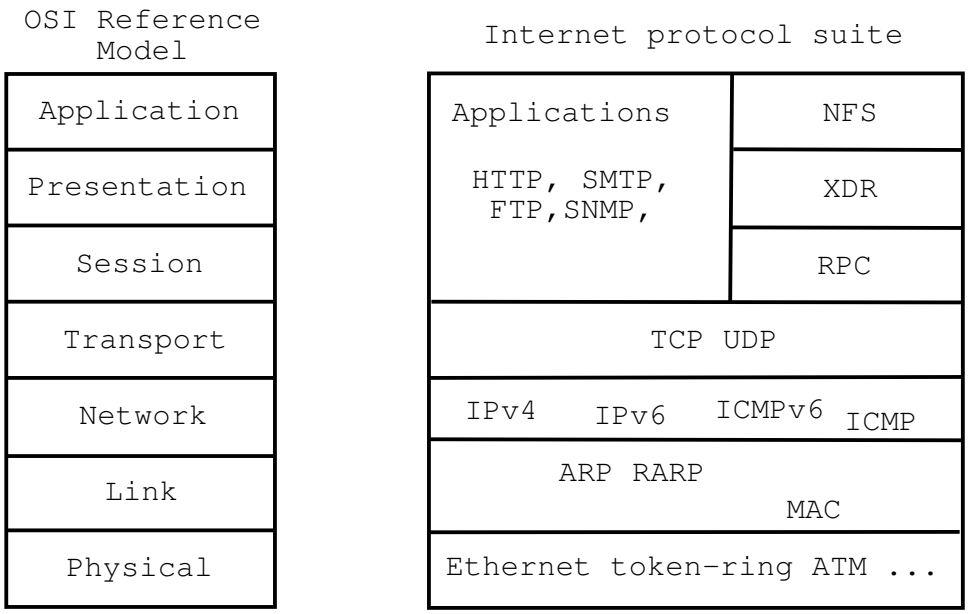


Figure 1: OSI og Internet Protocol suite

Exercise content

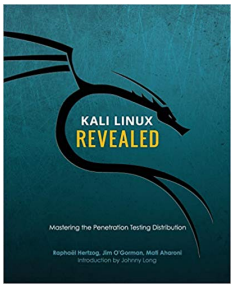
Most exercises follow the same procedure and has the following content:

- **Objective:** What is the exercise about, the objective
- **Purpose:** What is to be the expected outcome and goal of doing this exercise
- **Suggested method:** suggest a way to get started
- **Hints:** one or more hints and tips or even description how to do the actual exercises
- **Solution:** one possible solution is specified
- **Discussion:** Further things to note about the exercises, things to remember and discuss

Please note that the method and contents are similar to real life scenarios and does not detail every step of doing the exercises. Entering commands directly from a book only teaches typing, while the exercises are designed to help you become able to learn and actually research solutions.

Exercise 1

Download Kali Linux Revealed (KLR) Book



Kali Linux Revealed Mastering the Penetration Testing Distribution

Objective:
We need a Kali Linux for running tools during the course. This is open source, and the developers have released a whole book about running Kali Linux.

This is named Kali Linux Revealed (KLR)

Purpose:
We need to install Kali Linux in a few moments, so better have the instructions ready.

Suggested method:
Create folders for educational materials. Go to https://www.kali.org/download-kali-linux-revealed-book/ Read and follow the instructions for downloading the book.

Solution:
When you have a directory structure for download for this course, and the book KLR in PDF you are done.

Discussion:
Linux is free and everywhere. The tools we will run in this course are made for Unix, so they run great on Linux.

Kali Linux is a free pentesting platform, and probably worth more than $10.000

The book KLR is free, but you can buy/donate, and I recommend it.

Exercise 2

Check your Kali VM, run Kali Linux

Objective:
Make sure your virtual machine is in working order.

We need a Kali Linux for running tools during the course.

Purpose:
If your VM is not installed and updated we will run into trouble later.

Suggested method:
Go to `https://github.com/kramse/kramse-labs/`

Read the instructions for the setup of a Kali VM.

Hints:

Solution:
When you have a updated virtualisation software and Kali Linux, then we are good.

Discussion:
Linux is free and everywhere. The tools we will run in this course are made for Unix, so they run great on Linux.

Exercise 3

Bonus: Check your Debian VM

Objective:
Make sure your virtual Debian 9 machine is in working order.

We need a Debian 9 Linux for running a few extra tools during the course.

This is a bonus exercise - one is needed per team that want to try these tools. Tools which need Debian are Zeek and Suricata.

Purpose:
If your VM is not installed and updated we will run into trouble later.

Suggested method:
Go to `https://github.com/kramse/kramse-labs/`

Read the instructions for the setup of a Kali VM.

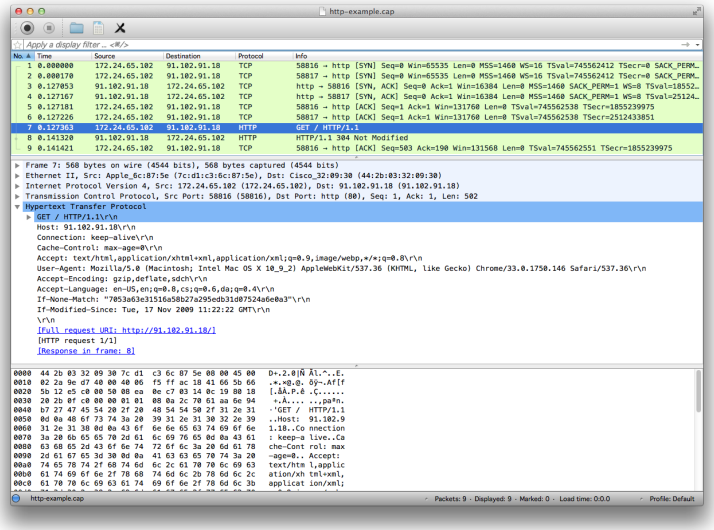
Hints:

Solution:
When you have a updated virtualisation software and Kali Linux, then we are good.

Discussion:
Linux is free and everywhere. The tools we will run in this course are made for Unix, so they run great on Linux.

Exercise 4

Wireshark and Tcpdump



Objective:
Try the program Wireshark locally your workstation, or tcpdump

You can run Wireshark on your host too, if you want.

Purpose:
Installing Wireshark will allow you to analyse packets and protocols

Tcpdump is a feature included in many operating systems and devices to allow packet capture and saving network traffic into files.

Suggested method:
Run Wireshark or tcpdump from your Kali Linux

The PPA book page 41 describes Your First Packet Capture.

Hints:
PCAP is a packet capture library allowing you to read packets from the network. Tcpdump uses libpcap library to read packet from the network cards and save them. Wireshark is a graphical application to allow you to browse through traffic, packets and protocols.

Both tools are already on your Kali Linux, or do: `apt-get install tcpdump wireshark`

Solution:
When Wireshark is installed sniff some packets. We will be working with both live traffic and saved packets from files in this course.

If you want to capture packets as a non-root user on Debian, then use the command to add a Wireshark group:

```
sudo dpkg-reconfigure wireshark-common
```

and add your user to this:

```
sudo gpasswd -a $USER wireshark
```

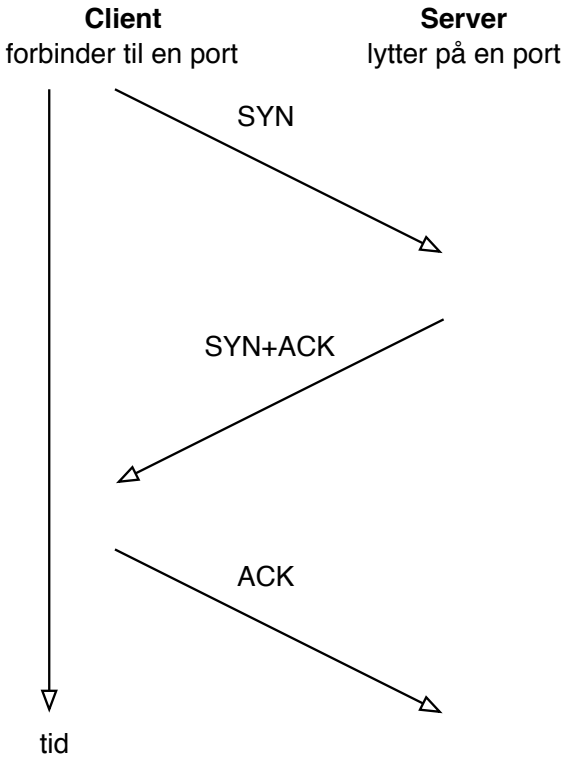
Dont forget to logout/login to pick up this new group.

Discussion:
Wireshark is just an example other packet analyzers exist, some commercial and some open source like Wireshark

We can download a lot of packet traces from around the internet, we might use examples from
`https://www.bro.org/community/traces.html`

Exercise 5

Capturing TCP Session packets



Objective:
Sniff TCP packets and dissect them using Wireshark

Purpose:
See real network traffic, also know that a lot of information is available and not encrypted.

Note the three way handshake between hosts running TCP. You can either use a browser or command line tools like cURL while capturing

```
curl http://www.zencurity.com
```

Suggested method:
Open Wireshark and start a capture
Then in another window execute the ping program while sniffing

or perform a Telnet connection while capturing data

Hints:
When running on Linux the network cards are usually named eth0 for the first Ethernet and wlan0 for the first Wireless network card. In Windows the names of the network cards are long and if you cannot see which cards to use then try them one by one.

Solution:
When you have collected some TCP sessions you are done.

Discussion: Is it ethical to collect packets from an open wireless network?

Also note the TTL values in packets from different operating systems

Exercise 6

Whois databases

Objective:
Learn to lookup data in the global Whois databases

Purpose:
We often need to see where traffic is coming from, or who is responsible for the IP addresses sending attacks.

Suggested method:

Hints:
If you dont have a whois command then you can use the web interfaces, like http://www.ripe.net

Solution:
When you can find our external address and look it up, you are done.

Discussion:
Whois databases are global and used for multiple purposes, the ones run by the Regional Internet Registries ARIN, RIPE, AfriNIC, LACNIC og APNIC have information about IP addresses and AS numbers allocated.

Exercise 7

Using ping and traceroute

Objective:
Be able to do initial debugging of network problems using commands ping and traceroute

Purpose:
Being able to verify connectivity is a basic skill.

Suggested method:
Use `ping` and `traceroute` to test your network connection - can be done one Windows and UNIX.

Hints:

```
$ ping 10.0.42.1
PING 10.0.42.1 (10.0.42.1) 56(84) bytes of data.
64 bytes from 10.0.42.1: icmp_seq=1 ttl=62 time=1.02 ms
64 bytes from 10.0.42.1: icmp_seq=2 ttl=62 time=0.998 ms
^C
--- 10.0.42.1 ping statistics ---
2 packets transmitted, 2 received, 0% packet loss, time 1001ms
rtt min/avg/max/mdev = 0.998/1.012/1.027/0.034 ms
```

Dont forget that UNIX ping continues by default, press ctrl-c to break.

Do the same with traceroute.

Solution:
Run both programs to local gateway and some internet address by your own choice.

Discussion:
Note the tool is called tracert on Windows, shortened for some reason.

ICMP is the Internet Control Message Protocol, usually used for errors like host unreachable. The ECHO request ICMP message is the only ICMP message that generates another.

The traceroute programs send packets with low Time To Live (TTL) and receives ICMP messages, unless there is a problem or a firewall/filter. Also used for mapping networks.

Bonus:

Whats the difference between:

- **traceroute** and **traceroute -I**
- NB: traceroute -I is found on UNIX - traceroute using ICMP pakker
- Windows tracert by default uses ICMP
- Unix by default uses UDP, but can use ICMP instead.
- Lots of traceroute-like programs exist for tracing with TCP or other protocols

Exercise 8

DNS and Name Lookups

Objective:
Be able to do DNS lookups from specific DNS server

Purpose:
Try doing DNS lookup using different programs

Suggested method:
Try the following programs:

- nslookup - UNIX and Windows, but not recommended
  `nslookup -q=txt -class=CHAOS version.bind. 0`
- dig - syntax @server domain query-type query-class
  `dig @8.8.8.8 www.example.com`
- host - syntaks host [-l] [-v] [-w] [-r] [-d] [-t querytype] [-a] host [server]
  `host www.example.com 8.8.8.8`

Hints:
Dig is the one used by most DNS admins, I often prefer the host command for the short output.

Solution:
Shown inline, above.

Discussion:
The nslookup program does not use the same method for lookup as the standard lookup libraries, results may differ from what applications see.

What is a zone transfer, can you get one using the host command?

Explain forward and reverse DNS lookup.

