Operating System

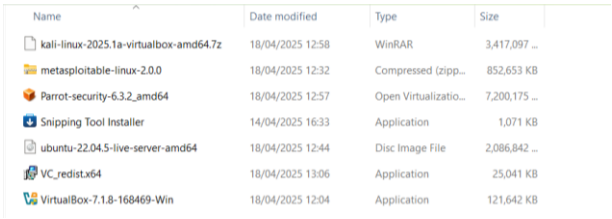
Downloading (PARROT SECURITY)

Parrot Security OS is a Linux (specifically Debian) based operating system designed for ethical hackers and penetration testers. Parrot OS may be viewed as a completely portable laboratory for a wide range of cyber security operations ranging from pen testing to reverse engineering and digital forensics. But, it also contains everything you need to safeguard your data and build your own software. We need an operating system (OS) to install on our Virtual Machines, you could do this with a physical disc if you wanted, but most of the time you will want to download.

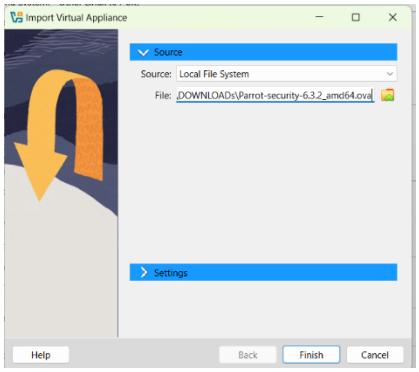
The easiest way to find what you're looking for is to simply google the name of your operating system and you should ONLY download from official websites. https://deb.parrot.sh/direct///parrot/iso/6.3.2/Parrot-security-6.3.2_amd64.ova

This means you shouldn't download from a website like "sneakyfreecdkeys.com

Parrot is easy to mount as it does not require prior creating name of choice and settings.



Locate the file downloaded, launch parrot (Double-Click) and wait for VM to load up.



Click on finish.

Generally you might want to assign more processors, change the networking adapters, go to settings and customize.

NAT

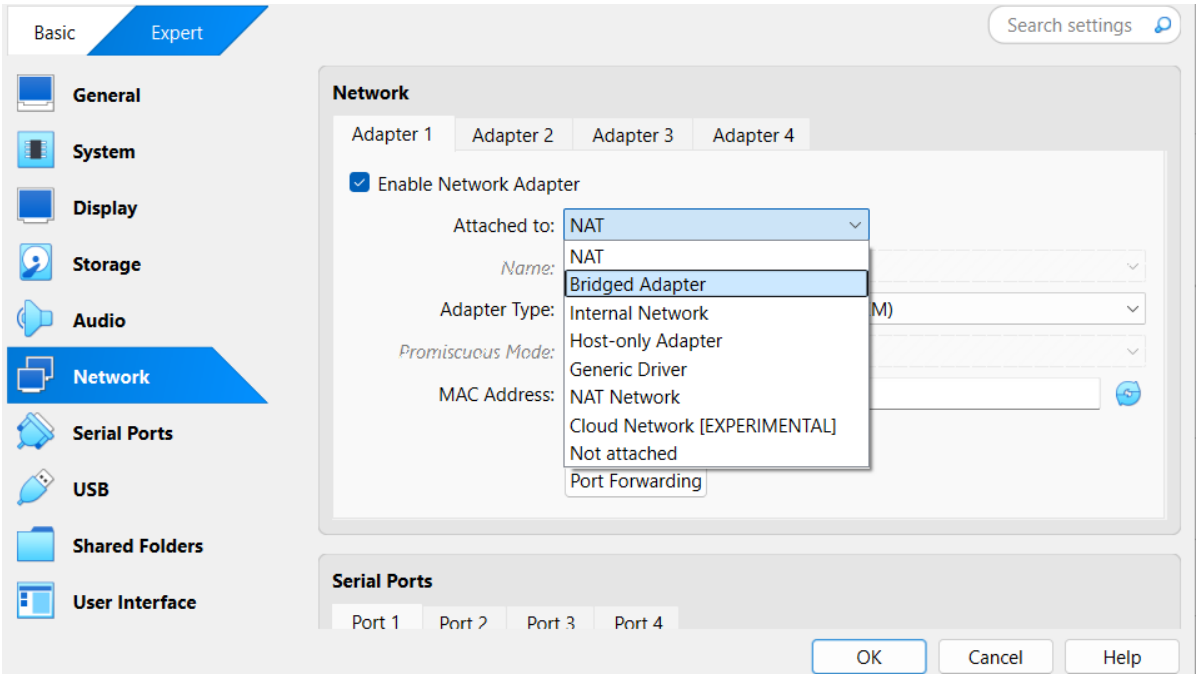
This network type allows your VMs to use the internet connectivity of the host computer. You will have no connectivity to other VMs or the host computer. Use this type if your lab will only have one VM.

Using NAT is as simple as right-clicking your VM and selecting Settings then navigating to the Network tab (image above)

NAT Network

This network is the same as NAT, but it allows your VMs to communicate to other VMs that are attached to the same NAT network. Use this when your labs use multiple VMs and need internet connectivity.

You can create a NAT Network by clicking on File > Preferences. Select the Network tab and then click the plus button to create a new NAT Network.



Bridged Adapter

Using this network type will cause your router to treat your VM as a physical computer. This means your VM will be connected to the same network as

your host computer. Use this lab when you need to access your VMs from your host network.

Using a bridged adapter is as simple as right-clicking your VM and selecting Settings then navigating to the Network tab (image above)

Internal Network

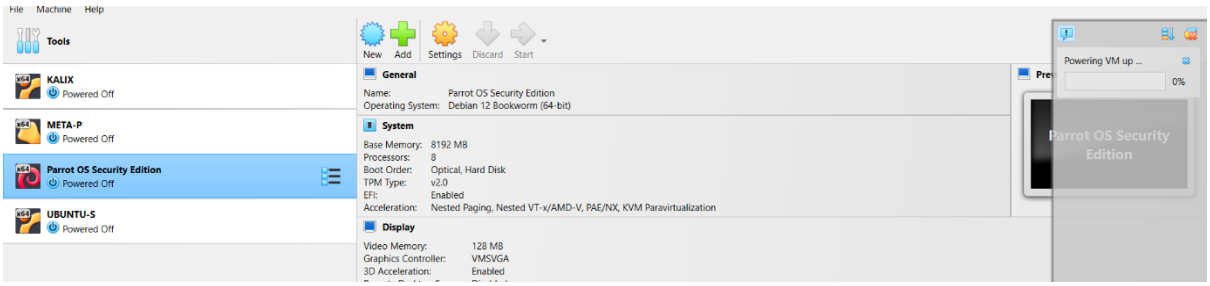
This network provides your VMs with connectivity but no external access. Use this when you want to create an isolated IT lab.

Using an Internal Network is as simple as right-clicking your VM and selecting Settings then navigating to the Network tab (image above)

Host-only Adapter

This is essentially the same as an internal network, except that your host computer will have a direct IP connection to the VM. Meaning you can RDP, SSH or ping the VMs from the host computer. Use this network type when you will need direct access to the VMs from your host computer. It is commonly used for test web servers (think copying files from the host computer to the VM web server, or directly editing the code on the web server VM from your host computer.

You can create a host-only network by select File > Host Network Manager



That's it! Now you can create some awesome IT labs and get more IT experience!