Operating System

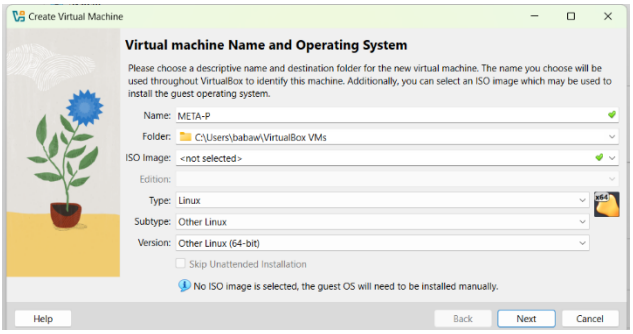
Downloading operating systems (Metasploitable)

Metasploitable is an intentionally vulnerable Ubuntu Linux Virtual Machine that is designed for testing common vulnerabilities. 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.

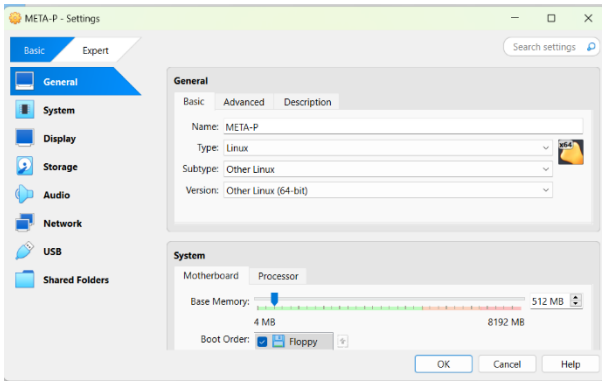
The easiest way to find what you're looking for is to simply google the name of your operating system and you should ONLY download from official websites. https://download.vulnhub.com/metasploitable/metasploitable-linux-2.0.0.zip

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

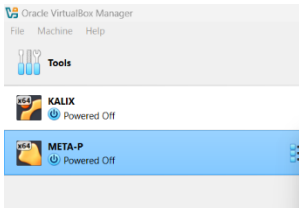
After the download, I extracted to a specific folder on my device, you can use WinRAR or similar apps can be of help.



I will be creating name for Metasploitable, so I picked specific name "META-P" you can choice any name you preferred. I selected type to be Linux, Subtype to be Other Linux and the version to be Other Linux (64 bit).



After cross-checking and satisfied with my setup, I clicked on OK. Now you will see ‘META-P’ listed on the VirtualBox dashboard. Before we start the VM we can modify the settings of the VM if we want. Generally you might want to assign more processors, change the networking adapters and mount.



NAT

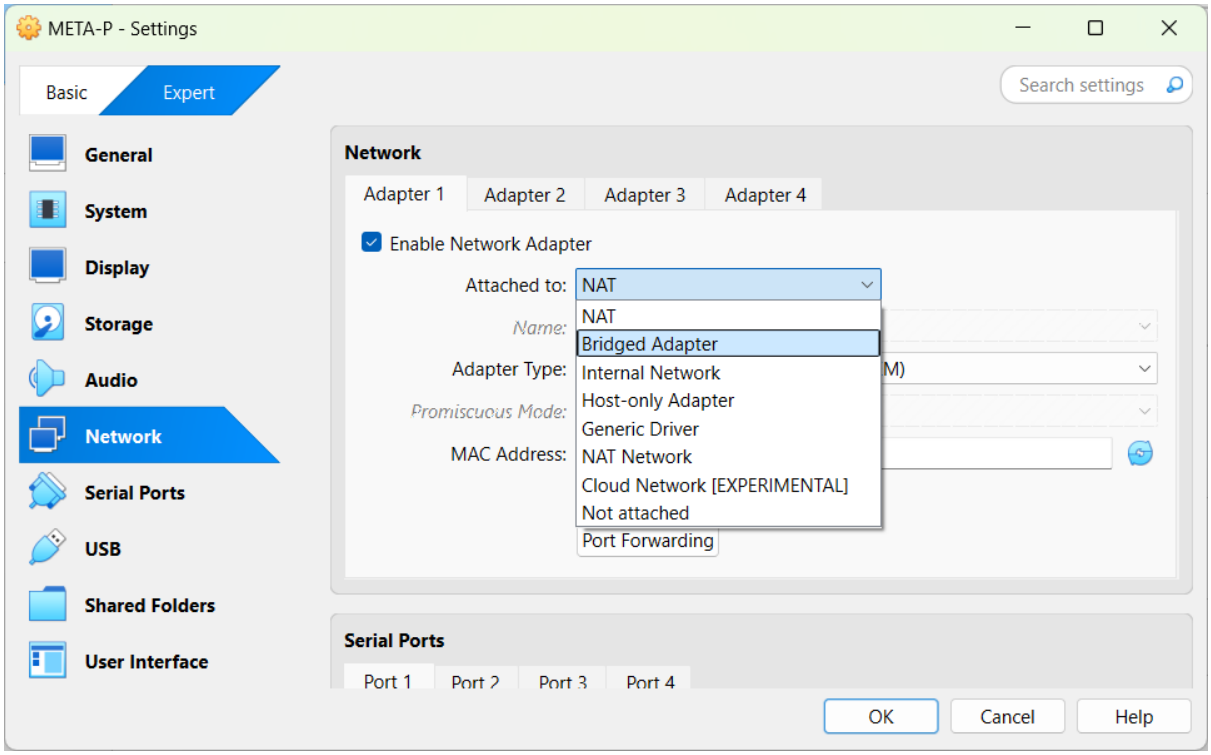
This network type allows your VMs to use the internet connectivity of the host computer. You will have no connectivity to other VMs or the host computer. Use this type if your lab will only have one VM.

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

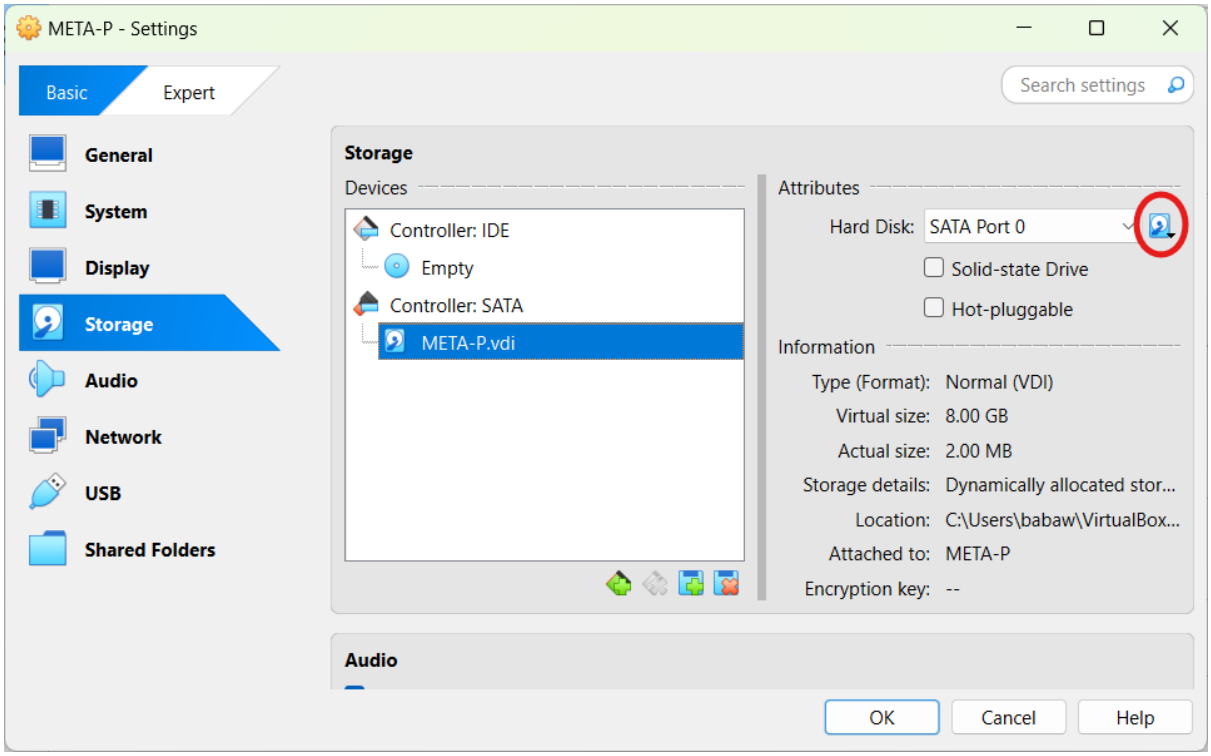
This is essentially the same as an internal network, except that your host computer will have a direct IP connection to the VM. Meaning you can RDP, SSH or ping the VMs from the host computer. Use this network type when

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.

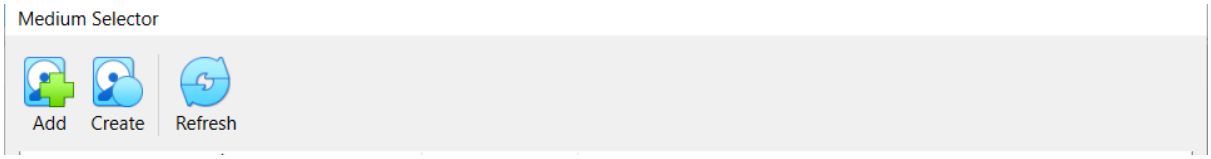
You can create a host-only network by select File > Host Network Manager

Metasploitable mounting:

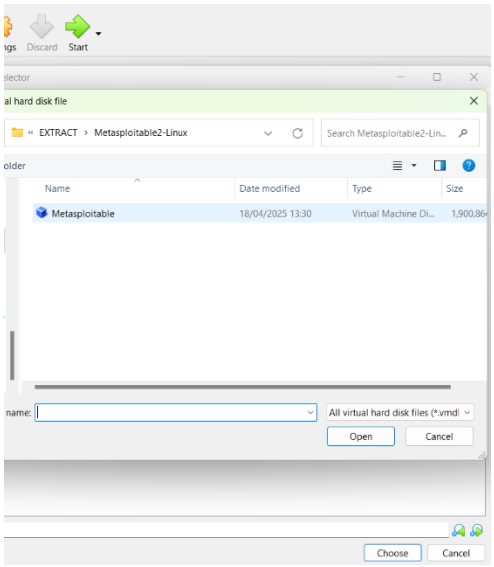
Click on setting and scroll down to storage then select the META-P.vdi



This will allow you to select the pathway for your Virtual Hard Disk selecting file by clicking on the icon indicated in the above illustration.

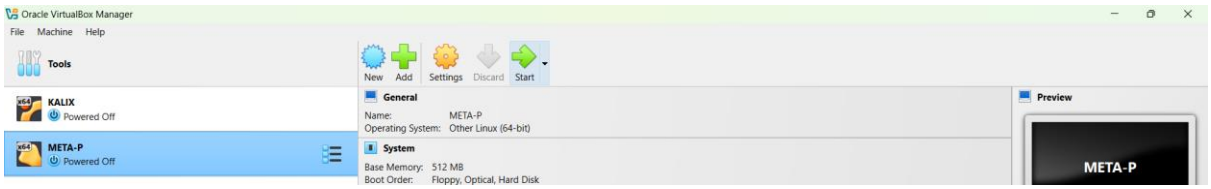


Load medium by clicking on ‘Add’ icon and locate the file you want to mount.



In this case I located the extracted Metasploitable file downloaded and extracted earlier into a folder.

Select and click Choose, my Metasploitable has completed the mounting phase and ready to powerup, click on start as indicated in the picture above and it will power up.



Click on start to run Metasploitable.

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