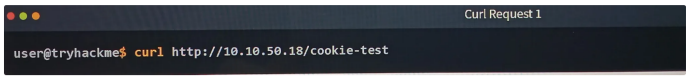
Plain text - the contents of some cookies can be in plain text, and it is obvious what they do. Take, for example, if these were the cookie set after a successful login:

Set-Cookie:logged_in=true; Max-Age = 3600;Path=/

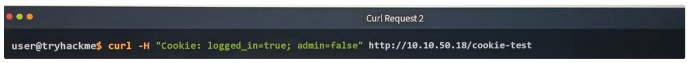
Set-Cookie:admin=false:Max-Age=3600;Path=/

Using this logic, if we were to change the contents of the cookies and make a request we'll be able to change our privileges.

Let's requesting the target page:



It shows Not Logged In



We are given the ,message: Logged in As a User and if we edit as admin=true, we can authenticate by admin privilege.

Encoding

It's similar to hashing in that it creates what seem to be a random string of text, but in fact, the encoding is reversible.

Common encoding types are base32 which converts binary data to the characters A-Z and 2-7, and base64 which converts using the charactersa a-z, A-Z, 0-9, +,/ and equals signs for padding.

Don't worry, hash and base 32, base64 encode/decode tools are available on online.