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Wireshark Basics:

- Capture, explore, and analyze ICMP, ARP, TCP, HTTP, FTP w/ FTP-data, and TELNET packets.
- Learned how to follow packets into the whole session.
- Learned about cookies, an alphanumeric string stored on the web browser to keep track of HTTP “sessions” (HTTP is connectionless).

Nmap Basics:

- Learned the basic usage of Nmap, such as -sT(TCP connection Scan, or Full-open scan, default w/ non-root), -sS(Half-open scan, or SYN stealth scan, default w/ root), -sV(Detects network service and versions running on a host's open network ports), -O(Detects the OS running on the host), etc.
- Do a hand-on lab and run a scan on a network and a specific host on the network. To do an informative scan, the steps are as follows:
 - Run a quick scan with **-T5** (crazy speed) and **-sn** (Ping scan – only discovers host but does not perform scanning)
 - Identify hosts that are up. Run a scan on the host(s) interested with **-Pn** (disable Ping since we already know the host is up) **-T1/T2 -p ...** to analyze the services on desired ports.
 - Also useful to run a **-O** (OS) to gather some information about the operating system used on the server.