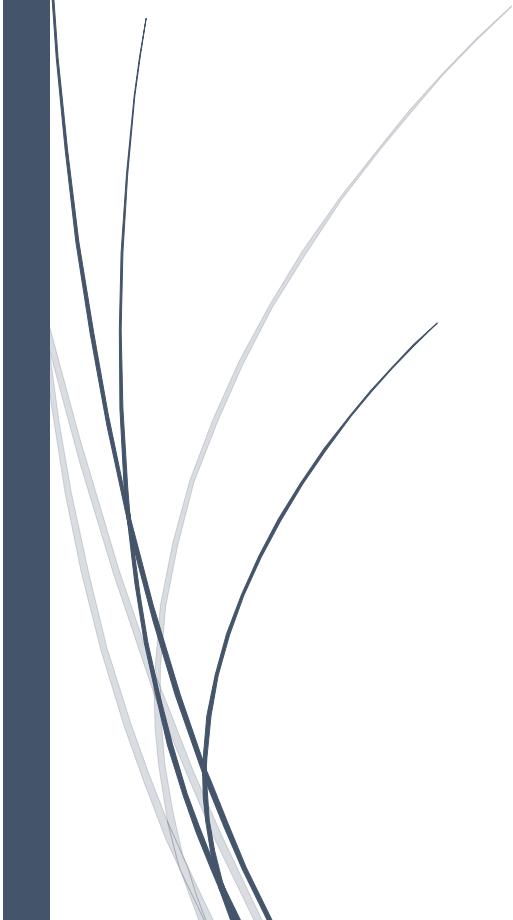




11/14/2025

Building an Isolated Blue Team & Digital Forensics Laboratory

A Virtualization Project for Cyber
Defence & Monitoring



Lohith.G

ABOUT THE AUTHOR

Lohith G is a cybersecurity practitioner and Bachelor of Computer Applications (BCA) graduate currently enrolled in the Certified Penetration Tester (CPT) program.

With a strong background as a Senior Laptop Service Technician, he possesses deep technical expertise in hardware repair, BIOS configuration, and system recovery. This project integrates his practical knowledge of IT infrastructure with advanced offensive and defensive cybersecurity concepts, demonstrating a capability to design, build, and secure complex virtualized environments.

My Personal DFIR & Blue Team Lab

1. Introduction:

Project Objective: To design and build a lightweight, cost-effective, and isolated virtual lab environment using VirtualBox. The lab will serve as a platform for conducting digital forensics investigations, malware analysis, and blue team security monitoring exercises in a safe and controlled manner.

Scope : The lab will initially consist of three core virtual machines: an analyst workstation, a victim/target machine, and a simple network monitoring server. It will be configured on an isolated network to prevent accidental contamination.

Guiding Principles:

- **Ethical & Legal:** All activities within this lab are for educational purposes only, using authorized software and simulated scenarios.
- **Isolation:** The lab network must be segregated from the host machine's primary LAN.
- **Repeatability:** The lab must be easily reset to a "clean" state using VM snapshots.
- **Documentation:** Every step, from network design to tool installation, will be documented here.

2. Lab Architecture:

2.1 Host Hardware : ThinkPad X13 (Intel i5-10310U, 16 GB RAM)

2.2 Host Software : Windows, VirtualBox (v6.x or v7.x).

2.3 Virtual Network Design :

We will use a VirtualBox "**Host-Only Network**" (e.g., `vboxnet0`).

Purpose : This creates a private network that includes your host machine and all the lab VMs. It's isolated from your home router and the internet, which is critical for safety.

IP SCHEMA :

- **Network:** `192.168.56.0/24`
- **Host Adapter (`vboxnet0`):** `192.168.56.1` (Your "gateway" for managing VMs)
- **Analyst VM:** `192.168.56.101`
- **Victim VM:** `192.168.56.102`
- **Server VM:** `192.168.56.103`

Lab Architecture

VM Name	Operating System	Purpose	vCPUs	RAM	Network Adapter
ANALSYT-VM	SIFT Workstation (Ubuntu-based)	Forensic analysis, Wireshark, Volatility, etc.	2	4-6 GB	Host-Only (vboxnet0)
VICTIM-VM	Windows 10 (Evaluation)	The "target" machine for analysis (e.g., malware, log collection)	2	2-4 GB	Host-Only (vboxnet0)
LOGGER-VM	Ubuntu Server 22.04	Central log collection (Syslog-NG, basic ELK, or T-Pot)	2	2-4 GB	Host-Only (vboxnet0)

3. Lab Setup: Phase 1:

Configure VirtualBox Networks :

- A. In VirtualBox: [File > Host Network Manager](#)
- B. Click [Create](#)
- C. Select the new adapter (e.g., [vboxnet0](#))
- D. Set the **IPv4 Address** to [192.168.56.1](#) and **Netmask** to [255.255.255.0](#).
- E. Go to the [DHCP Server](#) tab and [uncheck](#) [Enable Server](#). We will set static IPs for full control.

Download ISOs:

SIFT Workstation(Lab) : [SIFT Workstation | SANS Institute](#)

Windows 10/11 Enterprise(Victim) : [Windows 11 Enterprise | Microsoft Evaluation Center](#)

Ubuntu Server(Logging) : [Get Ubuntu Server | Download](#)

4. Lab Setup: Phase 2 (Build and Isolate)

This section details the step-by-step build, configuration, and isolation of each lab VM.

a. ANALYST-VM(SIFT WORKSTATION)

Objective: To import the official SIFT OVA (appliance), establish a baseline snapshot, and then isolate it onto the lab network with a static IP.

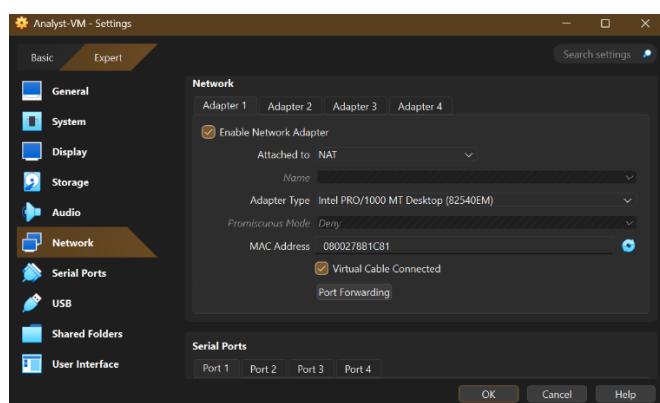
File Used: [sift-22.04-20240201.ova](#)

Base VM Settings (from import):

- RAM 8GB
- vCPU 4
- HDD 80GB

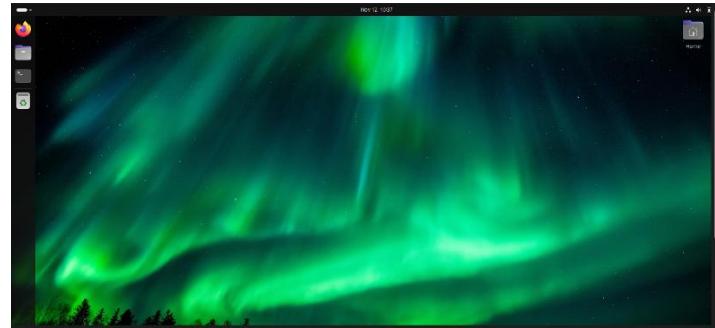
I. Import and Baseline Snapshot:

- a) Imported the SIFT Workstation .ova file via [File > Import Appliance](#)
- b) Added an Optical Drive : Before the first boot, I went to the [settings > Storage](#), selected the IDE Controller, and clicked "Adds optical drive" to allow Guest Additions to be mounted.
- c) Network : Left the adapter on default [NAT](#) to allow internet access for updates.

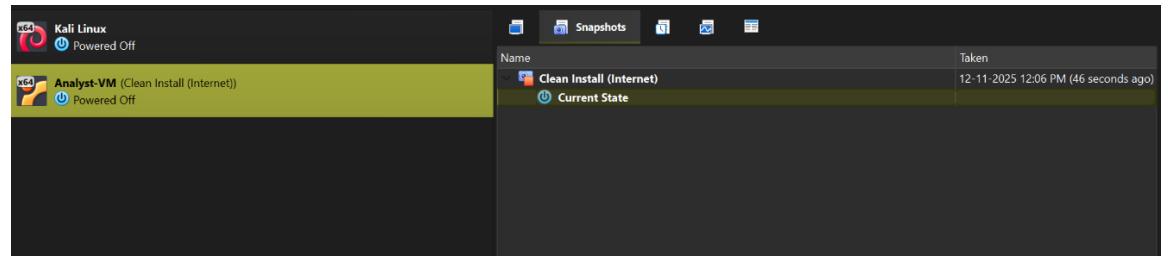


- d) Start the VM(Login : Sans forensics and password : forensics)

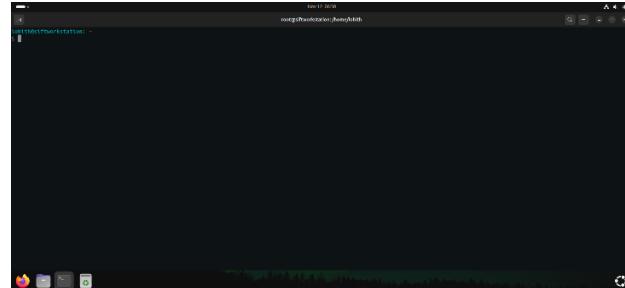
- e) Installed Guest additions : Clicked [Devices > Insert Guest Additions CD Image](#) and ran the installer from the terminal to enable clipboard and screen resizing.



- f) Ran System Updates : [sudo apt update , sudo apt upgrade -y](#)
g) Shutdown the VM
h) Took Snapshot (Clean Install(Internet)), This serves as our master "[template](#)" for the SIFT workstation.

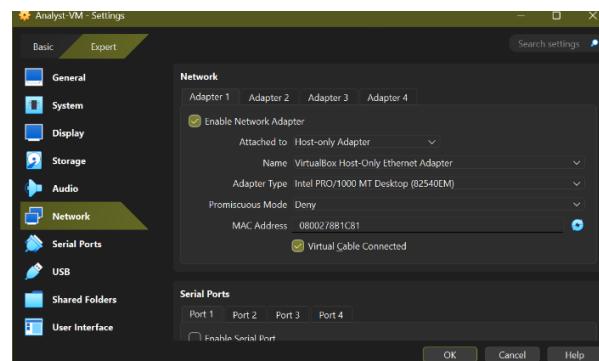


- i) Successfully Installed SIFT :



II. Lab Isolation(Host-Only) :

- a) Changed the VM's network adapter from [NAT](#) to [Host-Only Adapter](#)



- b) Started the VM
- c) Identified the network adapter(enp0s3) and created the netplan configuration to set a static IP
- d) Applied the netplan configuration using `sudo netplan apply`
- e) Verified Connectivity

```

lohit@siftworkstation: ~
$ ip a
1: lo: <LOOPBACK,UP,LOWER_UP> mtu 65536 qdisc noqueue state UNKNOWN group default qlen 1000
    link/loopback 00:00:00:00:00:00 brd 00:00:00:00:00:00
        inet 127.0.0.1/8 scope host lo
            valid_lft forever preferred_lft forever
            inet6 ::1/128 scope host noprefixroute
                valid_lft forever preferred_lft forever
2: enp0s3: <NO-CARRIER,BROADCAST,MULTICAST,UP,LOWER_UP> mtu 1500 qdisc fq_codel state UP group default qlen 1000
    link/ether 08:00:27:86:1c:81 brd ff:ff:ff:ff:ff:ff
        inet 192.168.56.101/24 brd 192.168.56.255 scope global noprefixroute enp0s3
            valid_lft forever preferred_lft forever
            inet6 fe80::a0:27ff:fe80:c81/64 scope link
                valid_lft forever preferred_lft forever
3: docker0: <NO-CARRIER,BROADCAST,MULTICAST,UP> mtu 1500 qdisc noqueue state DOWN group default
    link/ether c6:09:fc:a1:89:79 brd ff:ff:ff:ff:ff:ff
        inet 172.17.0.1/16 brd 172.17.255.255 scope global docker0
            valid_lft forever preferred_lft forever
lohit@siftworkstation: ~
$ 

```

- f) Ping Host Check :

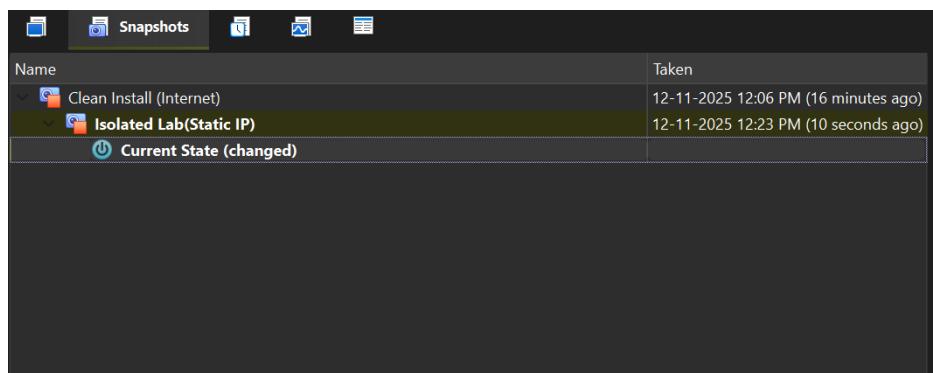
```

lohit@siftworkstation: ~
$ ping -c 3 192.168.56.1
PING 192.168.56.1 (192.168.56.1) 56(84) bytes of data.
64 bytes from 192.168.56.1: icmp_seq=1 ttl=128 time=0.396 ms
64 bytes from 192.168.56.1: icmp_seq=2 ttl=128 time=0.396 ms
64 bytes from 192.168.56.1: icmp_seq=3 ttl=128 time=0.411 ms

... 192.168.56.1 ping statistics ...
3 packets transmitted, 3 received, 0% packet loss, time 2071ms
rtt min/avg/max/mdev = 0.396/0.410/0.423/0.011 ms
lohit@siftworkstation: ~
$ 

```

- g) Shut down the VM and took Snapshot – Isolated Lab(Static IP)



b. LOGGER-VM (Ubuntu Server):

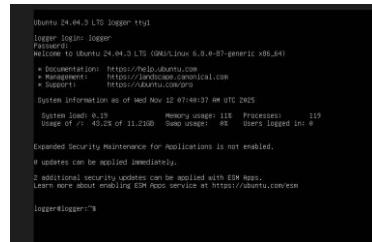
- Objective : To build a lightweight server, pre-install [syslog-ng](#) for log collection, and isolate it with a static IP.
- ISO Used : [Ubuntu-24.04-live-server-amd64.iso](#)

Base VM Settings:

- RAM : 2GB
- vCPU's : 2
- HDD : 20GB

i. Internet Phase Build :

- Created a VM named [Logger-VM](#) with NAT
- Installed Ubuntu Server 24.04 server . During setup, selected “Install OpenSSH Server” to allow remote management.



```
Ubuntu 24.04.3 LTS logger tty1
logger login: logger
[...]
Welcome to Ubuntu 24.04.3 LTS (GNU/Linux 5.15.0-1037-04-generic x86_64)

 * Documentation: https://help.ubuntu.com
 * Support: https://ubuntu.com/forums
 * Bug: https://ubuntu.com/bugs

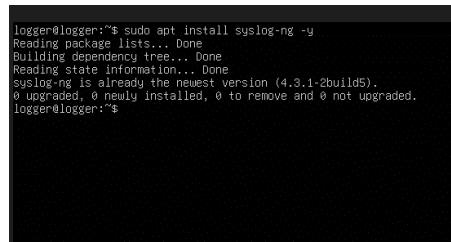
System information as of Wed Nov 22 01:49:37 UTC 2023
System load: 0.19 Memory usage: 118 / 49.28 GB Processes: 119
Usage of /: 49.28 of 11.20 GB Swap usage: 0B Users logged in: 0

Expanded Security Maintenance for applications is not enabled.
0 updates can be applied immediately.

Additional security updates can be applied with ESM Updates.
Learn more about enabling ESM Updates at https://ubuntu.com/esm

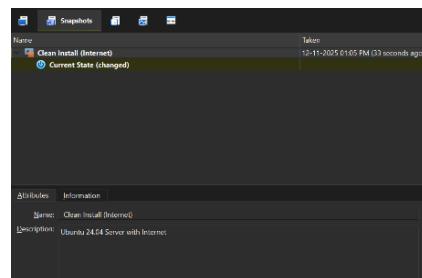
logger@logger:~$
```

- Once installed, logged in and installed [syslog-ng](#) , removing the default rsyslog to prevent conflicts:



```
logger@logger:~$ sudo apt install syslog-ng -y
Reading package lists... Done
Building dependency tree... Done
Reading state information... Done
syslog-ng is already the newest version (4.3.1-2build5).
0 upgraded, 0 newly installed, 0 to remove and 0 not upgraded.
logger@logger:~$
```

- Shutdown the server using sudo shutdown now
- Took Snapshot Clean Install(Internet)



ii. Lab-Phase Isolation (Host-Only) :

- Changed the VM's adapter from [NAT](#) to [Host-Only Adapter](#)

```

logger@logger:~$ ip a
1: lo: <LOOPBACK,UP,LOWER_UP> mtu 65536 qdisc noqueue state UNKNOWN group default qlen 1000
    link/loopback brd 00:00:00:00:00:00 brd 00:00:00:00:00:00
        inet 127.0.0.1/8 brd 0.0.0.0 scope host loopback
            valid_lft forever preferred_lft forever
        inet6 ::1/128 scope host noprefixroute
            valid_lft forever preferred_lft forever
2: enp0s3: <NO-CARRIER,BROADCAST,MULTICAST,UP> mtu 1500 qdisc fq_codel state UP group default qlen 1000
    link/ether 00:0c:27:7c:51:f8 brd ff:ff:ff:ff:ff:ff
        inet 192.168.56.103/24 brd 192.168.56.255 scope global enp0s3
            valid_lft forever preferred_lft forever
        inet6 fe80::20c:27ff:fe7c:51f8/64 brd ff:ff:ff:ff:ff:ff link
            valid_lft forever preferred_lft forever
logger@logger:~$
```

- Started the VM and identified the adapter name
- Set the static IP by creating [/etc/netplan/01-netcfg.yaml](#) :

```

network:
  version: 2
  renderer: networkd
  ethernets:
    enp0s3: #<-- Adapter name
      dhcp4: no
      dhcp6: no
      addresses:
        - 192.168.56.103/24
      gateway4: 192.168.56.1
      nameservers:
        addresses: [1.1.1.1]
```

- Applied the configuration using [sudo netplan apply](#)
- Verified connectivity to the host and the ANALYST-VM

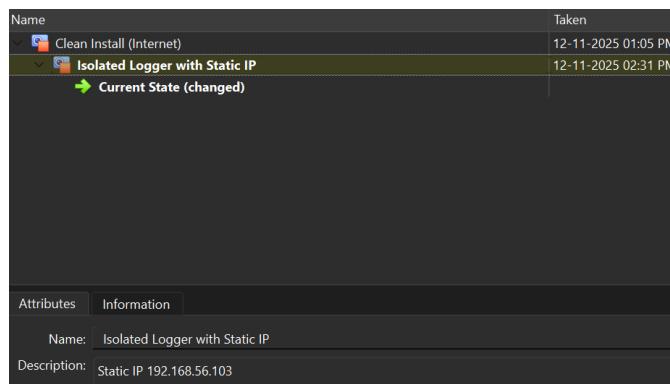
```

logger@logger:~$ ping -c 3 192.168.56.1
PING 192.168.56.1 (192.168.56.1) 56(84) bytes of data.
64 bytes from 192.168.56.1: icmp_seq=1 ttl=128 time=0.609 ms
64 bytes from 192.168.56.1: icmp_seq=2 ttl=128 time=0.438 ms
64 bytes from 192.168.56.1: icmp_seq=3 ttl=128 time=0.415 ms
--- 192.168.56.1 ping statistics ---
3 packets transmitted, 3 received, 0% packet loss, time 2082ms
rtt min/avg/max/mdev = 0.415/0.487/0.609/0.086 ms
logger@logger:~$ _
```

```

logger@logger:~$ ping -c 3 192.168.56.101
PING 192.168.56.101 (192.168.56.101) 56(84) bytes of data.
64 bytes from 192.168.56.101: icmp_seq=1 ttl=64 time=0.790 ms
64 bytes from 192.168.56.101: icmp_seq=2 ttl=64 time=0.723 ms
64 bytes from 192.168.56.101: icmp_seq=3 ttl=64 time=0.649 ms
--- 192.168.56.101 ping statistics ---
3 packets transmitted, 3 received, 0% packet loss, time 2027ms
rtt min/avg/max/mdev = 0.649/0.726/0.790/0.057 ms
logger@logger:~$ _
```

- Shutdown the server and took snapshot Isolated Lab(Static IP)

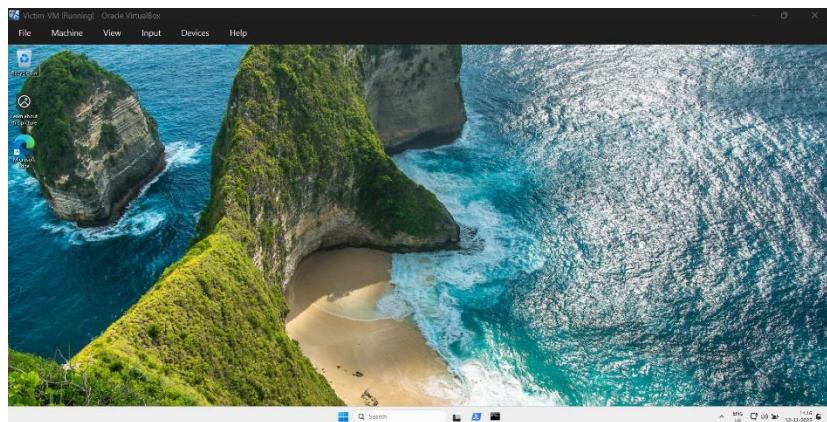


c. **VICTIM-VM (Windows 11 LTSC):**

- Objective : To build a "victim" workstation, pre-install monitoring tools, and isolate it with a static IP.
- ISO Used : Windows-11-LTSC-2024-Eval.iso
- Base VM :
 - RAM : 4GB
 - vCPU's : 2
 - HDD : 60GB

i. **Internet-Phase Build :**

- Created a VM named VICTIM-VM with its network adapter set to NAT to provide internet for setup.
- Installed Windows 10 LTSC from the ISO. During setup, selected "**Offline account**" to create a local user.



- Installed VirtualBox Guest Additions (VBoxWindowsAdditions-amd64.exe) to improve performance and enable drag-and-drop.
- Downloaded and extracted the **Sysinternals Suite**.
- Installed **Sysmon** using an Admin PowerShell to provide deep system logging

```

Administrator: C:\WINDOWS\system32\cmd.exe
C:\Users\Admin\Desktop\Sysmon>.\Sysmon64.exe -i -accepteula -n

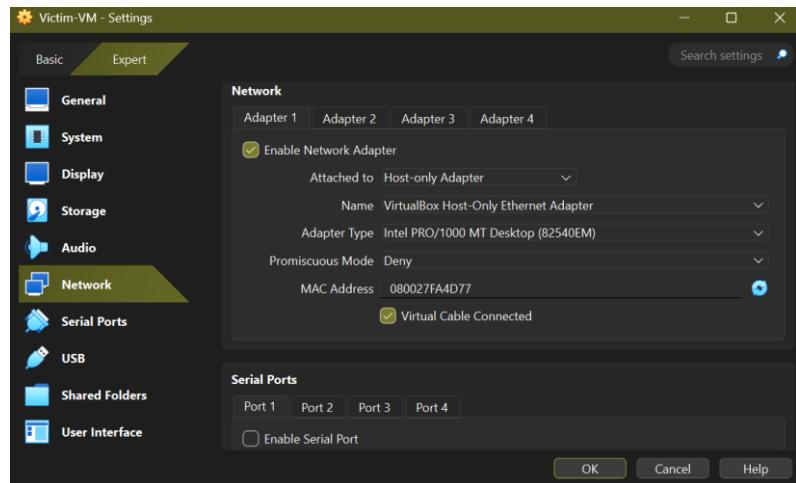
System Monitor v15.15 - System activity monitor
By Mark Russinovich and Thomas Garnier
Copyright (C) 2014-2024 Microsoft Corporation
Using libxml2. libxml2 is Copyright (C) 1998-2012 Daniel Veillard. All Rights Reserved.
Sysinternals - www.sysinternals.com

Sysmon64 installed.
SysmonDrv installed.
Starting SysmonDrv.
SysmonDrv started.
Starting Sysmon64..
Sysmon64 started.

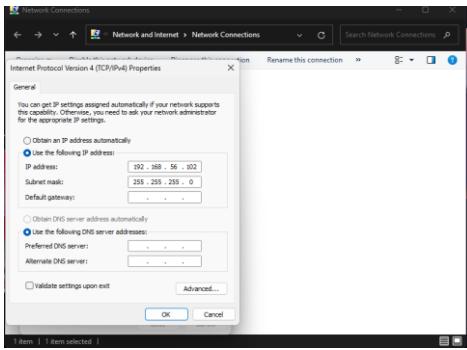
C:\Users\Admin\Desktop\Sysmon>

```

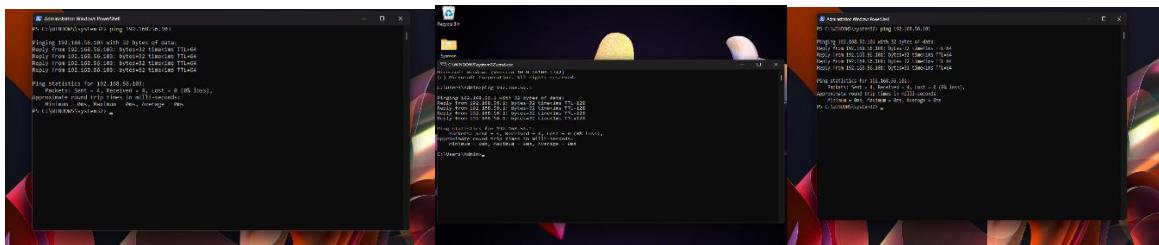
- Shut down the VM from the Start Menu.
- Took Snapshot - Clean Install (Internet). This serves as the master "template" for the victim machine.
- ii. Lab-Phase Isolation (Host-Only) :
- Changed the VM's adapter from [NAT](#) to [Host-Only Adapter](#)



- Started the VM and configured the static IP using the [ncpa.cpl](#) GUI :
 - IP address : 192.168.56.102
 - Subnet Mask : 255.255.255.0
 - Gateway/DNS : Left Blank



- Enabled ICMP (ping) in the Windows Defender Firewall to allow discovery from other lab VMs:
- Using Enable-NetFirewallRule -DisplayGroup "File and Printer Sharing"
- Verified connectivity to the host (.1), ANALYST-VM (.101), and LOGGER-VM (.103).



- Shut down the VM and took Snapshot-Isolated Lab(Static IP)

5. Lab Setup: Phase 3 (Live Configuration)

This phase details the configuration of services to connect the lab VMs, establishing the centralized logging pipeline. All VMs are started from their Isolated Lab (Static IP) snapshots.

- Configuring the LOGGER-VM (syslog-ng) :
 - Started the LOGGER-VM from its snapshot.
 - Created a new configuration file to tell syslog-ng to accept network logs:

FILE -> </etc/syslog-ng/conf.d/net-listen.conf>

```

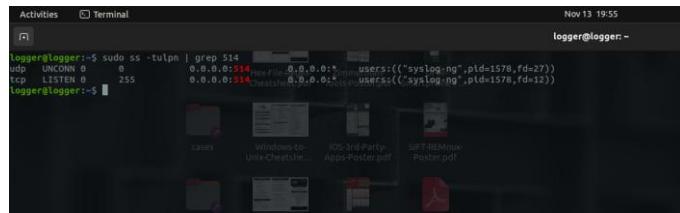
source s_network {
    network(ip("0.0.0.0") port(514) transport("tcp"));
    network(ip("0.0.0.0") port(514) transport("udp"));
};

destination d_remote_logs {
    file("/var/log/remote/$HOST/$PROGRAM.log"
        owner("root") group("root") perm(0600) create_dirs(yes)
    );
};

log {
    source(s_network);
    destination(d_remote_logs);
    flags(final);
};

```

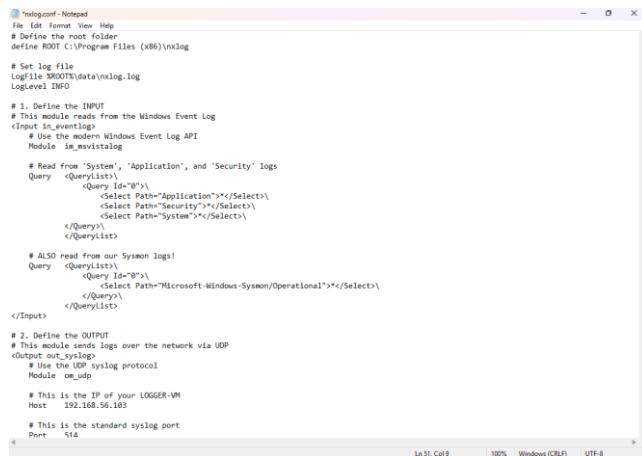
- Manually created the remote directory to ensure permissions were correct:
`sudo mkdir -p /var/log/remote.`
- Restarted the service : `sudo systemctl restart syslog-ng`
- Verified the listener : `sudo ss -tulpn | grep 514`



```
logger@logger:~$ sudo ss -tulpn | grep 514
udp  UNCONN 0      0      0.0.0.0:514  *:*
```

b. Configuring the VICTIM-VM(NXLOG)

- Started the VM.
- Installed NXLOG Community edition.
- Configured C:\Program Files\nxlog\conf\nxlog.conf to collect standard Event Logs and Sysmon logs, forwarding them to 192.168.56.103



```
<nxlog.conf>
File Edit Format View Help
# Define the root folder
define ROOT C:\Program Files (x86)\nxlog

# Set log file
LogFile NXLOG\data\nxlog.log
LogLevel INFO

# 1. Define the INPUT
# This module reads from the Windows Event Log
<Input im_winevtlog>
    # Use the modern Windows Event Log API
    Module im_winevtlog
    # Read from 'System', 'Application', and 'Security' logs
    <Query>
        <QueryList>
            <Query Id="0">
                <Select Path="Application"></Select>
                <Select Path="Security"></Select>
                <Select Path="System"></Select>
            </Query>
        </QueryList>
    </Query>
</Input>

# ALSO read from our Sysmon logs!
<Input im_sysmon>
    # Use the UDP syslog protocol
    Module im_udp
    <Query>
        <QueryList>
            <Query Id="0">
                <Select Path="Microsoft-Windows-Sysmon/Operational"></Select>
            </Query>
        </QueryList>
    </Query>
</Input>

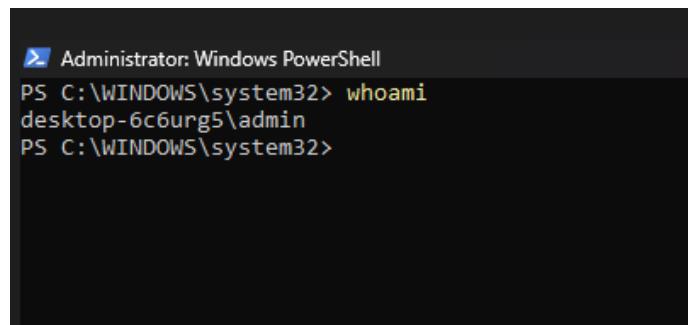
# 2. Define the OUTPUT
# This module sends logs over the network via UDP
<Output out_udp>
    # Use the UDP syslog protocol
    Module im_udp
    # This is the IP of your LOGGER-VM
    Host 192.168.56.103
    # This is the standard syslog port
    Port 514

```

- Started the nxlog service

c. Verifying the Log pipeline :

- Generated "noise" on the VICTIM-VM by running `whoami` in PowerShell.



```
Administrator: Windows PowerShell
PS C:\WINDOWS\system32> whoami
desktop-6c6urg5\admin
PS C:\WINDOWS\system32>
```

- On the LOGGER-VM, monitored the incoming logs in real-time:
- Using `sudo tail -f /var/log/remote/192.168.56.102/nxlog.log`
- Success: Confirmed that Sysmon "Process Create" events (Event ID 1) for `whoami.exe` appeared instantly on the logger.

```

[...]
RuleName: -
UtcTime: 2025-11-13 19:47:35.416
ProcessGuid: {185fc766-35d7-6916-f901-000000000700}
ProcessId: 3280
Image: C:\Windows\System32\whoami.exe
User: DESKTOP-6C6URG5\Admin
[...]

```

6. Standard Operating Procedures (SOP) :

To maintain lab integrity and ensure a consistent testing environment, the following procedures must be followed.

- a. Lab Start-Up Routine
 - Open VirtualBox.
 - Start the LOGGER-VM first. This ensures the listener is ready before logs start arriving.
 - Start the VICTIM-VM
 - Start the ANALYST-VM
 - Verify the pipeline by checking the live log stream on the Logger:
➤ `sudo tail -f /var/log/remote/192.168.56.102/nxlog.log`
- b. Lab Reset Routine (Crucial)
 - Shutdown all VMs.
 - For each VM, go to the Snapshots tab.
 - Right-click the v2.1 - Isolated Lab (or latest working) snapshot.
 - Select RESTORE.
 - Uncheck "Create a snapshot of the current machine state"
 - Click Restore. This guarantees that every new lab session begins with a mathematically identical, clean baseline.

7. Future Roadmap :

This project lays the foundation for advanced cybersecurity scenarios. Future enhancements planned for this lab include:

Offensive Integration: Adding a Kali Linux VM (192.168.56.104) to the isolated network to simulate active attacks (brute force, exploits) against the Victim VM.

Visualization: Upgrading the LOGGER-VM to run Elasticsearch and Kibana (ELK Stack). This will replace the raw text logs with a graphical dashboard to visualize attacks.

Malware Analysis: Creating a dedicated "Detonation" snapshot for the VICTIM-VM with Windows Defender disabled, allowing for static and dynamic analysis of real malware samples.

Active Directory: Promoting the VICTIM-VM to a Domain Controller or adding a Windows Server VM to practice AD attacks (Kerberoasting, Golden Ticket).

8. CONCLUSION :

This project successfully established a functional, isolated, and professional-grade Digital Forensics and Incident Response (DFIR) laboratory. By leveraging virtualization, we created a secure environment that mimics a real-world corporate network.

Key achievements include:

- **Full Isolation:** Implementation of a Host-Only network (192.168.56.0/24) ensures that simulated threats cannot escape to the host or internet.
- **Deep Visibility:** Integration of **Sysmon** allows for granular kernel-level monitoring of process creation, network connections, and file modifications.
- **Centralized Logging:** The **NXLog** and **syslog-ng** pipeline successfully forwards logs in real-time, enabling "over-the-shoulder" monitoring of the victim machine.
- **Forensic Readiness:** The **SIFT Workstation** is configured and ready for disk image and memory analysis.

This lab now serves as the primary workspace for Certified Penetration Tester (CPT) studies and practical skill development.

9. References & Tools Used

- **VirtualBox:** Oracle VM VirtualBox (Hypervisor)
- **SIFT Workstation:** SANS Institute (Forensics)
- **Ubuntu Server 24.04 LTS:** Canonical (Log Server)
- **Windows 10 Enterprise LTSC:** Microsoft (Target OS)
- **Sysinternals Suite (Sysmon):** Microsoft
- **NXLog Community Edition:** Log Forwarding Agent
- **Syslog-**ng**:** Log Collection Daemon