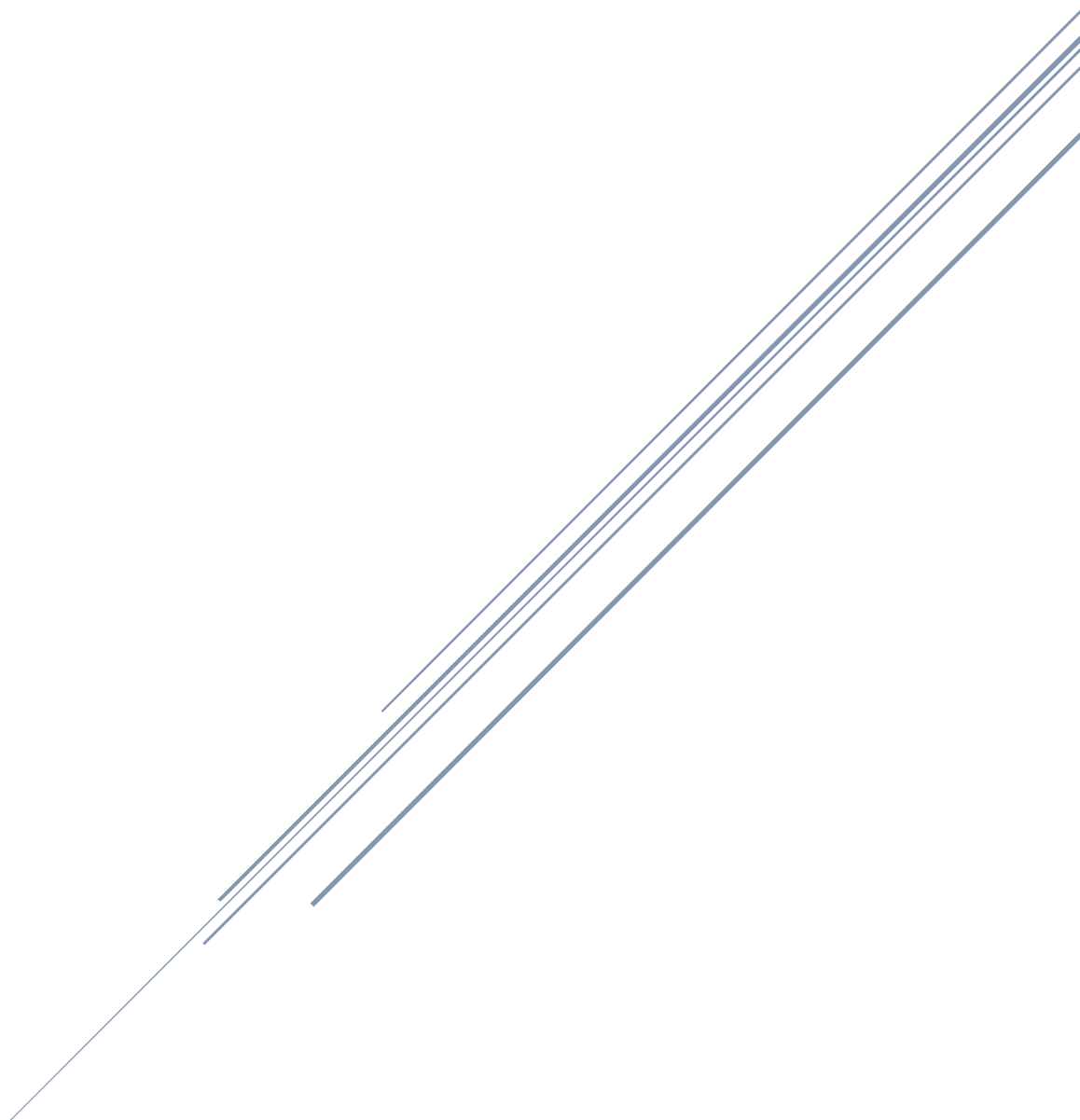


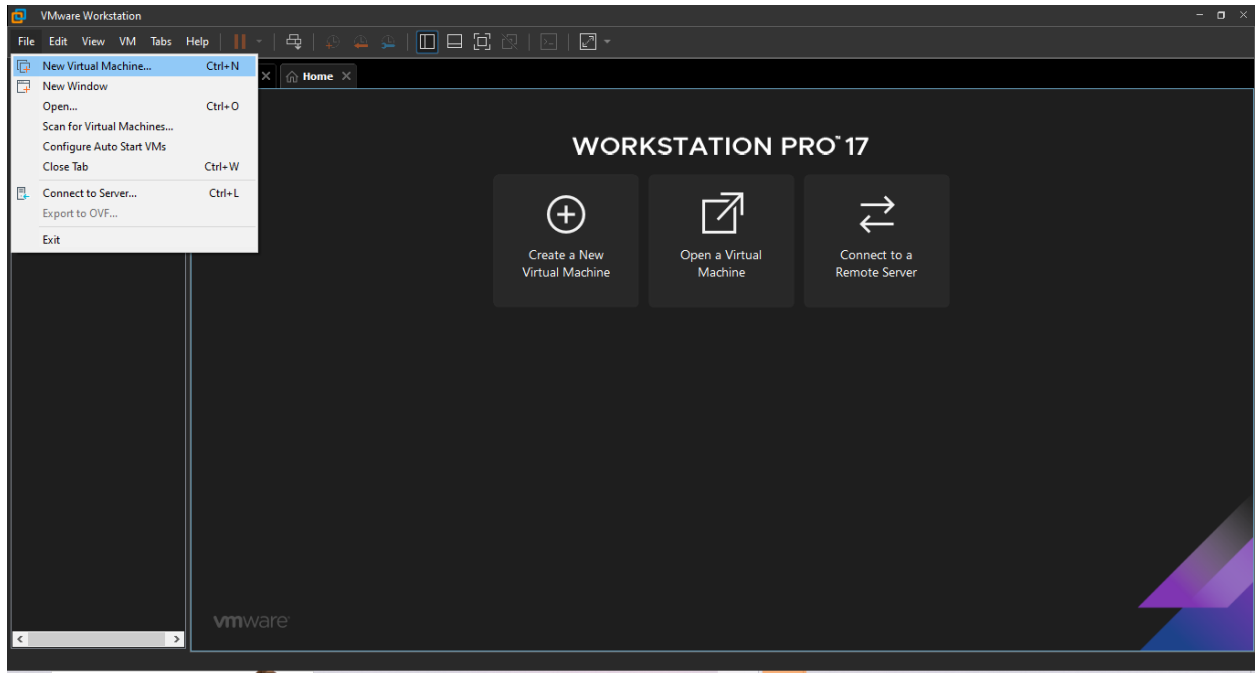
PARROT OS INSTALLATION GUIDE

By CryoVenom (Mijaz)

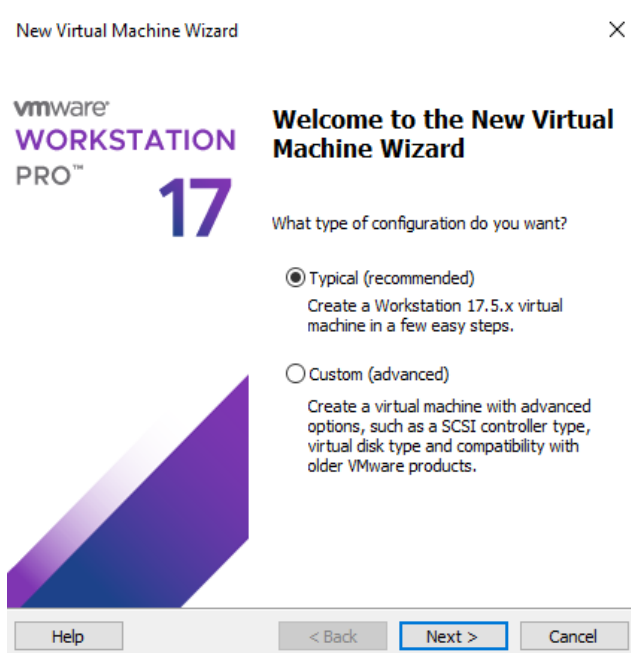


Parrot Installation Guide By CryoVenom (MIJAZ)

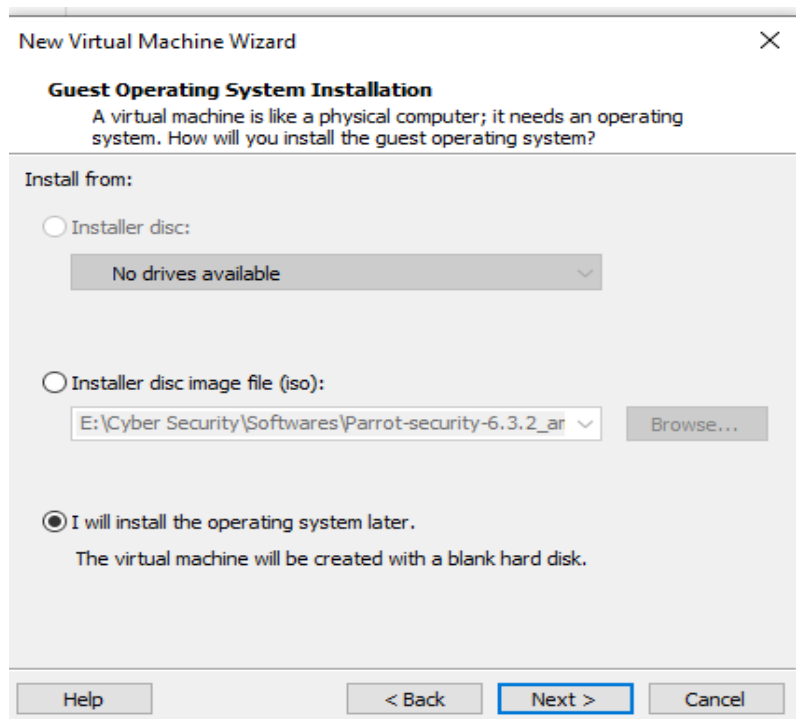
- Download the Parrot **ISO** file from this link:
- <https://parrotsec.org/>
- After downloading the file, we need to install Parrot OS in VMware Workstation. You can also use Oracle VirtualBox if you prefer, but I would recommend VMWARE.



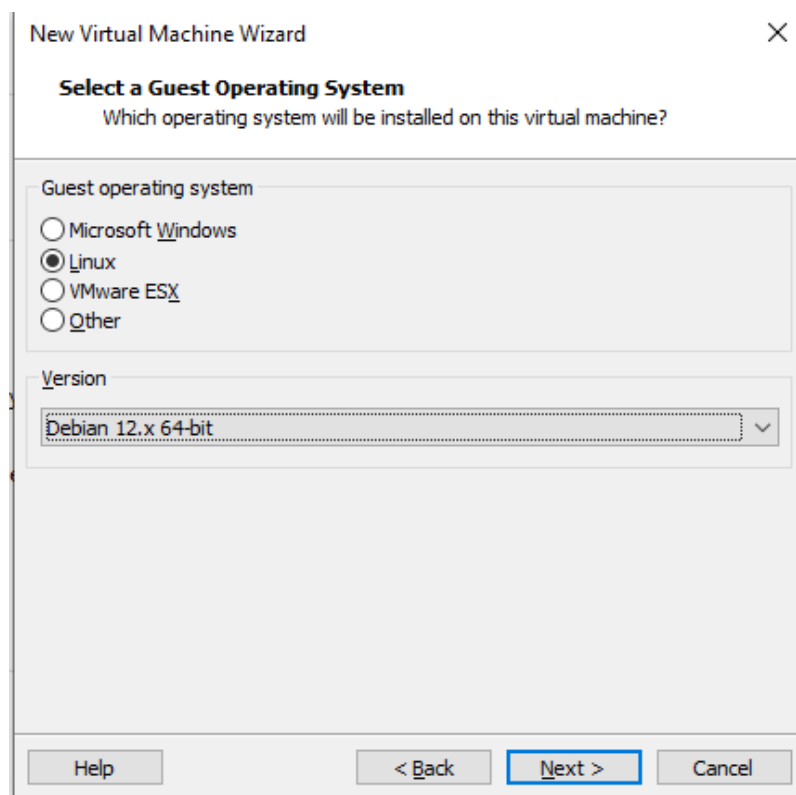
- Select the option **Typical** and click Next



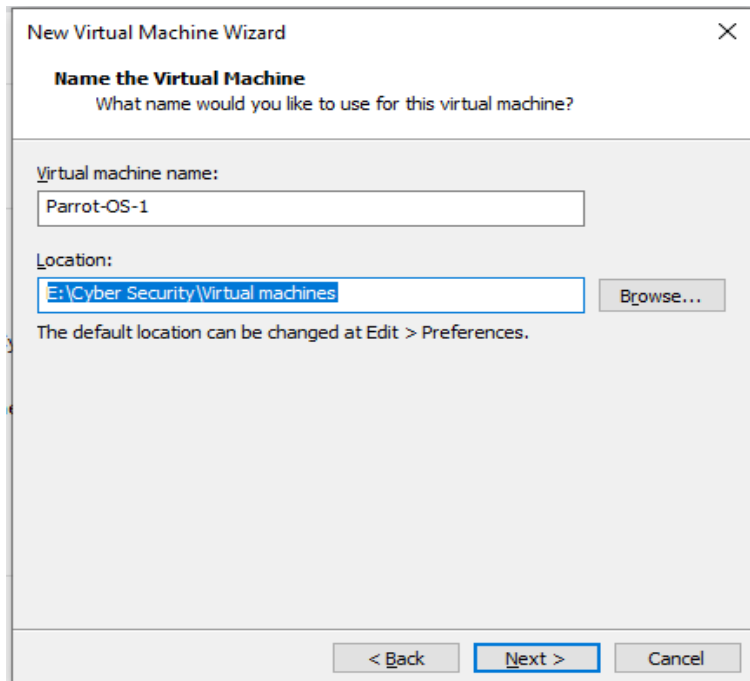
- Now select option “I will install the operating system later”, and click Next.



- Choose “Linux” as the guest operating system with version “12.x Debian 64-bit”. Click Next.

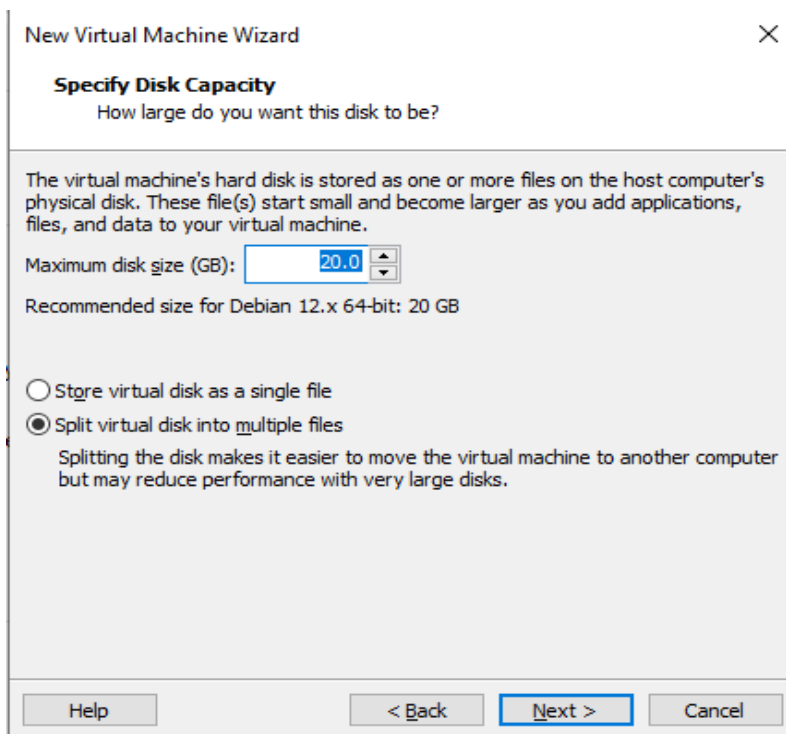


- Give your machine any name, like **Parrot-OS**; mine is Parrot-OS-1. Choose a specific **location** and click Next.



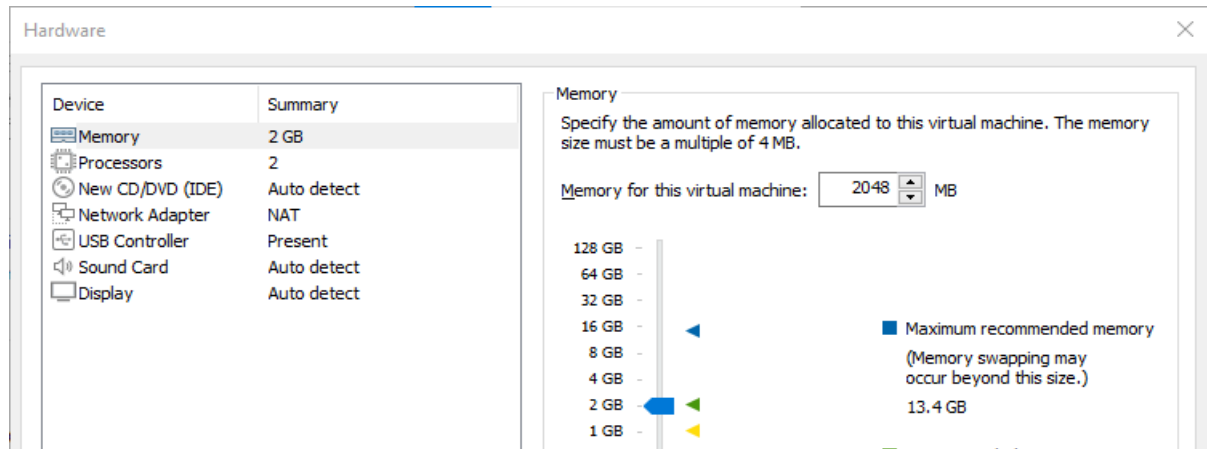
The screenshot shows the 'Name the Virtual Machine' step of the 'New Virtual Machine Wizard'. The window title is 'New Virtual Machine Wizard'. The subtitle is 'Name the Virtual Machine' with the question 'What name would you like to use for this virtual machine?'. There is a text input field for 'Virtual machine name:' containing 'Parrot-OS-1'. Below it is a 'Location:' section with a text input field containing 'E:\Cyber Security\Virtual machines' and a 'Browse...' button. A note states 'The default location can be changed at Edit > Preferences.' At the bottom are three buttons: '< Back', 'Next >', and 'Cancel'.

- Assigning a Disk Capacity of **20GB** will be enough. Choose “**Split Virtual Disk into multiple files**” as we’re working with an ISO file. Click Next.

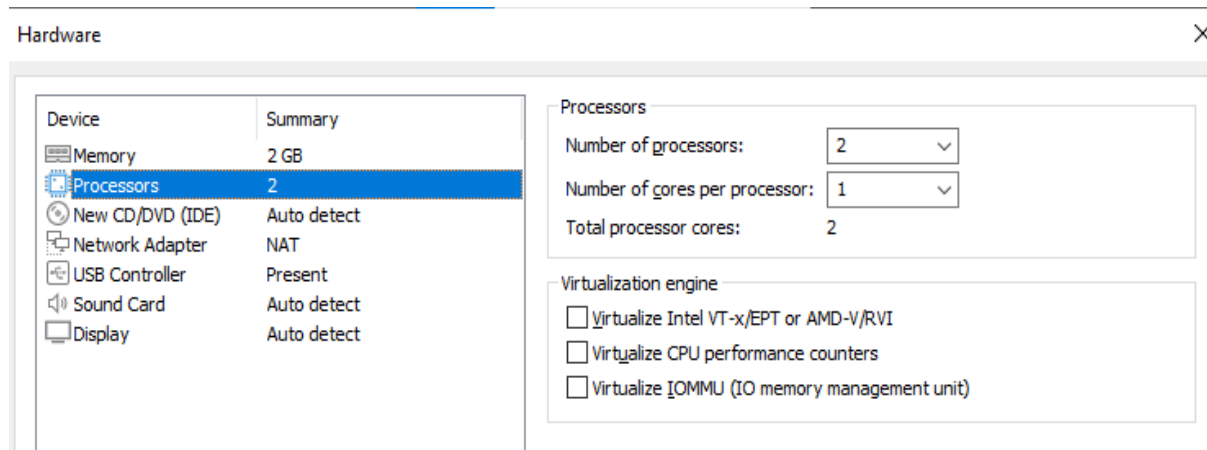


The screenshot shows the 'Specify Disk Capacity' step of the 'New Virtual Machine Wizard'. The window title is 'New Virtual Machine Wizard'. The subtitle is 'Specify Disk Capacity' with the question 'How large do you want this disk to be?'. A paragraph explains: 'The virtual machine's hard disk is stored as one or more files on the host computer's physical disk. These file(s) start small and become larger as you add applications, files, and data to your virtual machine.' Below this is a 'Maximum disk size (GB):' label with a spin box set to '20.0'. A note says 'Recommended size for Debian 12.x 64-bit: 20 GB'. There are two radio button options: 'Store virtual disk as a single file' (unselected) and 'Split virtual disk into multiple files' (selected). A note below the selected option states: 'Splitting the disk makes it easier to move the virtual machine to another computer but may reduce performance with very large disks.' At the bottom are four buttons: 'Help', '< Back', 'Next >', and 'Cancel'.

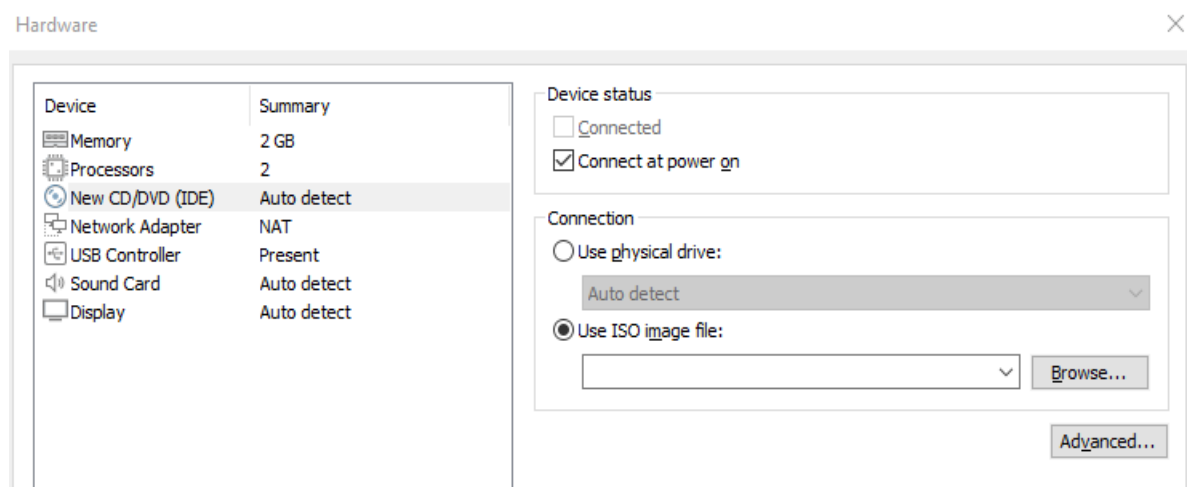
- Now choose the “**Customize Hardware**” option to assign memory. **2GB** is recommended, but you can give more if you have extra resources.



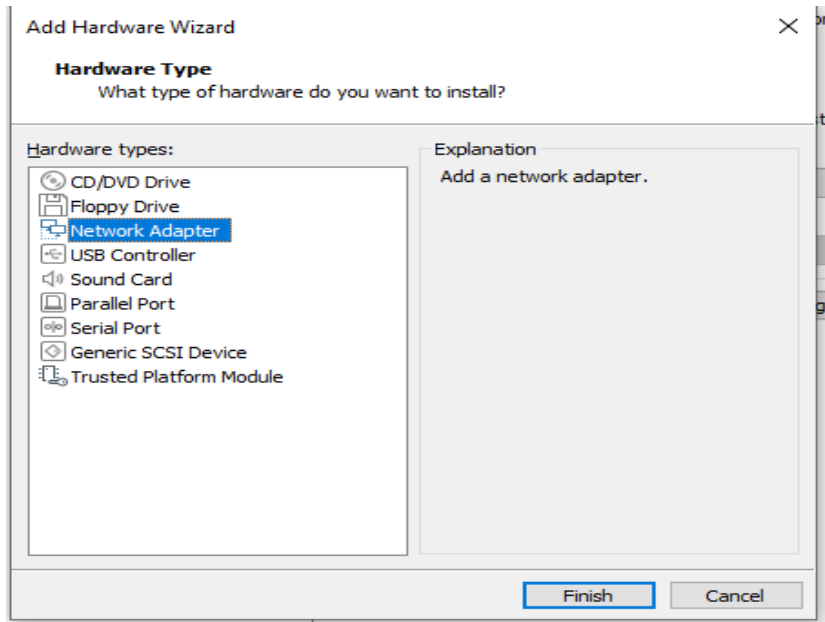
- Assign **2 Processors**, also check mark **Virtualize Intel VT-x/EPT or AMD-V/RVI**.



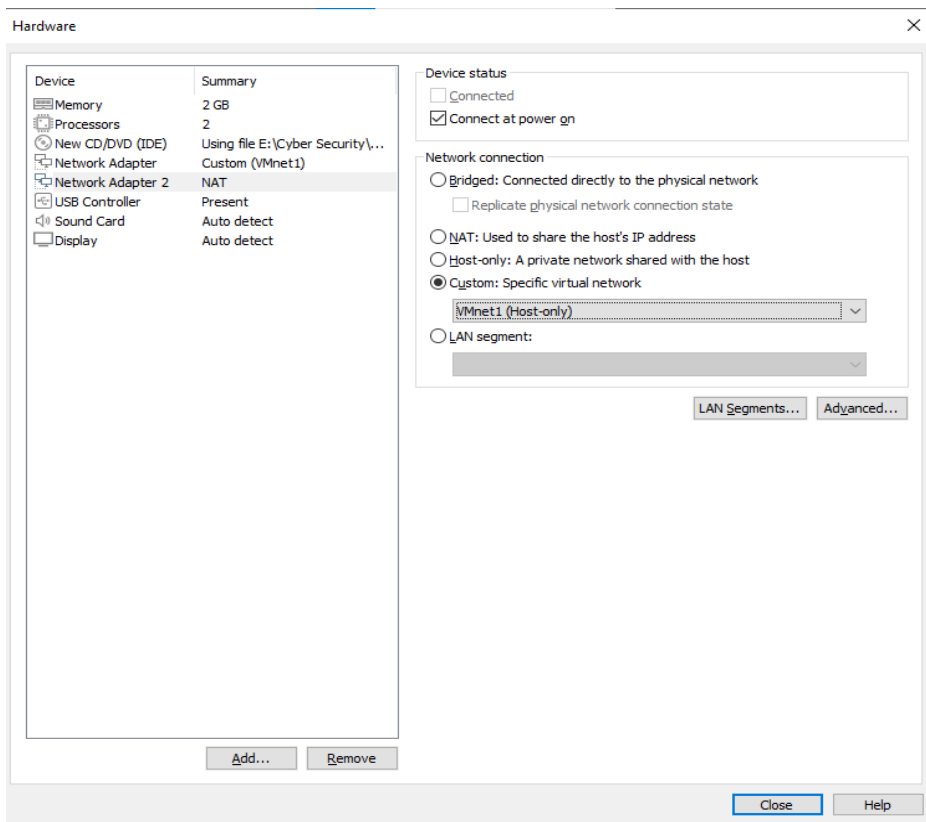
- Select “**Use ISO Image file**” and browse the ISO file location path.



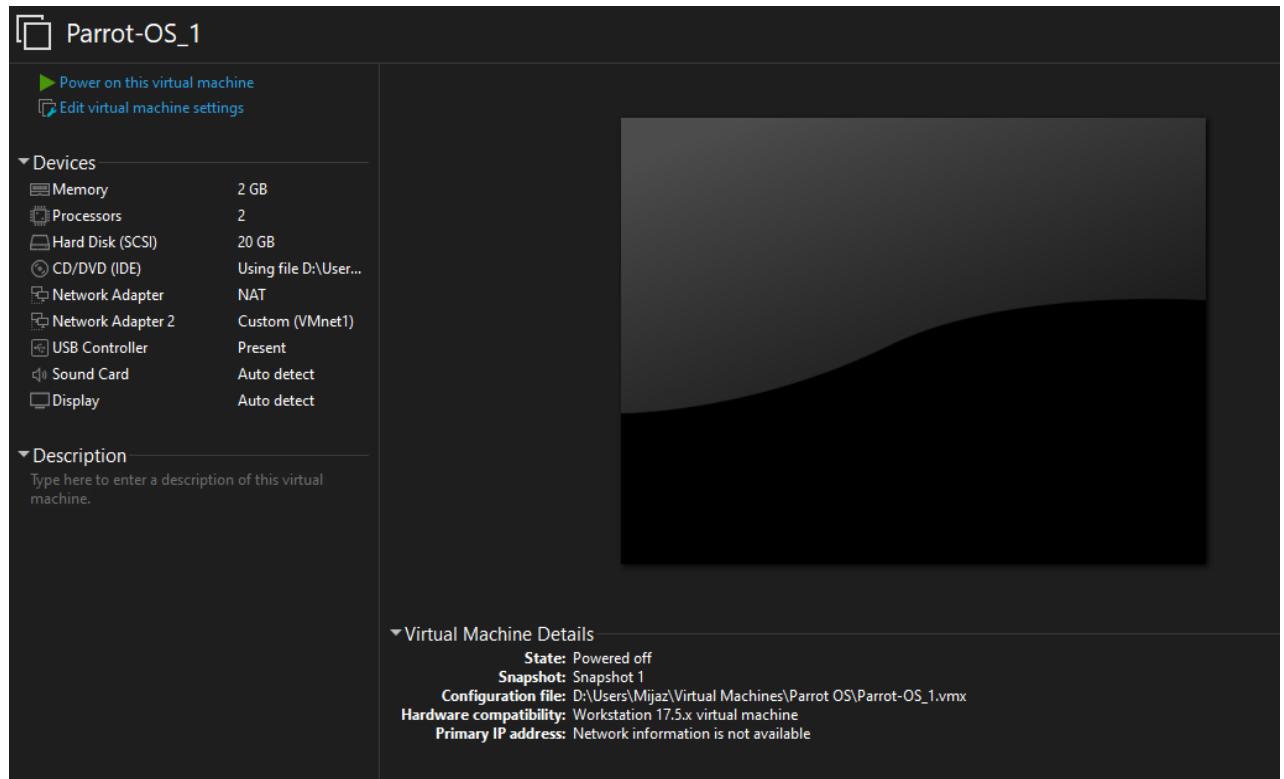
- We already have a NAT network adapter, but we need to add another one. Add a **Network adapter**. Click Finish.



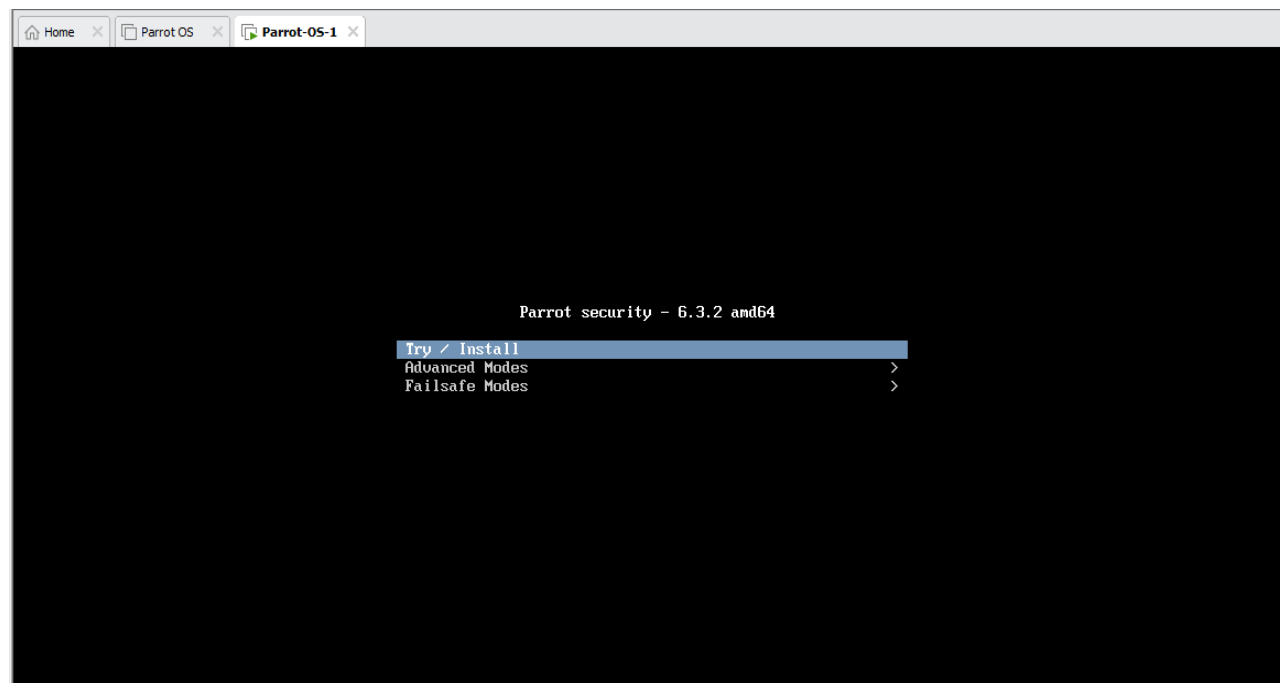
- Now it will show Network Adapter 2, select “**custom: specific virtual network**”, from the drop-down list select “**VMnet1 (Host-Only)**”.



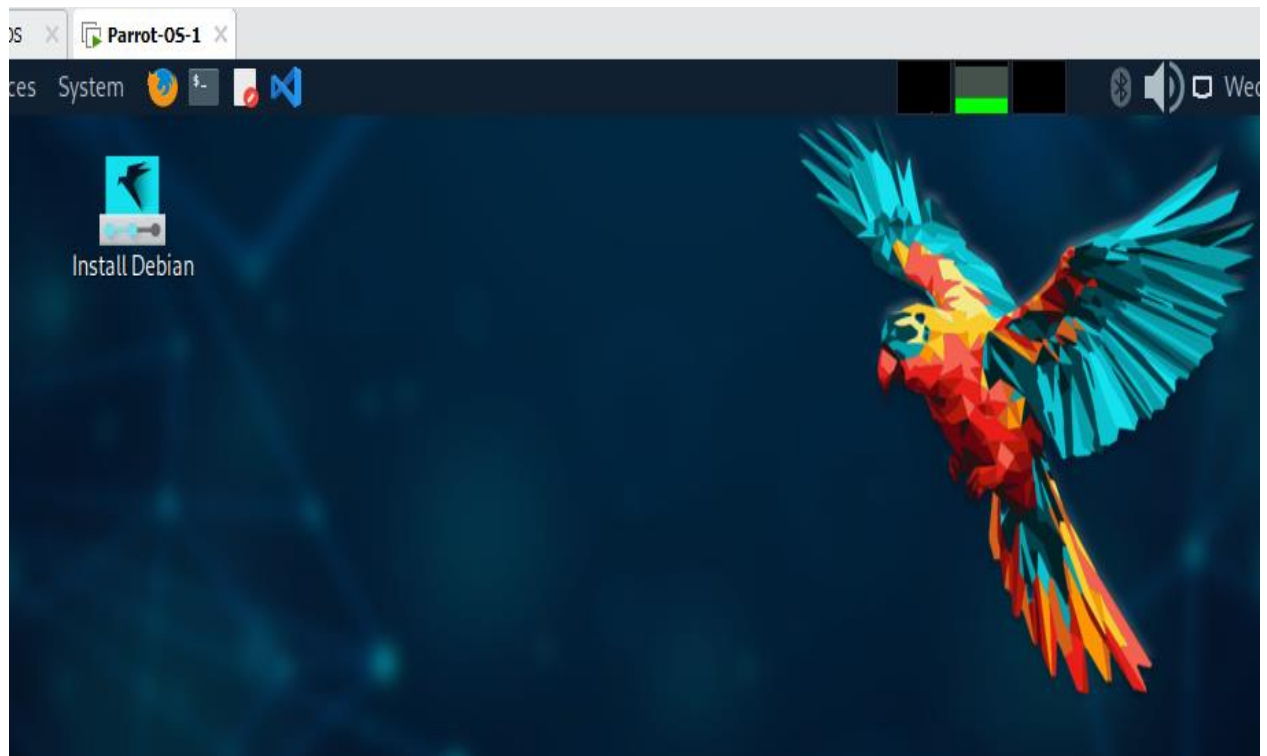
- Click **Close** and then **Finish**. Parrot OS is now ready. Click “**Power on this virtual machine**”.



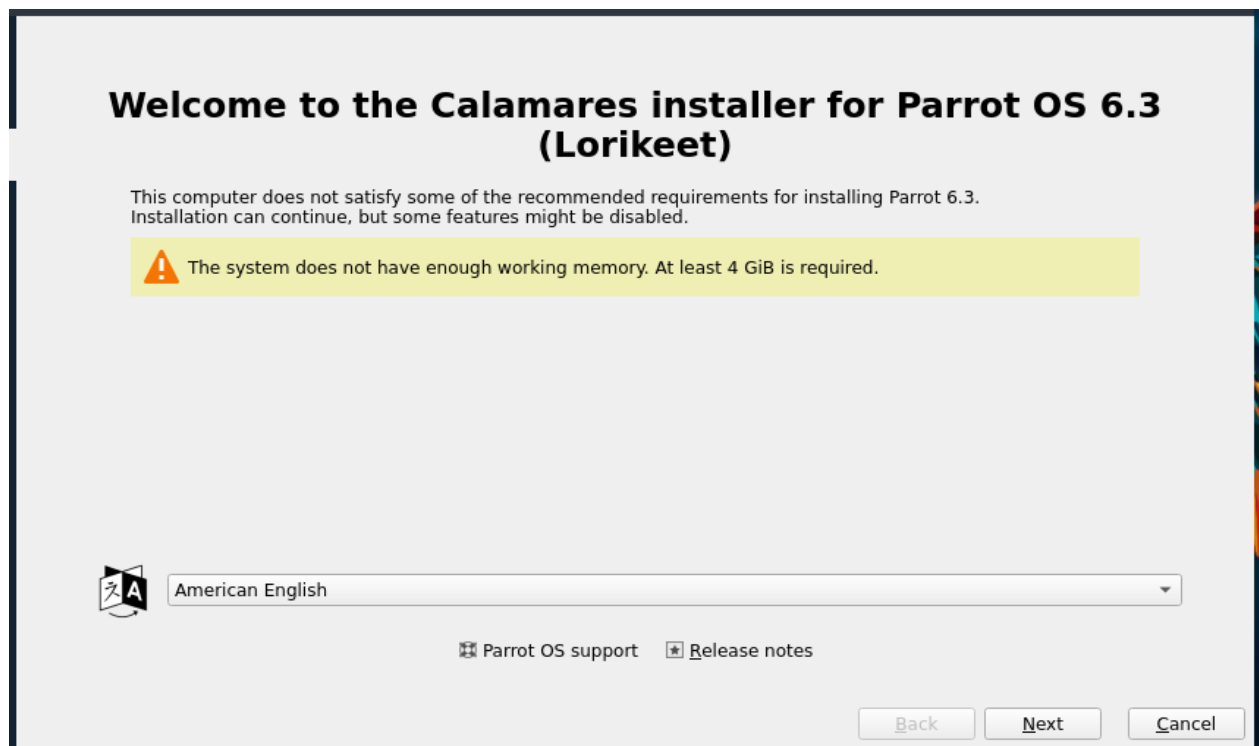
- The machine will now show a display, select **Try/Install**, and press Enter.



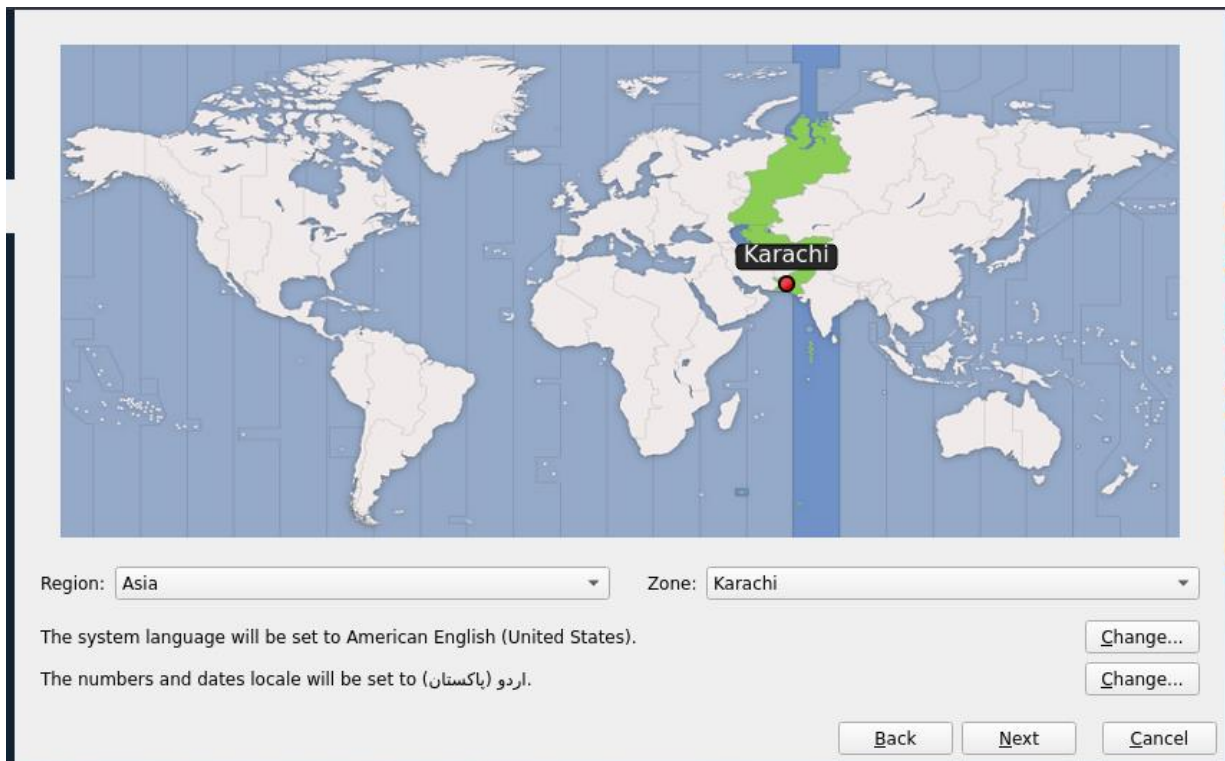
- Now, a display screen will be shown. Run “**Install Debian**” from the shell screen.



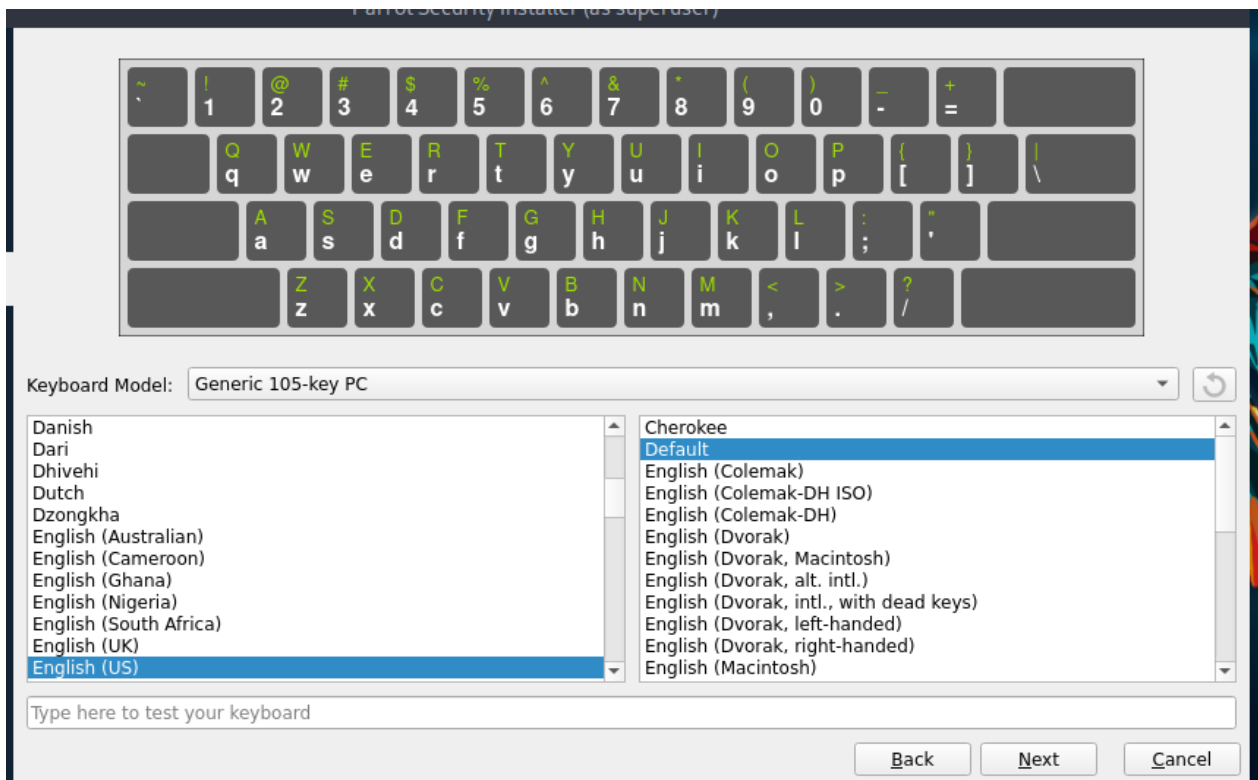
- Select a Language you prefer, but I would recommend **American English**.



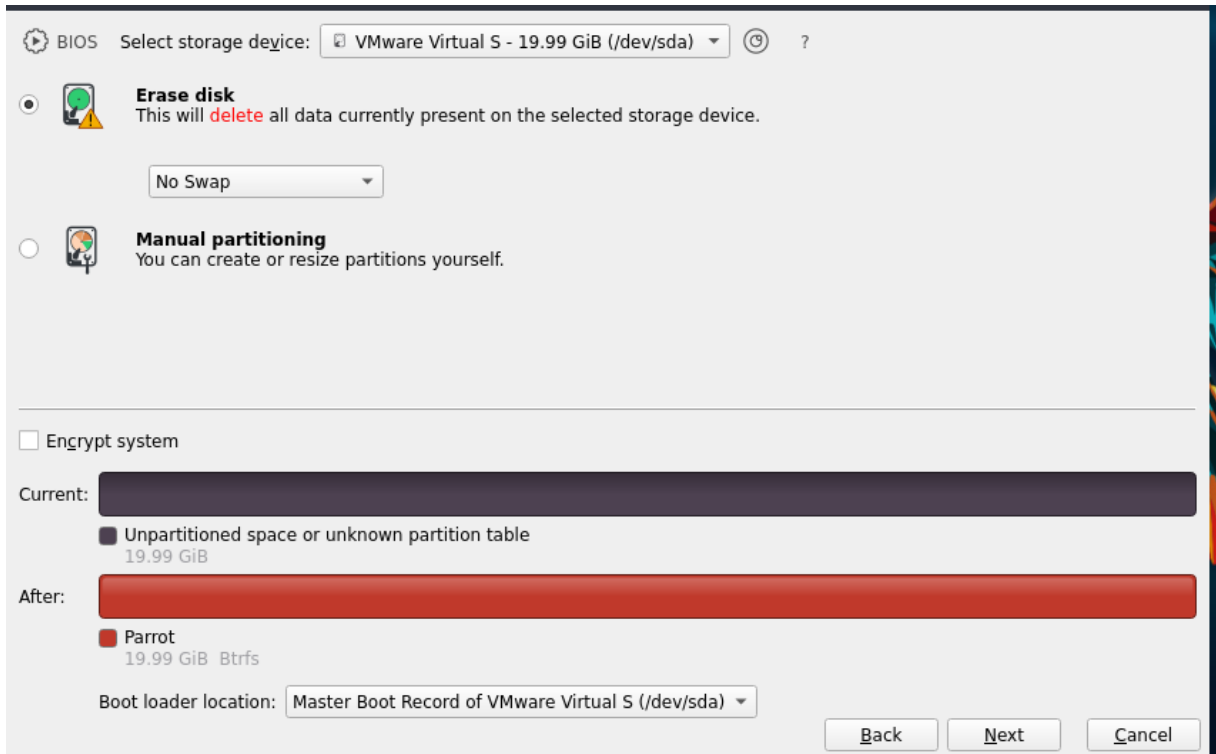
- Now select the **region** and click Next.



- Choose **Default** keyboard settings and click Next.



- Here, select “**Erase Disk**” and click Next.




BIOS Select storage device: VMware Virtual S - 19.99 GiB (/dev/sda) ⓘ ?

☒ **Erase disk**
This will **delete** all data currently present on the selected storage device.


No Swap ▾

☐ **Manual partitioning**
You can create or resize partitions yourself.

☐ Encrypt system

Current: 

■ Unpartitioned space or unknown partition table
19.99 GiB

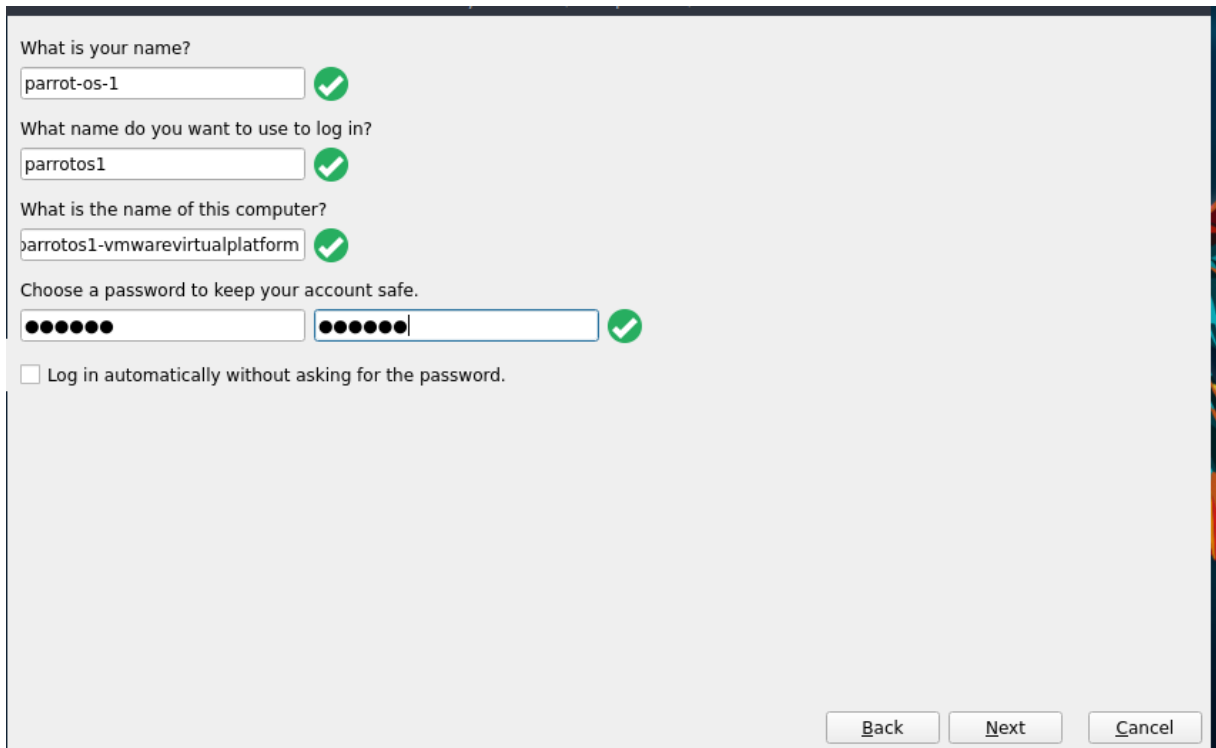
After: 

■ Parrot
19.99 GiB Btrfs

Boot loader location: Master Boot Record of VMware Virtual S (/dev/sda) ▾

Back Next Cancel

- Now add the **name** of the machine, give the **username**, and the **password**, and click Next.



What is your name?
parrot-os-1 ✓

What name do you want to use to log in?
parrotos1 ✓

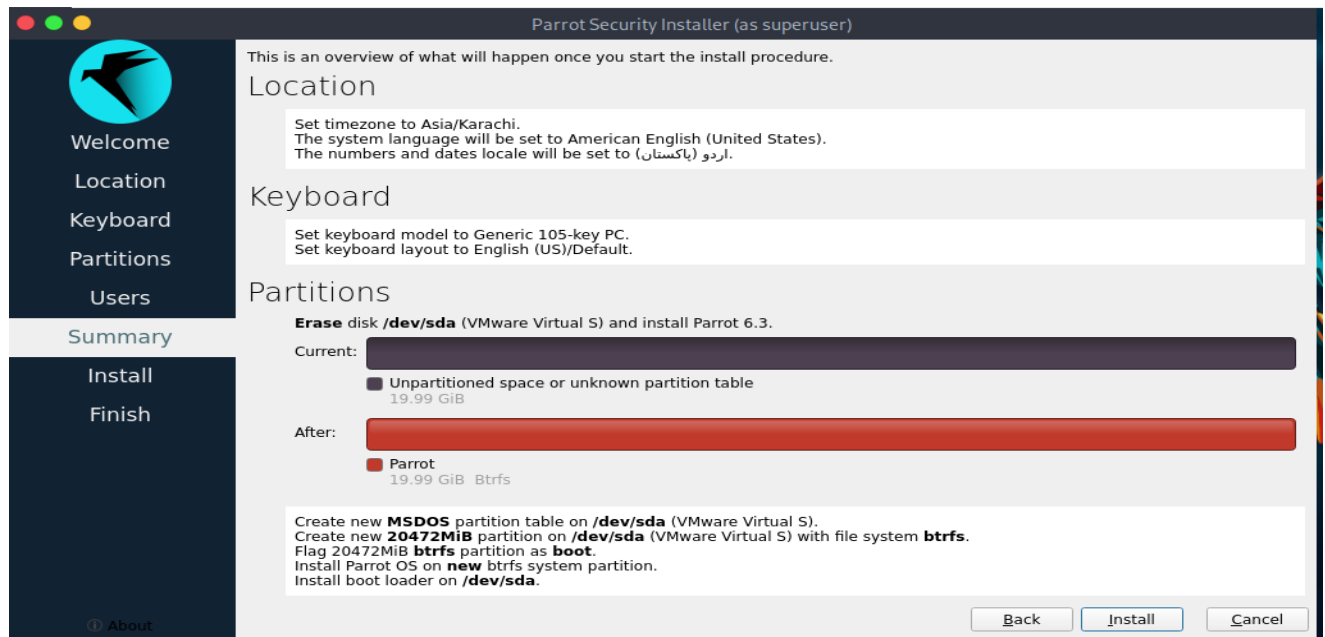
What is the name of this computer?
parrotos1-vmwarevirtualplatform ✓

Choose a password to keep your account safe.
●●●●●● ●●●●●● ✓

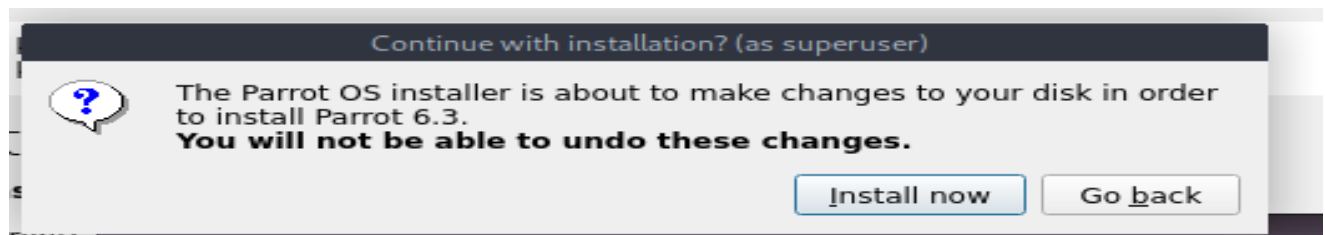
☐ Log in automatically without asking for the password.

Back Next Cancel

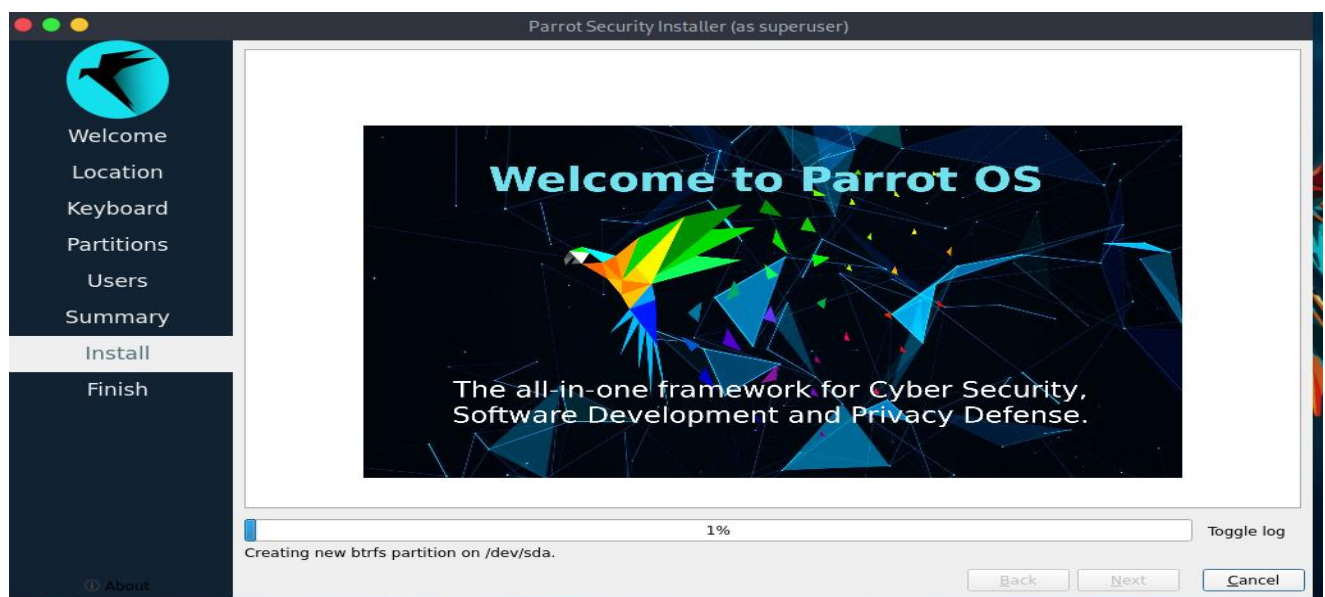
- Now move the cursor to **Summary**, and click **Install**.



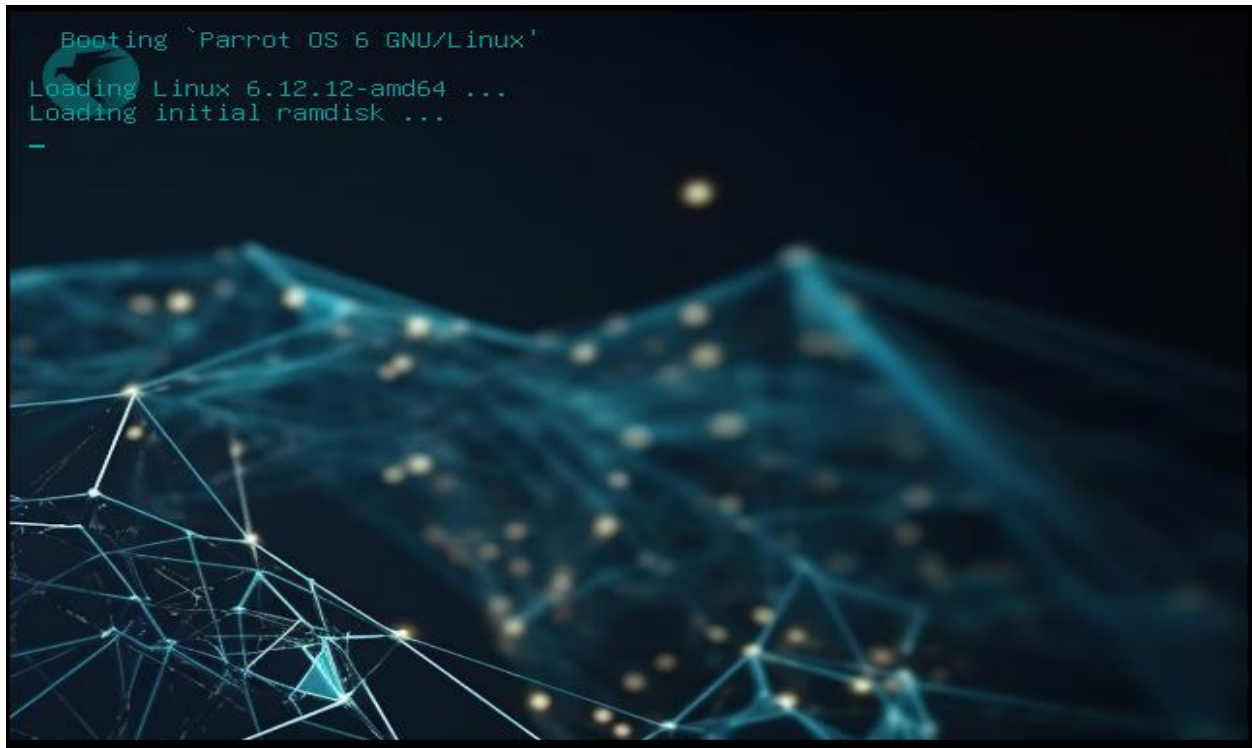
- Here, it will ask for confirmation. Click **Install now**.



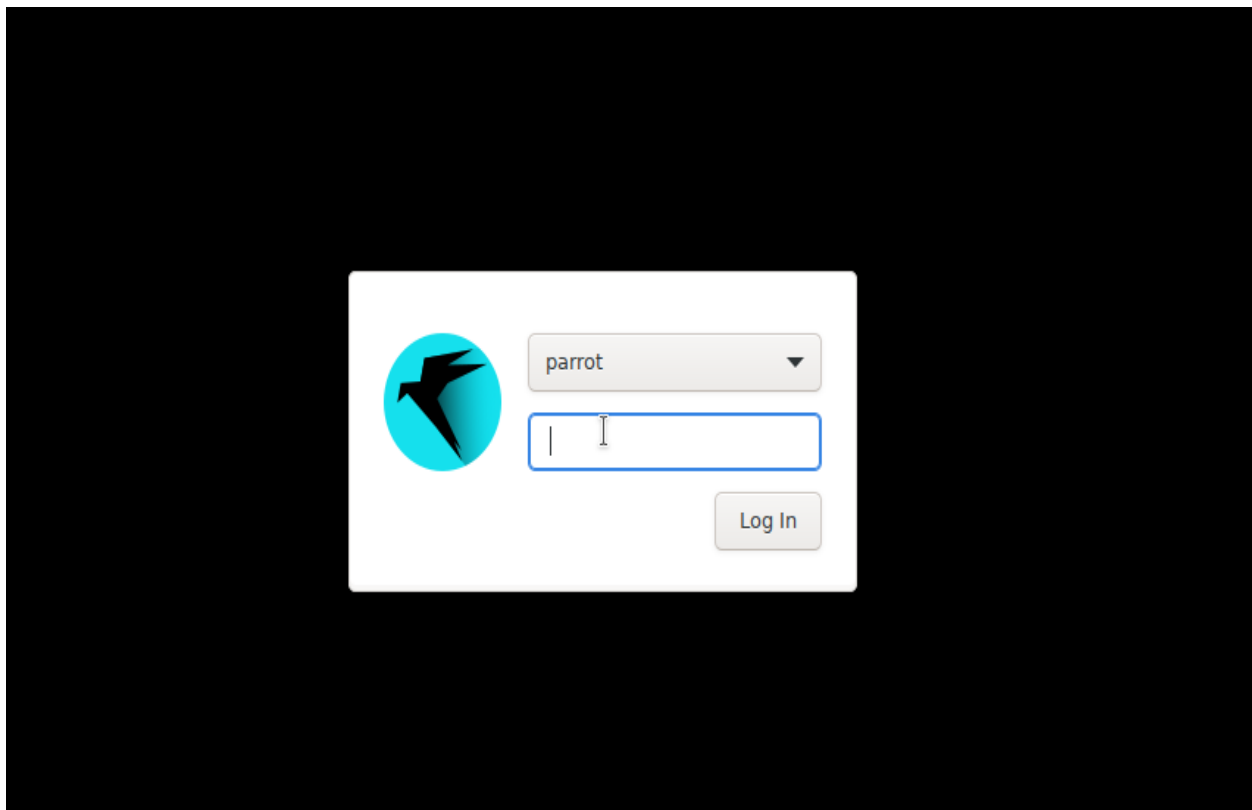
- Installation begins now, and it will take about 40 minutes to complete.



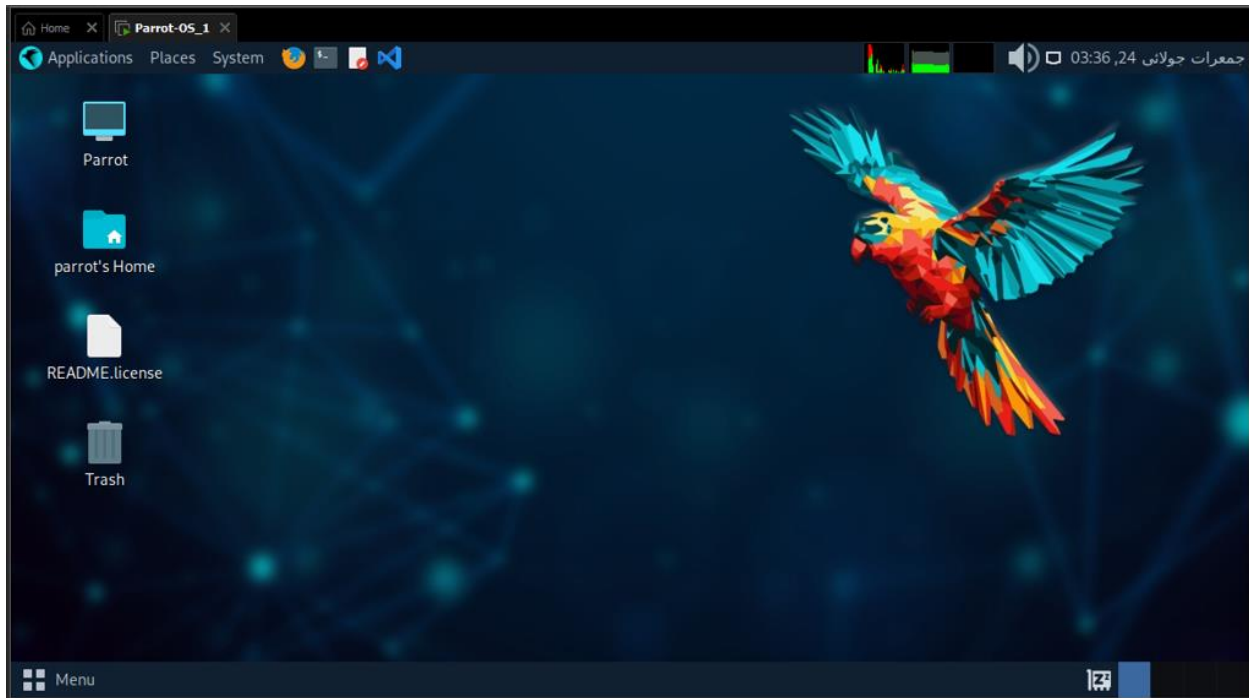
- After completion, it will ask for a reboot. **Reboot** the Parrot OS to get the current display.



Let it boot. It will ask you for a username and password. Enter the **password** and click **Enter**.



- Parrot OS is officially installed in VMware now.



- Click **Yes** to check for any new updates.

