Nmap:

Nmap is used to scan a network to determine what hosts are available. This would be useful to do a penetration test as it can tell you what points of entry someone could gain access to your system.

EtherApe:

EtherApe is used to visualise all connections on a host network, this can help with a penetration test as it helps us to more clearly understand the information being displayed when we are looking at the connections of network.

Netcat:

Netcat is used to read and write information across a network, and as such would allow us to do something in a network once we have gained access to it in a penetration test.