

## Brief Instructions To Load a VirtualBox Image

- Download one of the VirtualBox image files from [cattut.shadowcat.co.uk](http://cattut.shadowcat.co.uk).
- Extract using the appropriate tool.
- Create a New Virtual Machine in VirtualBox using the uncompressed VDI file as the Hard Drive
  - Run VirtualBox
  - Click the "New" button
  - Click "Next"
  - Enter the name "CatalystTutorial"
  - Select "Linux" for the Operating System dropdown
  - Select "Debian" for the Version dropdown
  - Select "Next"
  - On the "Memory" panel select "Next" (you can bump up the memory if you want)
  - On the Virtual Hard Disk" panel select "Use existing hard disk"
  - Click the "folder icon" on the right
  - Select the "CatalystTutorial.vdi" file that was extracted in the previous steps
  - Click "Next"
  - Click "Create"
- Once the VM has been added, click "Network" in the panel on the right
- Change "Adapter 1" to "Bridged Adapter"  
(see **Catalyst::Manual::Tutorial::01\_Intro** for more information on network settings)
- Click "OK"
- Start the VM