**Practical: 01**

**Penetration Testing Lab Setup Guide:**

**Comparison: Kali Linux vs Parrot Security OS**

**Kali Linux:**

* **Ease of Installation**: Kali Linux is known for its straightforward installation process. The official website provides detailed guides and video tutorials.
* **Hardware Requirements:** Minimum requirements are low, making it accessible for

most systems.

2 GB RAM (4 GB recommended)

20 GB disk space

* **Post-Installation Configuration:** Requires some configuration, especially for beginners, but extensive documentation is available.
* **User-Friendliness:** Designed for penetration testing, it includes a wide range of preinstalled tools.

**Parrot Security OS:**

* **Ease of Installation:** Similar to Kali Linux, Parrot Security OS offers a user-friendly installation process with comprehensive guides.
* **Hardware Requirements:** Slightly higher than Kali Linux but still manageable.

4 GB RAM recommended

20 GB disk space

* **Post-Installation Configuration:** Generally easier than Kali Linux, with a more intuitive setup for beginners.
* **User-Friendliness:** Offers a good balance between security tools and everyday use, making it suitable for both beginners and advanced users.

**Installation Guide:**

**Kali Linux Installation**

1. Download the Kali Linux ISO from the official website.

2. Create a bootable USB drive using tools like Rufus or Etcher.

3. Boot from the USB drive and follow the on-screen instructions.

4. Complete the installation and configure the system as needed.

**Parrot Security OS Installation**

1. Download the Parrot Security OS ISO from the official website.

2. Create a bootable USB drive using tools like Rufus or Etcher.

3. Boot from the USB drive and follow the on-screen instructions.

4. Complete the installation and configure the system as needed.

**Recommendation**

• For beginners, Parrot Security OS might be more user-friendly due to its

easier postinstallation configuration.

• For those looking for a more comprehensive set of penetration testing

tools out of the box, Kali Linux is recommended.

**References**

1. Kali OS: https://www.kali.org/

2. Kali OS Installation: https://www.youtube.com/watch?v=jk2KGdJU2OI

3. Parrot Security OS: https://parrotlinux.org/

4. Parrot Security OS Installation: https://www.youtube.com/watch?v=4qvFp99rfXw