Best OS for Hacking:

Operating systems that can be used for various kinds of hacking and security testing purposes. Ethical hacking is identifying weaknesses in computer systems or networks to exploit its vulnerabilities so they can be fixed later. Hackers use various techniques to identify threats and thereby increase the security of the device. These people can utilize Linux based operating system to hack PC or network. It contains a wide range of applications to prevent cyber-attacks.

Kali Linux:

Kali Linux is a Security Distribution of Linux specifically designed for digital forensics and penetration testing. It is one of the best hacking OS which has over 600 preinstalled penetration-testing applications cyber-attack performs against computer vulnerability. It is the most widely used ethical hacking operating system. Kali Linux is bundled with several tools that perform wireless attacks, reverse engineering, stress testing, hardware hacking and forensics.

BackTrack was their previous information security Operating System. The first iteration of Kali Linux was Kali 1.0.0 was introduced in March 2013. Offensive Security currently funds and supports Kali Linux. Kali Linux does excellent job separating these useful utilities into the following categories:
Information Gathering, Vulnerability Analysis, Wireless Attacks, Web Applications, Exploitation Tools, Stress Testing, Forensics Tools, Sniffing & Spoofing, Password Attacks, Maintaining Access, Reverse Engineering, Reporting Tools and Hardware Hacking.

Kali Linux Use:

Kali Linux is truly a unique operating system, as its one of the few platforms openly used by both good guys and bad guys. Security Administrators, and Black Hat Hackers both use this operating system extensively. One to detect and prevent security breaches, and the other to identify and possibly exploit security breaches. The number of tools configured and preinstalled on the operating system, make Kali Linux the Swiss Army knife in any security professionals toolbox.

Parrot OS:

The Parrot Security OS is the best when it comes for hacking. It is based on a stable branch of Debian Linux and comes with the MATE desktop environment installed. It is known to support a wide array of hardware configurations. Kali repositories are used by Parrot Security OS for a variety of package updates and to include new tools. Parrot OS is a platform for hacking. It has an easy to use editor for software development. This platform enables you to surf the web privately and securely. Hackers can use Parrot OS to perform vulnerability assessment, penetration testing, computer forensics, and more. It is also designed to provide vulnerability assessment and mitigation, computer forensics and anonymous Web browsing.

BackBox:

BackBox is an Ubuntu based open-source Operating System that offers a penetration test and security assessment facility. This system also provides a network analysis toolkit for security in the IT environment. It contains a toolkit that is needed for ethical hacking. It helps you with computer forensic analysis, vulnerability assessment, etc. BackBox OS is designed with the objective of being faster, easily operable and having a minimal desktop environment. The BackBox distribution consists of more than 70 tools for tasks ranging from Web analysis and network analysis to stress testing, sniffing, vulnerability assessment, forensics and exploitation.

Other OS:

BlackArch, Fedora Security Lab, Dracos Linux, CAINE, Samurai Web Testing Framework, Network Security Toolkit (NST), DemonLinux, ArchStrike, DEFT Linux, Cyborg Hawk Linux, GnackTrack, NodeZero, Live Hacking OS, Pentoo, GnackTrack, Blackbuntu, Knoppix STD, Weakerth4n, Cyborg Hawk and more.