

How to Download VirtualBox:

Step 1: go to this website and choose the package that's right for you, for example Windows users, click the one that says Windows hosts. <https://www.virtualbox.org/wiki/Downloads>

Step 2: follow the instructions in the installer and put your preferences

Step 3: Wait

Downloading Kali Linux:

Step 1: go to this website <https://www.offensive-security.com/kali-linux-vmware-virtualbox-image-download/>

Step 2: Make sure to click the tab "Prebuilt Kali Linux VirtualBox Images"

Step 3: download the Torrent. It should be a 7z file, which means you'll need some sort of extracting software.

Step 4: Extract it.

Step 5:

How to Download Kali Linux to VirtualBox:

Step 1: Open VirtualBox

Step 2: Now, under File, click "Import Appliance."

Step 3: Click "Expert Mode." Find where you saved Kali Linux. Then click Import.

Step 4: Now, you have a Virtual Hard Disk.

Step 5: If you can't start it up, or if it froze during start up, try this:

Make sure you are using Debian (64 bit). If you don't see that offered, go to "Turn Windows features on or off" and look for "Hyper-V." Make sure the box next to it isn't checked. Then see if the 64 bit versions are available.