Go to www.virtualbox.org and select:

Download VirtualBox 6.0

VirtualBox 6.0.10 platform packages

- ⇒ Windows hosts
- ⇒ OS X hosts
- Linux distributions
- ⇒ Solaris hosts

The binaries are released under the terms of the GPL version 2.

See the changelog for what has changed.

You might want to compare the checksums to verify the integrity of downloaded packages. *The SHA256 ch must be treated as insecure!*

- SHA256 checksums, MD5 checksums

Note: After upgrading VirtualBox it is recommended to upgrade the guest additions as well.

VirtualBox 6.0.10 Oracle VM VirtualBox Extension Pack
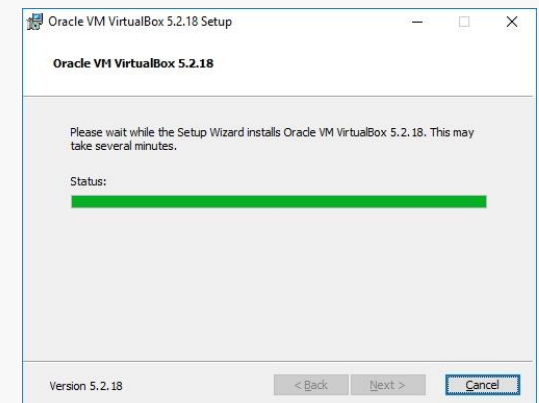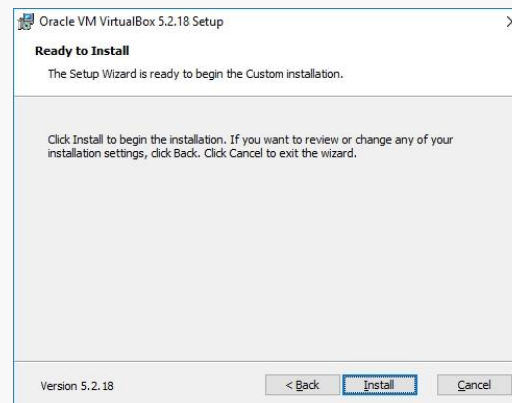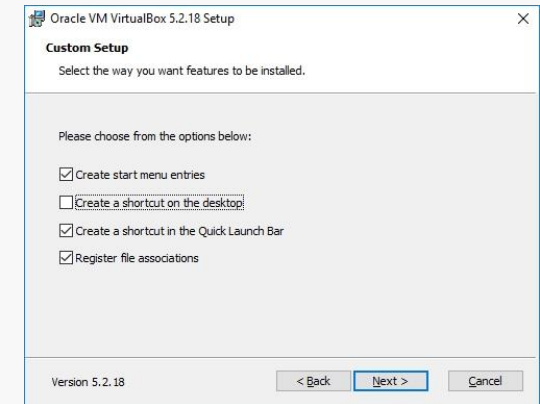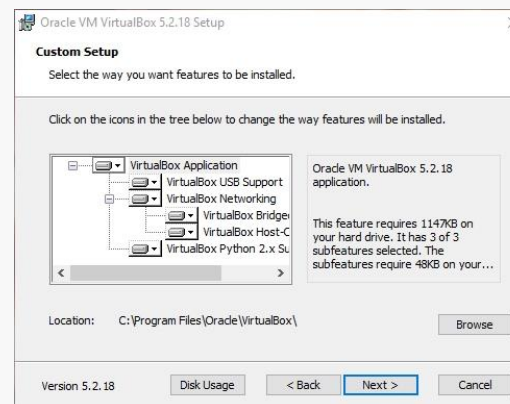
- ⇒ All supported platforms

Note:
- the OS on which you will install VirtualBox is called the *host OS*.
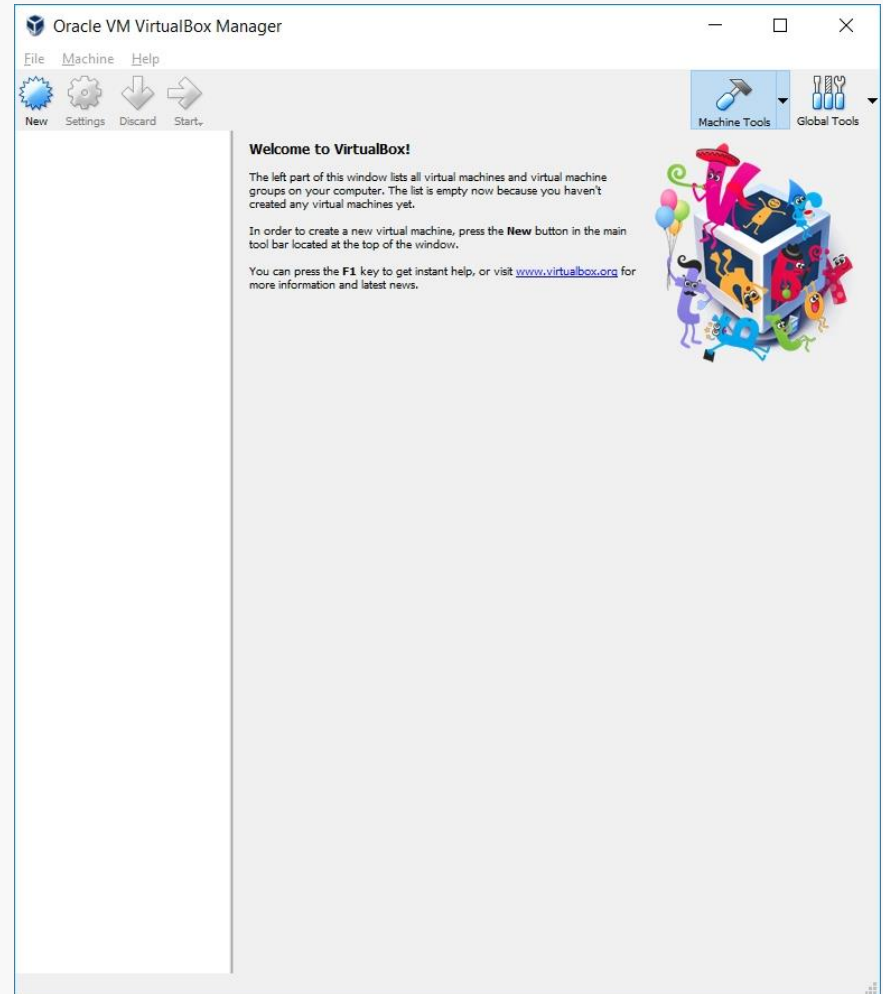- the OS you will install on VirtualBox (later) is called the *guest OS*.

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* **These notes are based on VirtualBox 5.2 and CentOS 7 (ISO version 1804).**

* **VirtualBox 6 seems fine, but CentOS 7 (ISO version 1810) has a serious kernel bug**
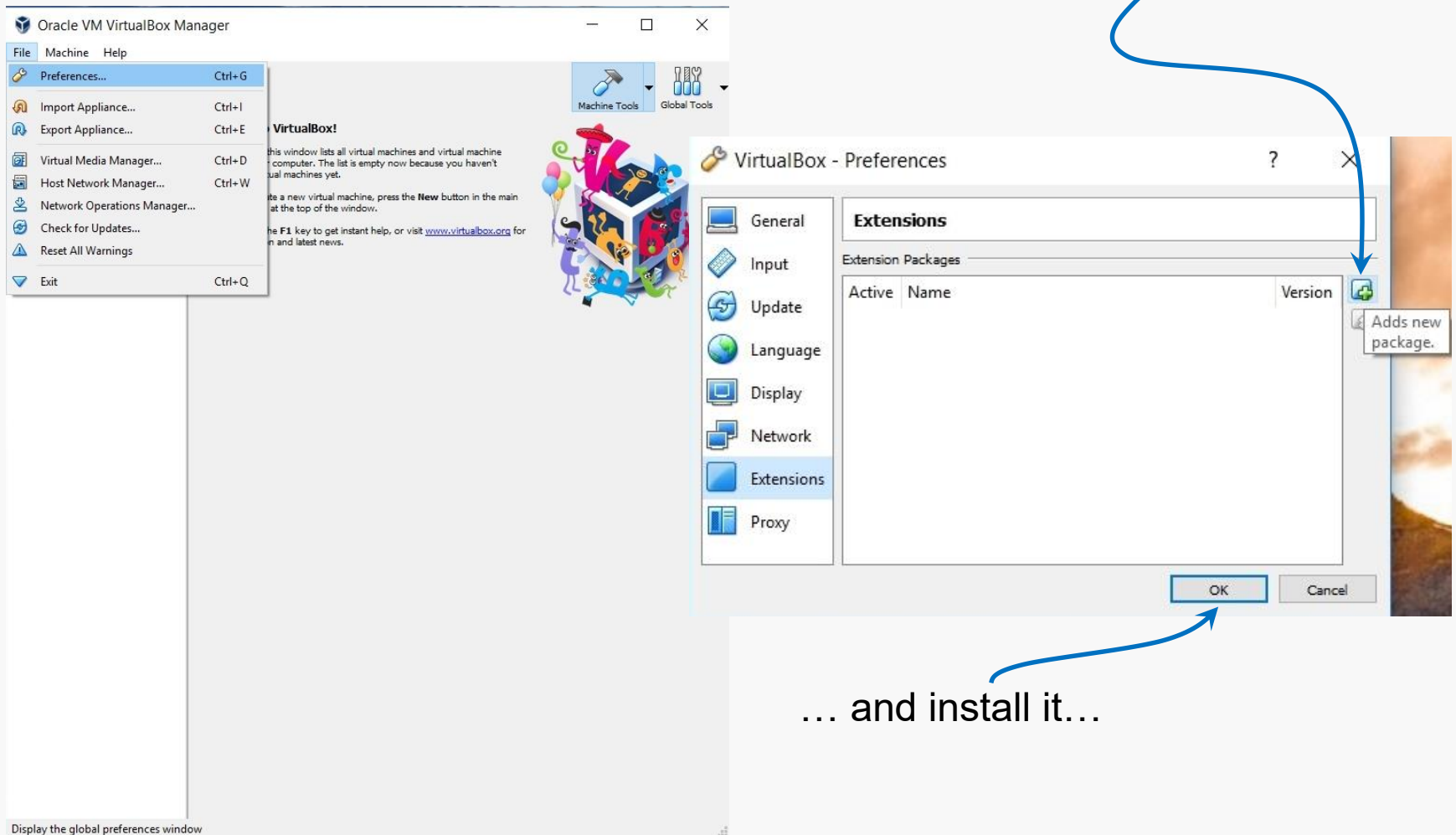
Run the VirtualBox installer. The first few screens are typical and probably do not require you to make any changes to the default options:
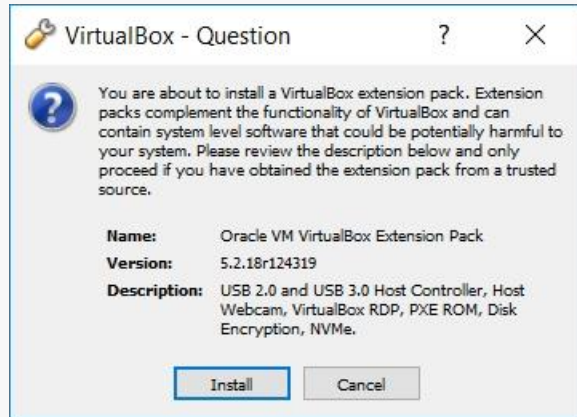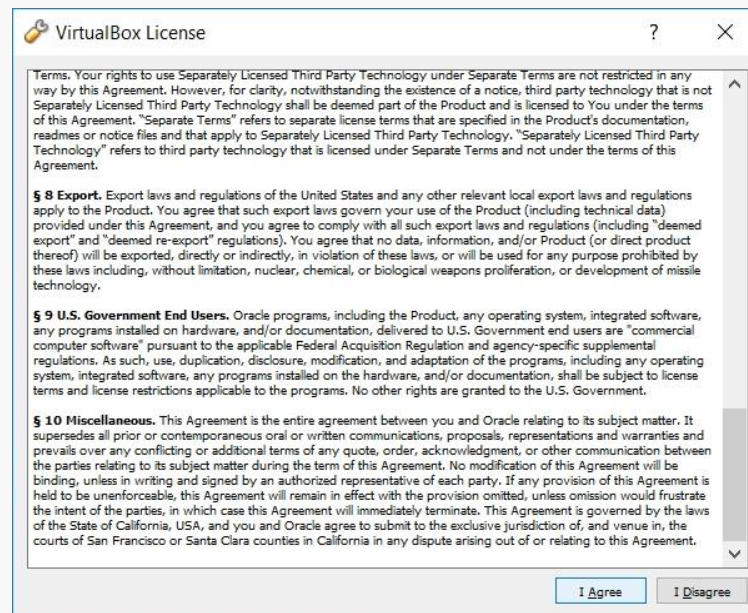
Once the base installation is complete, start VirtualBox:

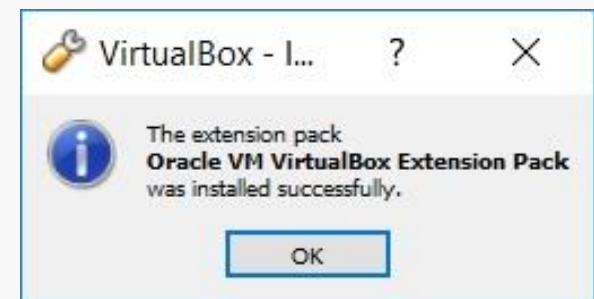Select File/Preferences and select the Extension Pack file you downloaded:

… and install it…

Authorize the installation …   … accept the license …
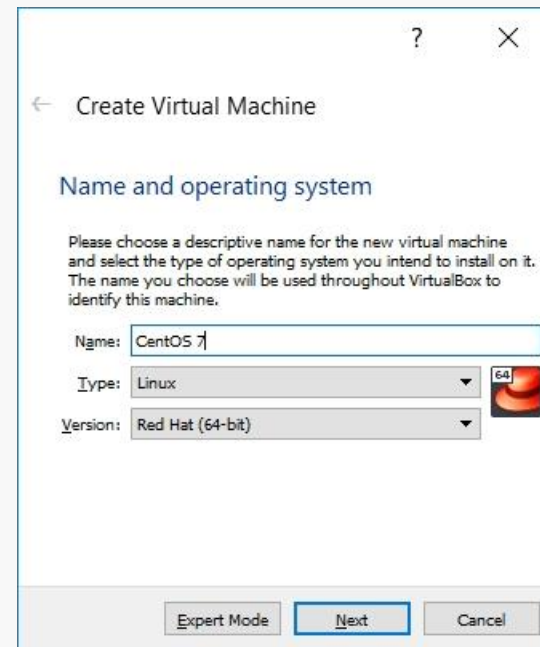

... and wait for …

Restart VirtualBox.

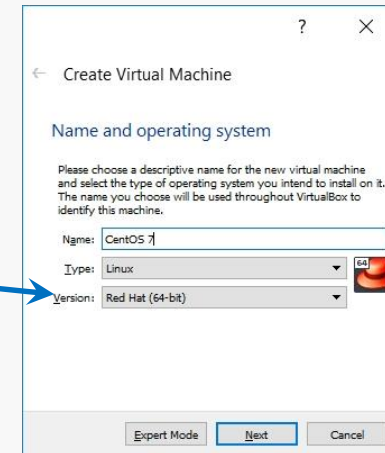Select New to create your virtual machine:

Enter a Name:

If you use a descriptive name for the VM, VirtualBox should auto-detect the proper OS type and Version.
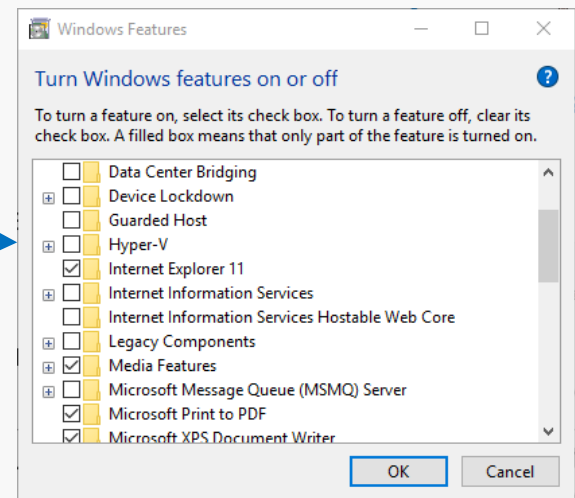
What if you only have 32-bit options listed?

There are two likely possibilities:

Hardware virtualization support is not enabled on your system.
Reboot. Go into the BIOS and look for something like VT-X and turn it on.

You are running Win8 or Win10 Pro or Enterprise and Hyper-V is turned on:
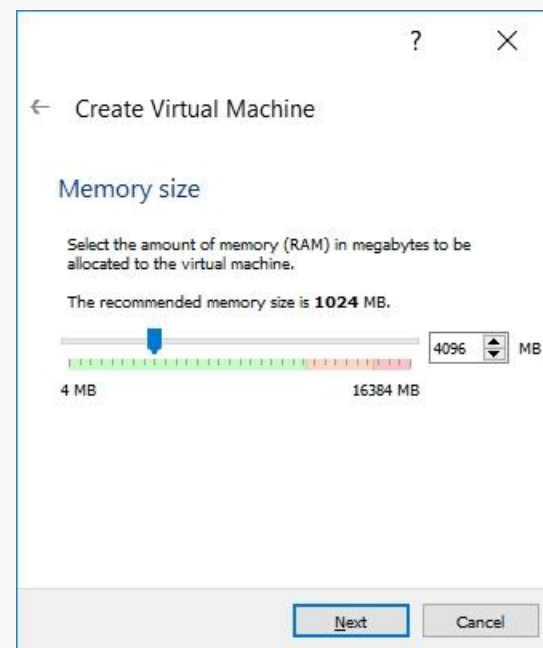
Follow the instructions at:
https://www.petri.com/how-to-disable-hyper-v-completely-in-windows-10

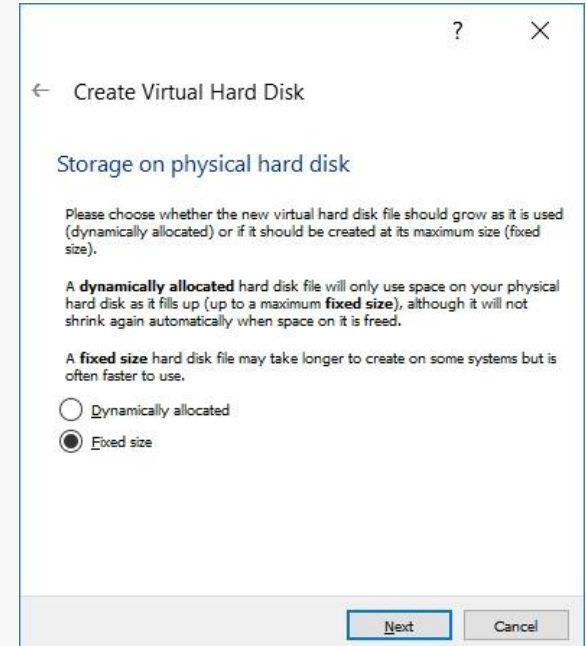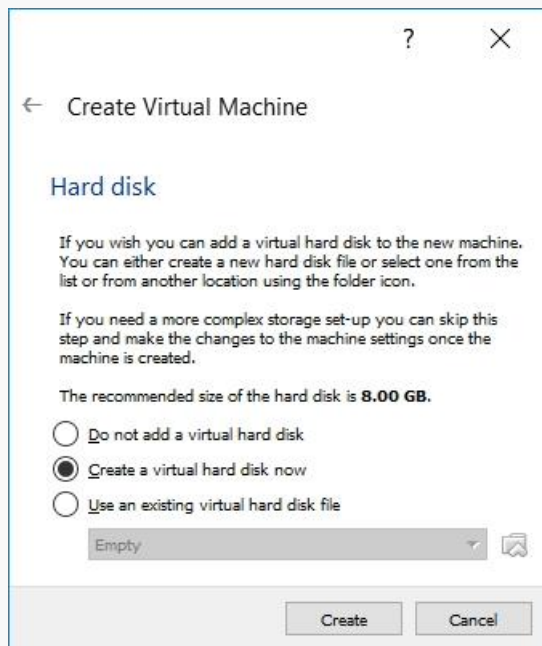Specify the amount of memory you'll give the VM.

In this example, I'm installing on a host machine with 8GB of RAM; with less, I'd probably given the VM 1GB.

On my current working laptop, I have 16GB of RAM and gave my VM 4GB.

Configuring a Virtual Hard Disk

In the next dialog, select the option to create a new virtual hard drive now.
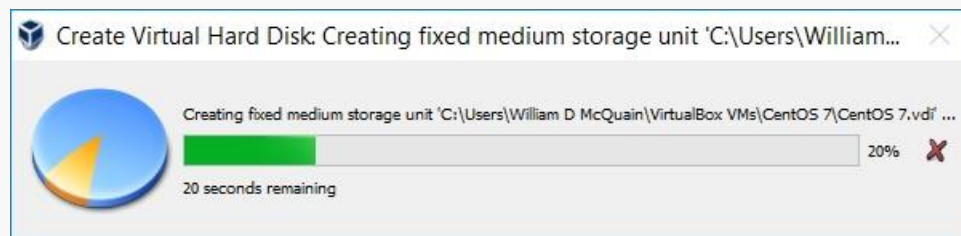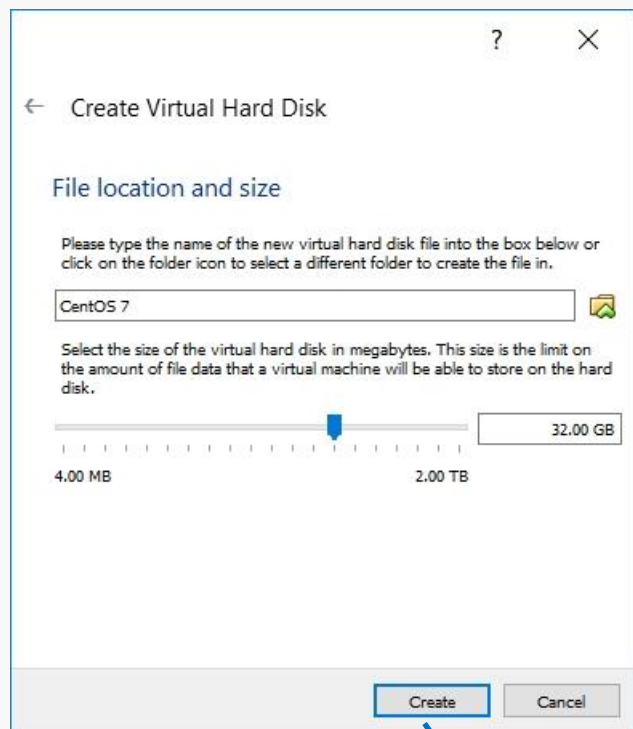
Take the default hard drive file type in the next dialog unless you're concerned about being compatible with some other virtualization tool like VMWare.

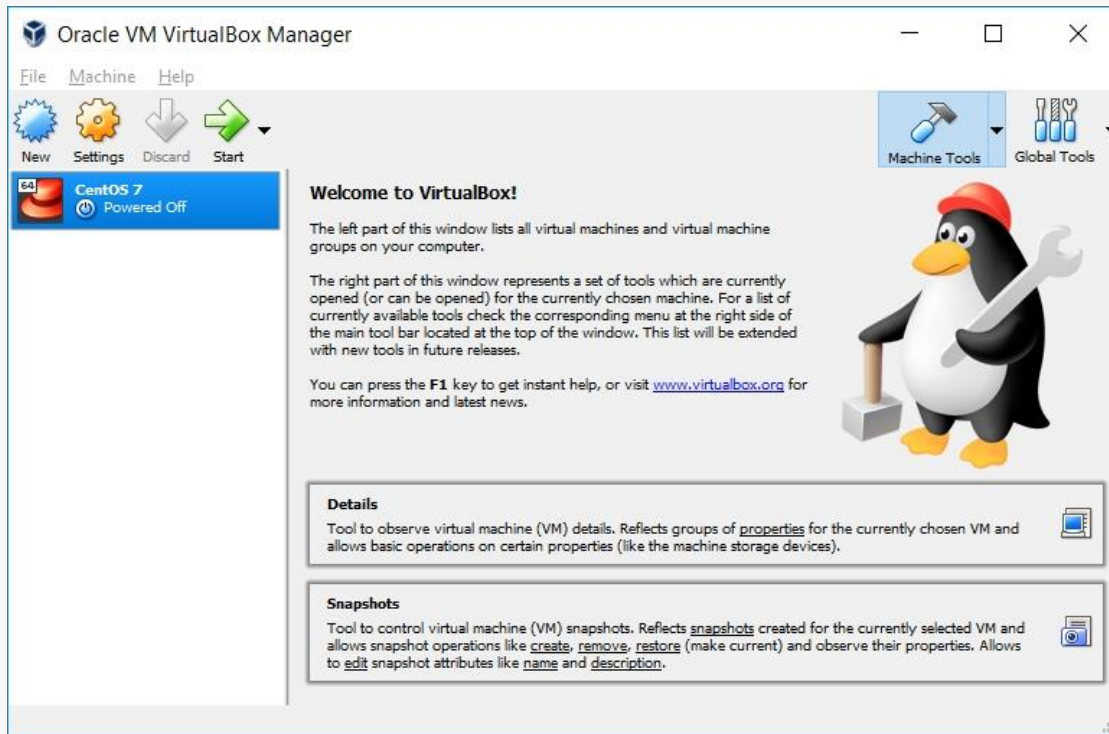Next, I recommend choosing a fixed-size hard disk.

I generally make this 32GB, but make it smaller if you're short on space.

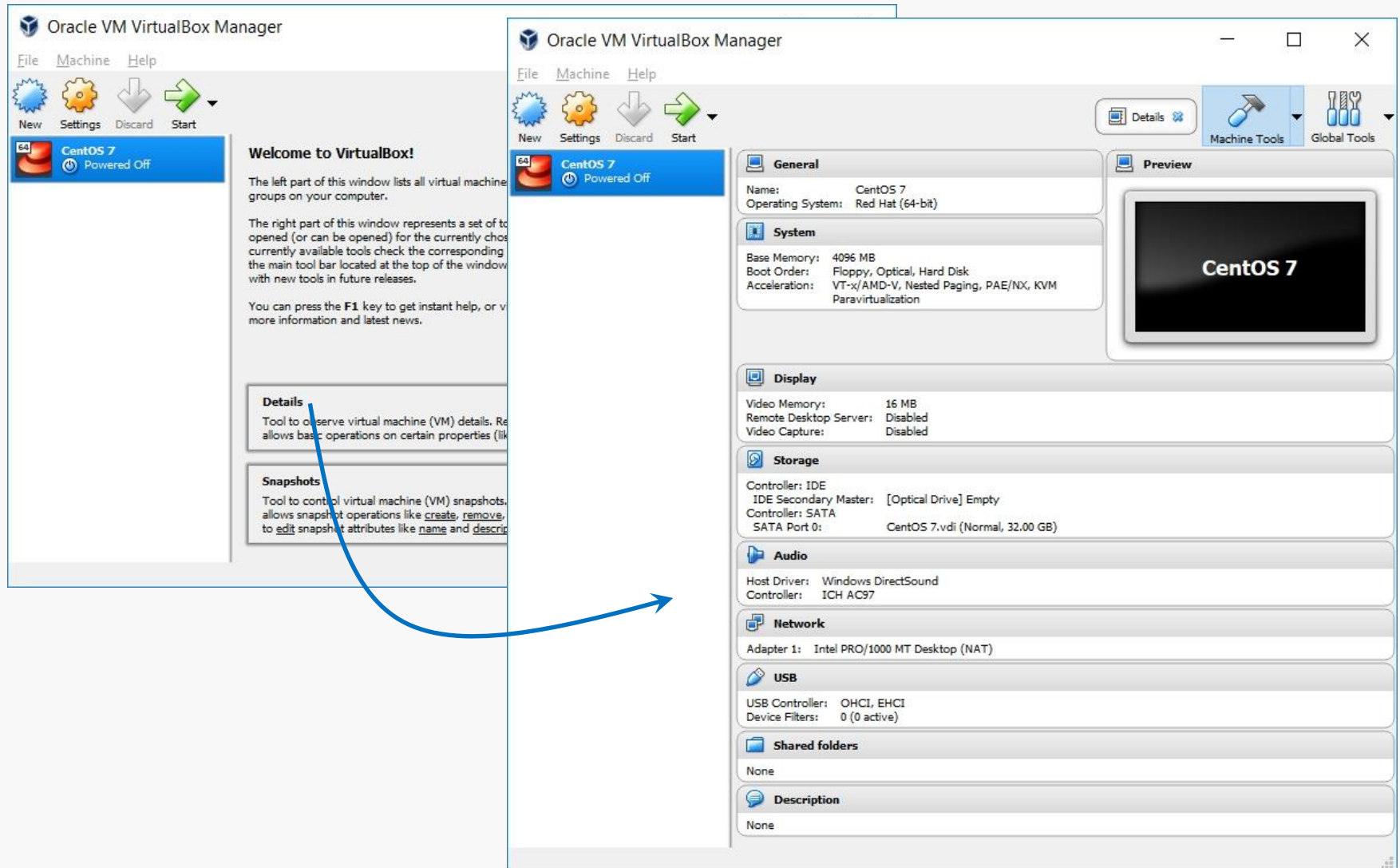That said, the virtual HD should be 20GB or more.

Now, you have an empty virtual machine/

That is, a formatted (virtual) hard disk and no OS installation on it.

Click on Details to bring up a more information about your empty VM:

There are a couple of crucial VM settings; right-click on your VM and bring up the Settings dialog:

Under Display, enable 3D Acceleration.

Under General/Advanced, make the shared clipboard and Drag'n Drop Bidirectional.