Lab Setup Requirements

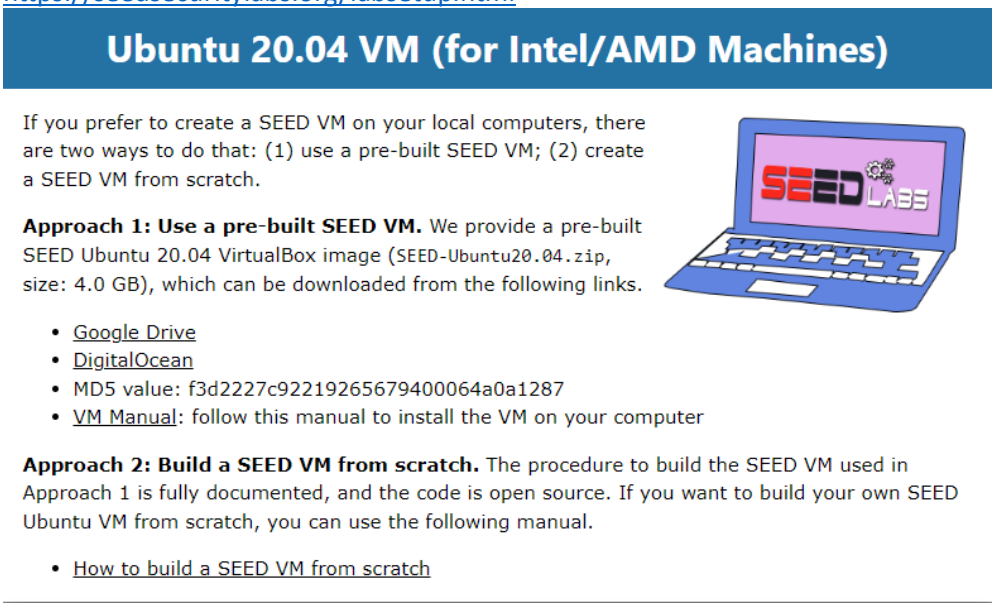
The following computer resources are recommended to install and run the Virtual Machine Manager (VMM) and VM instances:
• 8 GB RAM
• 40 GB of free hard disk space
• 2GHz processor with four or more physical cores
• Windows 10, MacOS 10.11 or later, Linux
We recommend to use Oracle VirtualBox.

Setting up Virtual Box and Exploring the seed Lab

Detailed instructions

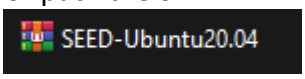
1. Download VirtualBox from https://www.virtualbox.org/wiki/Downloads according to your OS and install it.

2. Download the Ubuntu 20.04 VM (for Intel/AMD Machines) from https://seedsecuritylabs.org/labsetup.html

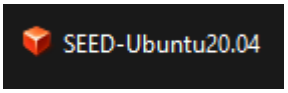


Click on the **Google Drive** and download the SEED VM module.

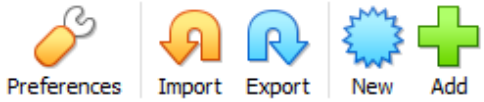
3. Unpack the SEED VM module and there you will find the **Virtual Disk Image**

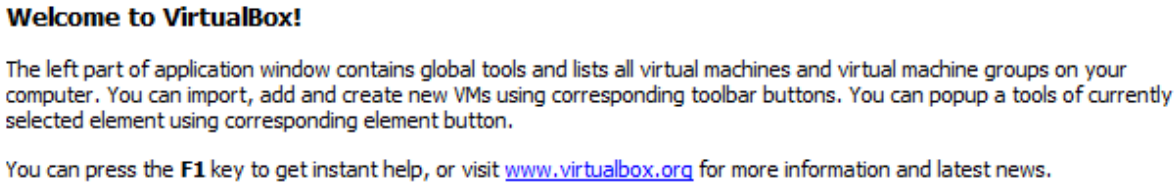


Note: For Windows users, you can use 7-Zip (https://www.7-zip.org/) to extract the downloaded archive. For Mac users, the pre-installed The Unarchiver can extract.

Virtual Disk Image -> 

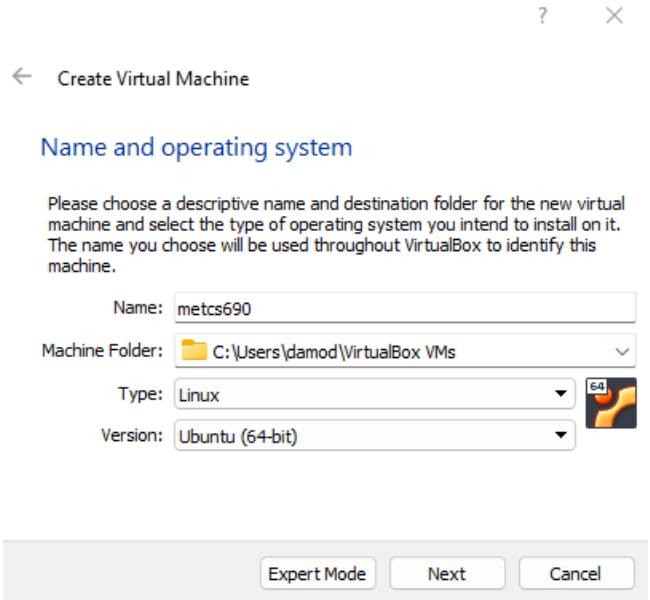
4. Open the Oracle VM virtual Box



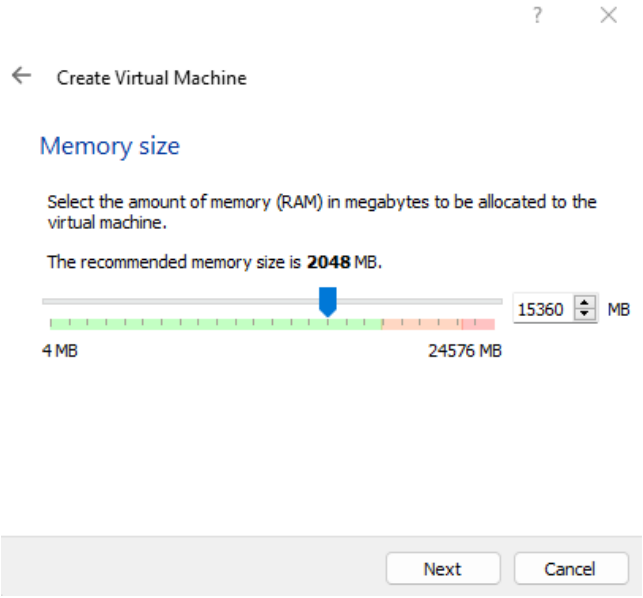


5. Click on the **New** icon and 

6. You will see such display. Now make sure you name your Virtual Machine. Name it as **metcs690** and select the type as **Linux.** Change the version to **Ubuntu (64-bit)** and click on the **Next.**

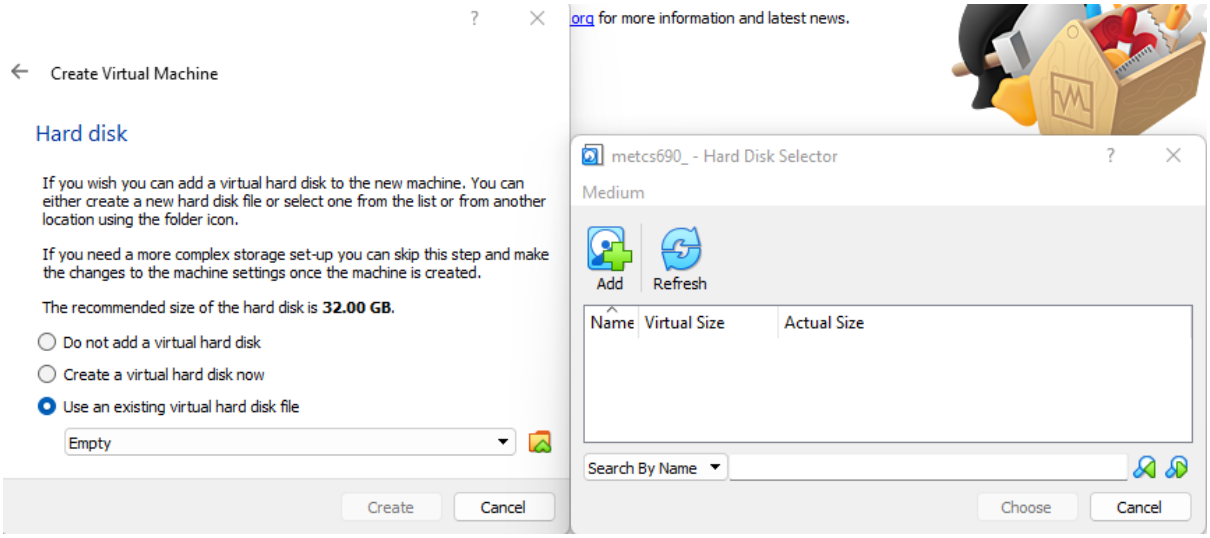


7. Setup the size of for your VM and click on **Next**
   Recommended size: **15GB**

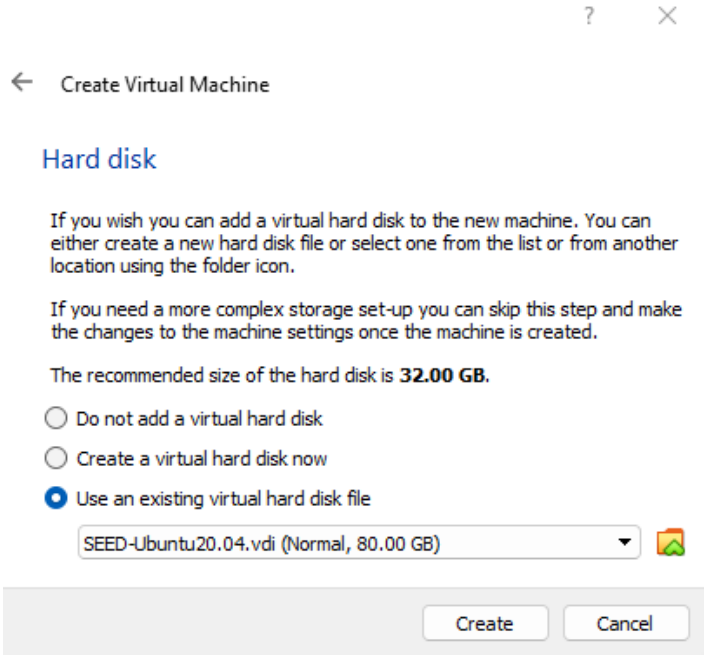


8. Now you have to create a Virtual Machine. So, to create it click on the icon  and add the **Image** of the Virtual Machine which you had downloaded.

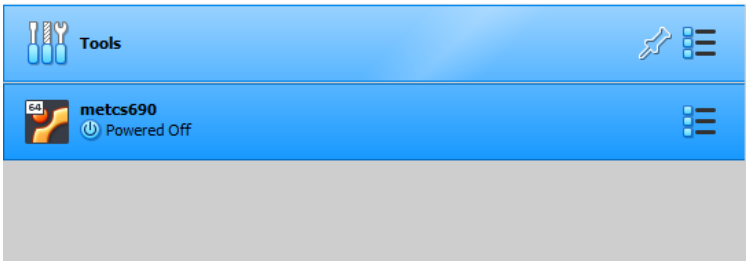
   Click on the icon 



9. Now click on Create to create your own Virtual Machine.



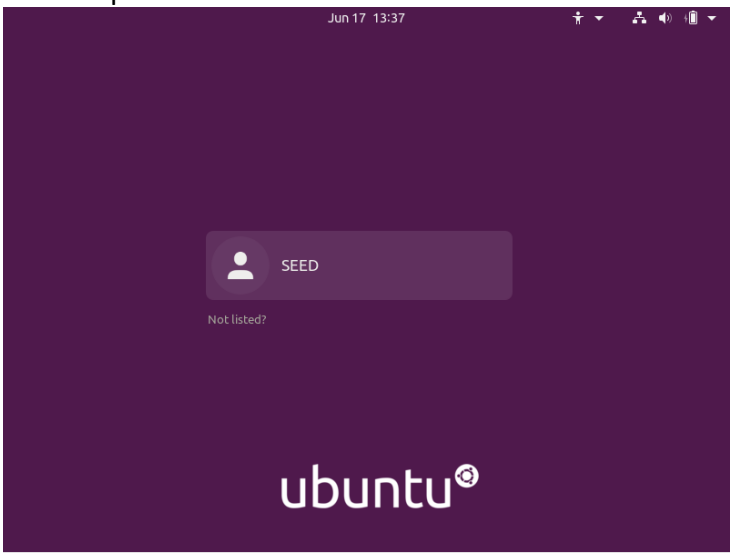
10. Once you click on **Create**, you can see that your Virtual Machin has been created and you are ready to use it to accomplish the tasks.



11. Now click on the start icon 

to run the VM.

12. Use the password as **dees** for the VM created.



13. You can download the respective setup files from the link provided https://seedsecuritylabs.org/labs.html

    Click on **SEED Labs 2.0** and then click on **Network Security**

SEED Labs 2.0

Network Security Labs

Packet Sniffing and Spoofing Lab
Sniffing packets sent over the local network and spoofing various types of packets using Python and C.

ARP Cache Poisoning Attack Lab
Lanuch ARP cache posining attacks; use this attack to conduct man-in-the-middle attacks.

ICMP Redirect Attack Lab
Attacks at the IP layer, ICMP redirect attack, and man-in-the-middle attack.

Note:

1. You want to download the pre-built SEED VM, not to build SEED VM from scratch, unless you want extra work to challenge yourself.
2. Do not use order version lie Ubuntu 16.04 VM or Ubuntu 12.04 VM