

# Purple Containers

Attack and defence across  
the entire container stack

David Grice

Slides:

<https://git.io/fjoX7>

---

# I am Dave

- Technical Security Consultant & previously in governance roles
- Work in financial services
- I like motorbikes



A man with a mustache, wearing a dark flight suit with patches, stands in a vast, flat desert landscape. In the background, there are large, rugged mountains under a clear sky. The man has his hands raised in a gesturing motion.

**BEGINNING, MIDDLE, END. FACTS, DETAILS,  
CONDENSE, PLOT, TELL IT.**



# Containers have arrived...





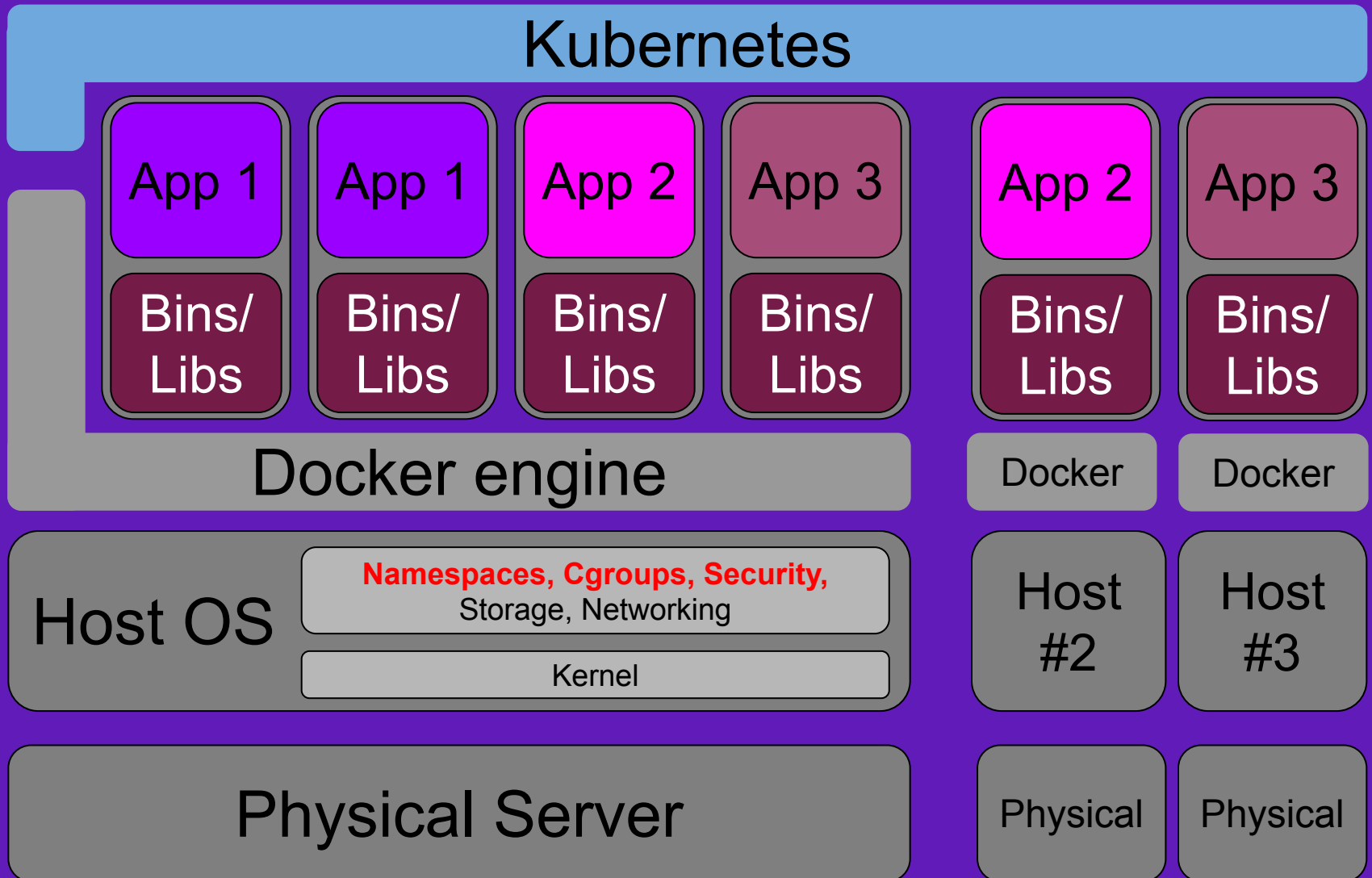
App teams:  
“We want containers”



Security:  
“Yeah, but...”

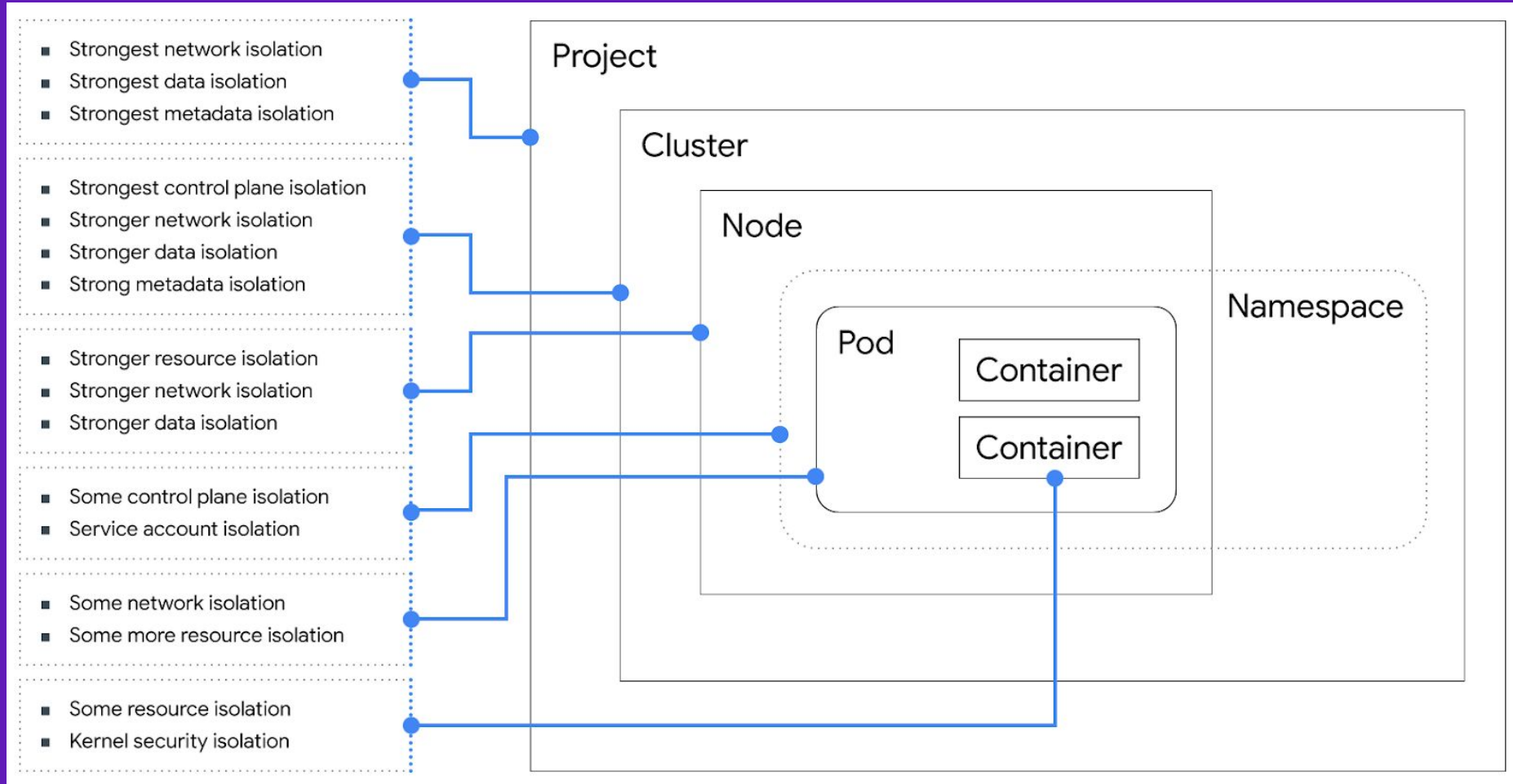


# Anatomy of a typical container stack





# Anatomy from within Kubernetes





It's not just the tech that is different,  
so are the processes to build & run it.





Dec 2018: CVE-2018-1002105 - Kubernetes API server auth bypass

Feb 2019: CVE-2019-5736 - RunC container breakout to host as root



The Weight Watchers logo, which consists of a stylized circular icon with green and yellow segments, followed by the text "Weight Watchers" in a blue serif font, with a registered trademark symbol (®) at the end.



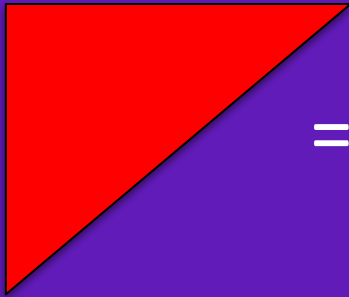


# So, “we want containers” becomes a security review of:

1. The build environment (CI/CD Pipeline)
2. Underlying Operating System Security
  - 2a. Cloud Services Hardening and Security
3. Container Image (inc. Docker Daemon)
4. Runtime security
5. Orchestration layer (e.g. Kubernetes)
6. Network
7. Logging & Auditing

Concerned?





= Attack / Threats



= Defence / Controls\*

\*Adopting all controls would be overkill...pick & choose as appropriate.



# 1. The build environment

- Malicious or 'sub-optimal' source code
- Malicious or mistaken alterations to automated build controllers/policies
- Configuration scripts with errors, or that expose credentials
- Supply chain provenance
- The addition of insecure libraries or down-rev/insecure versions of existing code

# 1. The build environment

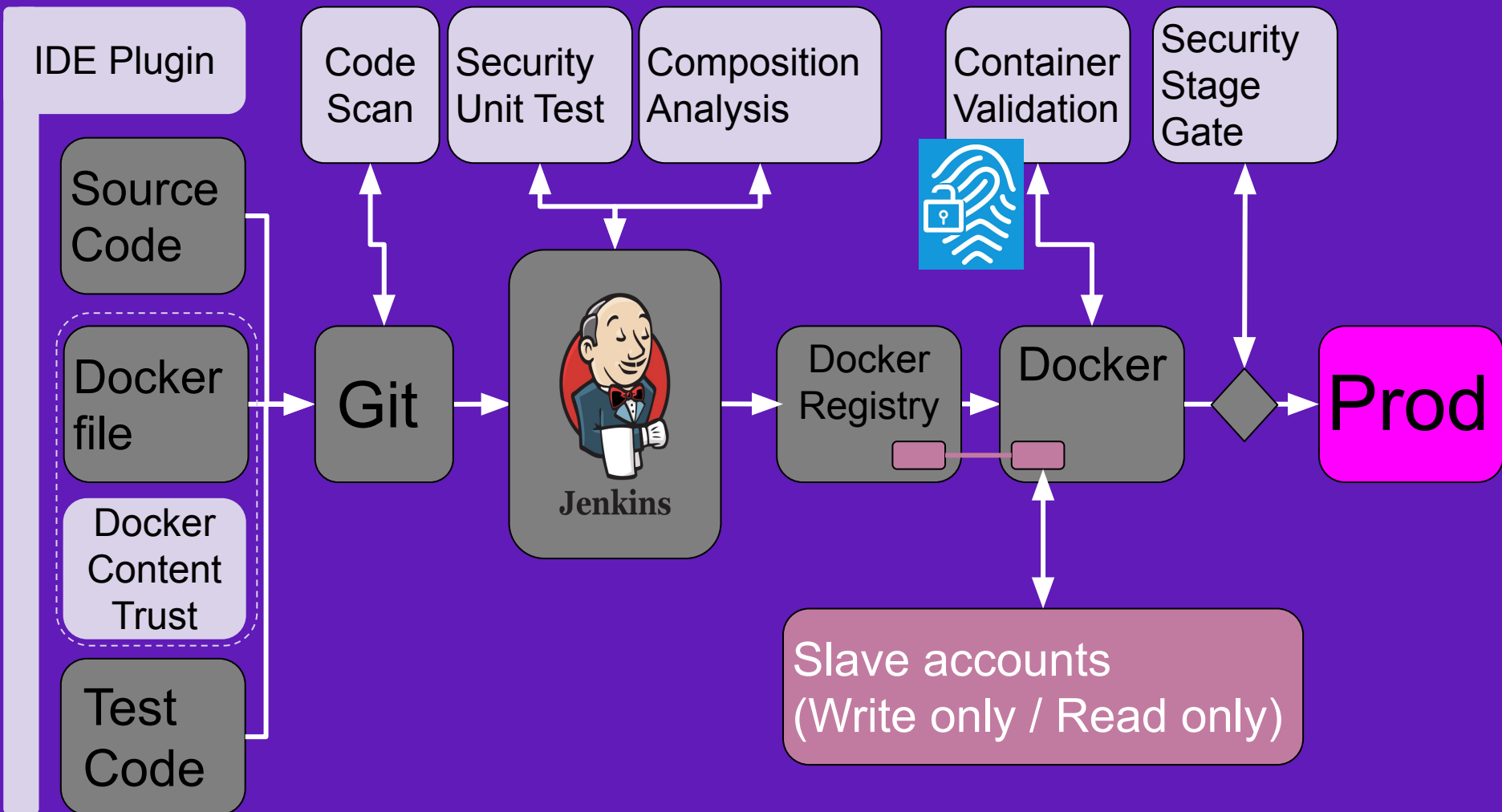
- Protect your build environment like your app
- Governance over code changes
- Principle of least privilege:
  - who has access to code?
  - who has access to deploy?
- Use IDE security testing plugins

# 1. The build environment

- Integrate security tools into your build pipeline (SAST, Security Unit Tests)
- Implement policies to prevent bad code
- Hash your binaries
- Use a pattern of pre-agreed 'safe code' libraries



# So maybe it looks like this....



## 2. Host Operating System

- Underlying kernel vulns
- Containers share OS resources
- Quarantine each container
- Container break-out

## 2. Underlying Operating System

- Patch often
- Run a container specific OS
- gVisor
- Enforce strict access control

or drop the ops....

- AWS, Azure & GCP all have managed k8s



# 3. Container Image

- Images need hardening
- Defaults are not exhaustive, particularly in older versions
- Provenance over supply chain: is this the container I was expecting?

# 3. Container Image

- CIS Benchmark
- Docker Bench Security
- Container Signing and Chain of Custody
  - Docker Content Trust is part of it
- Remove all unneeded modules, packages and files
- Fail builds with vulnerable images
  - Have a whitelisting strategy

# 4. Runtime security

- Port scanning
- Hijacked processes
- Data exfiltration
- Backdoor
- Network lateral movement
- Brute force attacks
- Container breakout

## 4. Runtime security

- Enforce whitelist with Mandatory Access Controls (MAC) - AppArmour, SELinux
  - Shout-out: RCE Guard
- Separate PID namespaces per tenant (not shared); default in current Kubernetes
- Remove SSH access from images
- Reduce your risk by running containers in read-only/non-persistent mode



## 4. Runtime security

- Enable Docker's seccomp profile
- V1.8+ defaults block a lot of nasty stuff:  
add\_key, keyctl, request\_key, clone, unshare
- Implement NO\_NEW\_PRIVS (Default in k8s)
- Enforce time-to-live thresholds
- Continue to vuln scan against running instances
- Super Paranoid? Hardware root of trust

## 5. Orchestration Layer

- Steal secrets
- Service account access to API layer
- Access cloud providers metadata API (e.g. AWS 169.254.169.254)
- Enumeration of services
- k8s API server attacks via token replay
- Container breakout and hijack kubelet
- Container MITM

## 5. Orchestration Layer

- CIS benchmarks for k8s
- RBAC & Cluster role binding
- Disable mounting of service account token
- Restrict access to the Kubernetes API
- Enable pod security policy option & assign it a policy (BETA)
- Restrict access to the Kubernetes Web UI (Dashboard); or turn it off!
- Implement a Network Policy using pod labels

## 5. Orchestration Layer

- Encrypt your K8s secrets - this is two things!
- Restrict Kubelet permissions so you only know pods on that node
- Use a service mesh (e.g. Istio)
- Add a specific metadata proxy
- Log everything outside the cluster
- Rotate Kubelet Certificates
- Run Kubernetes V1.8 at a minimum, but fresher is better (current is V1.13)

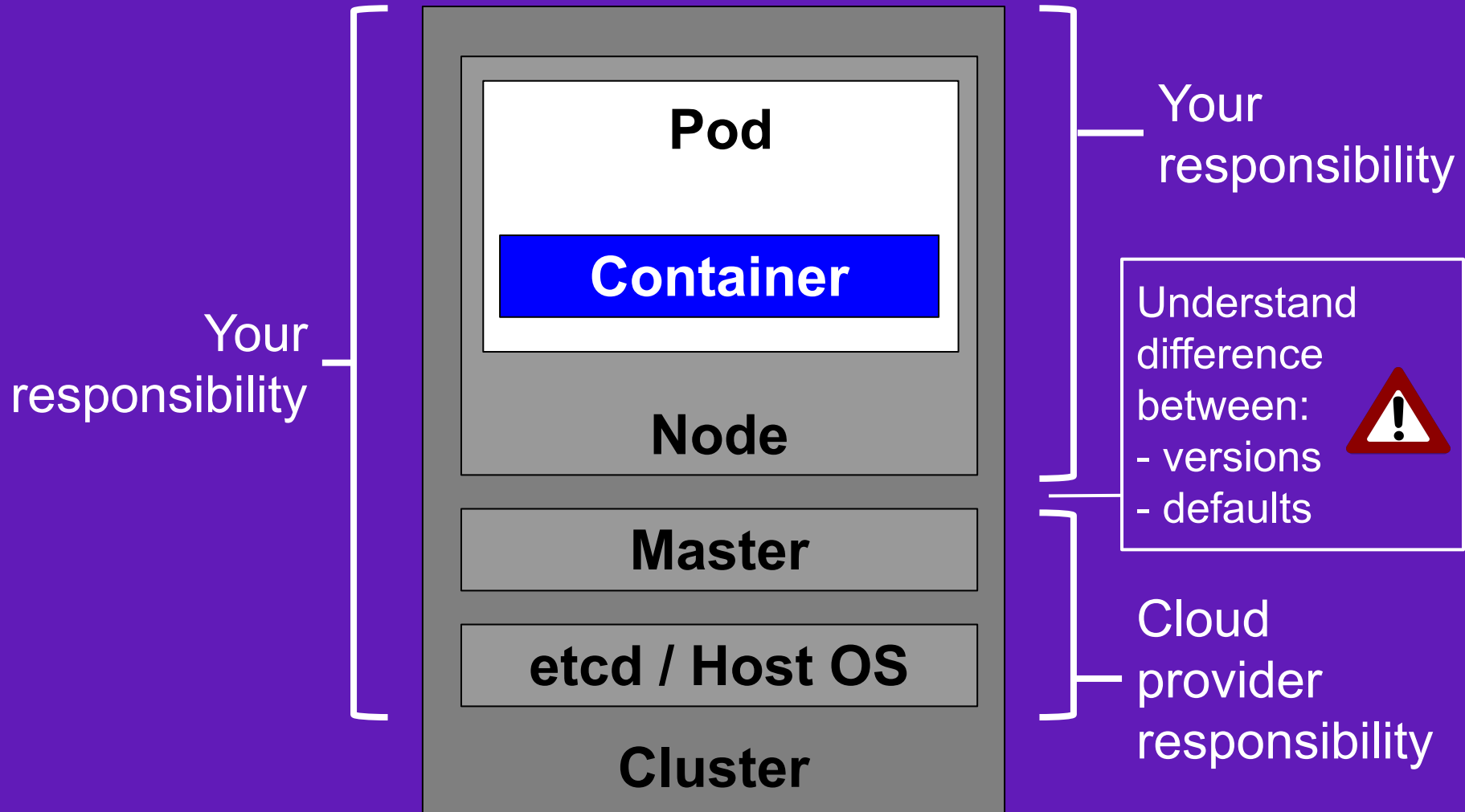


# 5. Orchestration Layer

Self Managed

Vs.

Managed



## 6. Network Security

- More surface area now that microservices are talking to each other
- Need to isolate discrete workloads
- Restrict traffic to unintended services
- Prevent egress to the internet
- Is logical isolation enough for a DMZ?

## 6. Network Security

- Not much has changed since the 80's, same concepts apply.
- Orchestration layer:
  - Use a service mesh (e.g. Istio)
  - Mutually Authenticated Proxy connections & TLS your traffic
- Container layer:
  - Calico
  - Principle of least privilege (nano-segmentation)

# 6. Network Security

- Cloud Service:
  - Separate cloud accounts/VPCs/projects/resource groups for different workload groups
  - 0.0.0.0/0 CIDR ranges should be avoided
  - Limit privilege to change network policies
  - Segregation of duties
- Run regular checks against ‘known good’
- Limit your blast radius
- Log



# 7. Logging & Auditing

- Need to meet operational requirements
- Logging via the application may not be enough
- Containers are transient
- Need to meet forensic requirements
- Logs are not sufficiently protected
- Logs are not sanitised
- Signal to noise ratio
- Cloud services features keep changing

# 7. Logging & Auditing

- Small & Simple - use a dedicated logging container
- Big & Complex - consider sidecar approach
- Practice end-to-end logging - app, k8s, container, OS, cloud services

# 7. Logging & Auditing

- OWASP Logging cheat sheet
- Log into a separate immutable store under a dedicated cloud account
- Alert & alarm when logs do not arrive
- Sysdig & Prometheus
- Have processes to monitor change in cloud services
- Your systems are talking, but are you listening?

Too Much?

Let's focus on  
the key ones



# Essential Ingredients

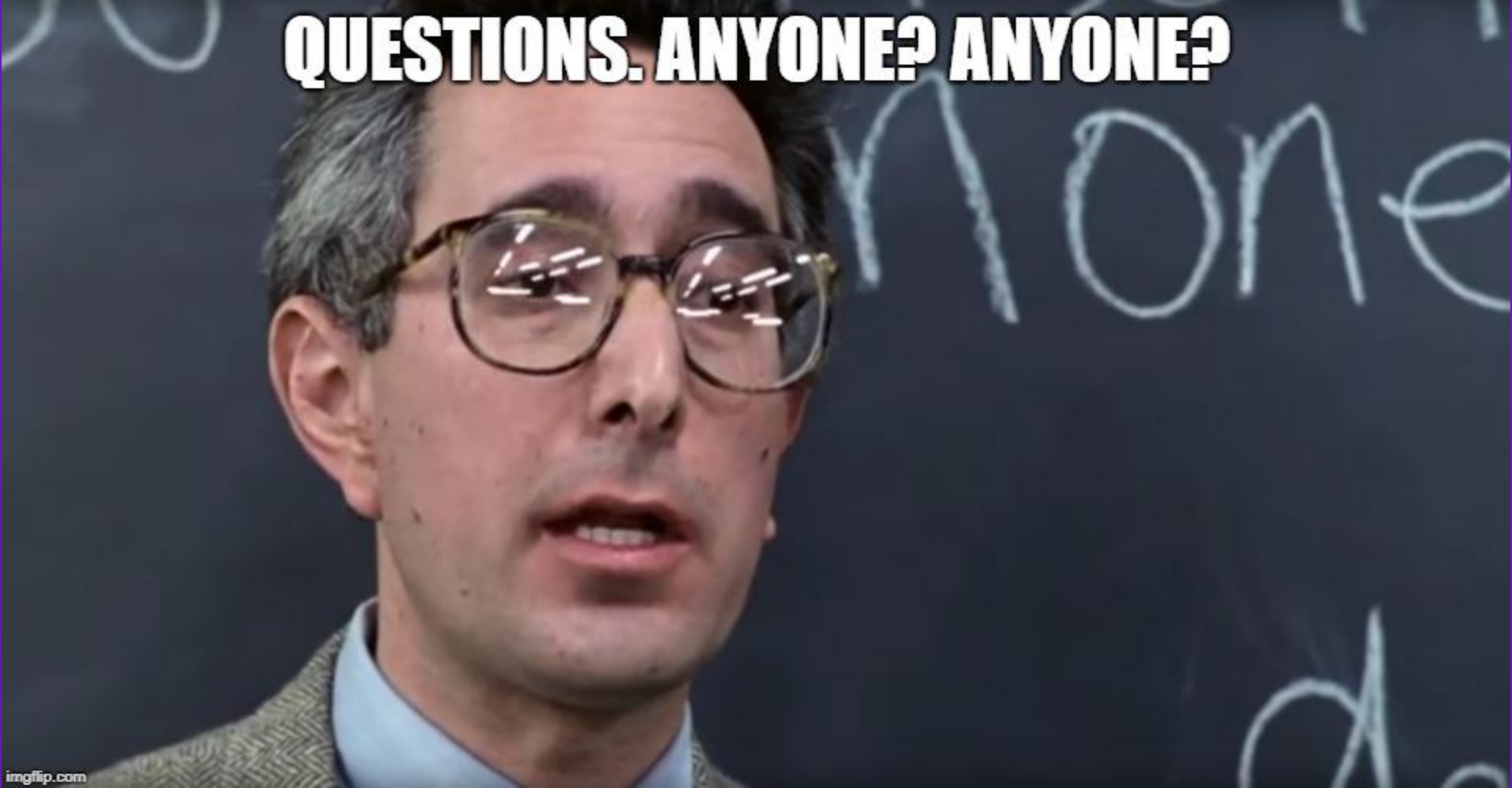
- Pod Security Policy: non-root
- Docker Bench & Kube Bench Security
  - RBAC essential
- Run a minimal OS with no SSH; 400MB is large
- Restrictive Network Policy
- Cloud Account hardening: blast radius, segregation, CIDR ranges, metadata API proxy
- Enforce run time protection
- Protect your build environment like your app





- Defaults
- Automation
- Control Ownership
- Lean in

**QUESTIONS. ANYONE? ANYONE?**



[www.linkedin.com/in/davidagrice](https://www.linkedin.com/in/davidagrice)



@Shh\_Dontell

Slides: <https://git.io/fjoX7>