

Free Cybersecurity Learning Resources

A curated list of **completely free** platforms, labs, and challenges to learn and practice cybersecurity.

Beginner-Friendly Platforms

- TryHackMe – Free Rooms – Guided cybersecurity labs and learning paths. Some beginner rooms are free (e.g., “Intro to Cyber Security” & “Pre Security”).
- [Hack The Box \(Starting Point\)](#) – Free beginner-friendly machines for penetration testing basics.
- OverTheWire Wargames – Free Linux & security-based wargames. Start with **Bandit**.
- PortSwigger Web Security Academy – Free interactive labs for web app security (XSS, SQLi, CSRF, etc.).

Practice Labs & Vulnerable Machines

- VulnHub – Free vulnerable VMs for offline pentesting practice.
- Root Me – 400+ free hacking challenges across web, crypto, network, etc.
- PicoCTF – Free CTF challenges designed by Carnegie Mellon University.
- Crackmes.one – Free reverse engineering challenges.
- PentesterLab – Free Exercises – Hands-on free labs (web security, shellshock, etc.).

Blue Team (Defensive Security)

- LetsDefend (Free Tier) – SOC environment for incident response & defensive skills.
- Blue Team Labs Online – Free defensive challenges (log analysis, DFIR, malware).
- CyberDefenders – Free Blue Team CTFs (threat hunting, incident response).
- Security Blue Team – Free Labs – Free defensive exercises & SOC simulations.

Gamified & Scenario-Based Platforms

- [KC7 Cyber](#) – Free cyber detective game with story-driven scenarios.

- HackThisSite – Classic free hacking challenges & missions.
- pwnable.kr – Free binary exploitation and system hacking challenges.
- SmashTheStack Wargames – Classic wargames for practicing exploitation.



Free Courses & YouTube Channels

- Open Security Training – Free deep-dive courses on x86, exploitation, malware analysis.
- **YouTube Channels**
 - [John Hammond](#) – CTF & TryHackMe/HackTheBox walkthroughs.
 - [NetworkChuck](#) – Fun tutorials on hacking, Linux, cybersecurity.
 - [STÖK](#) – Bug bounty methodology & web hacking.
 - [LiveOverflow](#) – Binary exploitation & hacking explained simply.