ITIS 6200/8200 Principles of Information Security and Privacy

Lab: Password Cracking [Part 1]

Description

In the following exercise we will be using **Cain & Abel**, a password recovery tool for Microsoft Operating systems, to crack and retrieve Windows XP system user passwords from their hashes.

Part 1 (Setup):

Follow the steps below you will get a Virtual Machine with Windows XP for this exercise.

- Download VMware Workstation Pro 12 from the VMware:
  1. Go to: https://my.vmware.com
  2. If you do not have an account here, you need to register at the website;
  3. Download and install Workstation 12.

  4. You may also go to your UNCC DreamSpark account and download and install VMWare workstation Pro;

- Download the official copy of Windows XP for testing purposes from here:

  https://drive.google.com/open?id=0B7Li-5a9H3nQclNfM1pMWllEMlU

  I should have already sent the sharing invitation to all of you.

    - Extract the contents of the IE8 - XP zip file.
    - Open VMware Playstation
    - Select File -> Open
    - Navigate to the location of the extracted contents
    - Select the '.ovf' file.
    - Give your VM a name and continue

- Next, download Cain & Abel from http://www.oxid.it/cain.html and install it **on your virtual machine.** Make sure it is installed on your VM but not your Windows machine. **This software may threaten safety of your real machine if it is not installed on your Virtual Machine.**

- Next download a small password dictionary: List of 500 worst passwords from the following link:
  https://wiki.skullsecurity.org/Passwords#Password_dictionaries

  Please note that the password file is actually compressed. You can use different tools such as WinZip or 7-zip to decompress it.