

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 player from here:
 1. Go to: <https://www.vmware.com>;
 2. Download and install Workstation Player or Workstation Pro 14 (you may need to register or download and run the trial version);
 3. If you have access to UNCC Windows machine, such as the PCs in Woodward Hall 120, it is very possible that you can get VMWare Workstation Pro 12.5 in the Software Center (or it has already been installed there.);
- Download the official copy of Windows XP for testing purposes from here:
<https://drive.google.com/a/uncc.edu/file/d/0B7Li-5a9H3nQa0ljaEtmcmpIQXM/view?usp=sharing>

I have given read permission to all with UNCC email account.

- Extract the contents of the IE8 - XP zip file.
 - Open VMware player
 - 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. Make sure that you download the right version for Windows XP.
- Next download a small password dictionary: List of 500 worst passwords from the following link:
https://wiki.skullsecurity.org/Passwords#Password_dictionaryes

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