Parrot OS

## Summary

This lab ensures everyone has the best tools and services needed to be successful this semester.

1. Parrot OS provides many of the tools needed for this semester
2. An account on AWS (or the cloud service of your choice)
3. A domain name you have ownership

## Tools/Resources

Parrot OS runs on a number of virtual and cloud environments. In past semesters students have had the most success running Parrot in a virtual environment on their laptop. VirtualBox is free. Parallels has been preferred by Apple users. Cloud deployments are how actual hackers would build their environment, but this comes with a cost.

Labs assume Parrot OS running on VirtualBox.

## Walkthrough

1. Install VirtualBox: [link](https://www.virtualbox.org/wiki/Downloads)
2. Download Parrot: [link](https://parrotsec.org/download/) You need the virtual security version (AMD64|ARM64) version. The download has a “.OVA” extension
3. Add Parrot as a new appliance. A screenshot of a computer

   Description automatically generated
4. Start Parrot. The default credentials for Parrot are: user=parrot password=parrot

You will be asked to update. Say yes (4-5 minutes). Stop Parrot and retart.

1. Run the following commands for the latest upgrades. Parrot asks on install, so nothing will be added.

sudo apt-get update

sudo apt-get upgrade

1. Optionally, to enable shared folders:

sudo adduser user vboxsf

sudo apt install virtualbox-guest-utils

sudo apt install virtualbox-guest-x11

sudo reboot

1. Optional: Create a folder share between Parrot and your host OS.

## Submission

Upload to Canvas a docx or pdf containing a screenshot showing in Parrot OS

1. A browser windows accessing [https://pi.kengraf.com](https://pi.kengraf.com/)
2. A command window showing the end result of the apt-get upgrade command

