First, if you haven't read the blog post that preceded this make sure to go back and read that: http://www.howtohackin.com/lab/

Now, if you want to be able to transfer files back and fourth between the host system and guest system we need to add what is called Guest Additions on to your current VirtualBox install.

Note: To get this to work you need to make sure that you have your DHCP server running. If you don't have it enabled you can type: dhclient –v Even better if you want DHCP to startup every time Kali is booted open the file /etc/network/interfaces from the command line, add the following within the highlighted section below if your NAT interface is eth0: