Virtual Box 7.1 Download: https://www.virtualbox.org/wiki/Downloads

How to install Kali Linux 2025 on Virtual Box:

- You need a Kali Linux 2025 installer image file (iso): Please select "64 bit"
 https://www.kali.org/get-kali/#kali-installer-images
- Watch this video carefully and follow the instruction: https://www.youtube.com/watch?v=wCEPusruqQM
- Any version will be okay for our subject as long as it's Kali Linux 2025. (At the time of writing this article, the Kali version number is 2025.1c.)

How to install Metasploitable 2 on Virtual Box:

- Follow the instruction on this page: https://www.geeksforgeeks.org/how-to-install-metasploitable-2-in-virtualbox/
- You may also want to refer to https://www.youtube.com/watch?v=1rlvnMenA2g

How to install Ubuntu 22.04 LTS on Virtual Box (It is possible for you to use 24.04 LTS, but I found its installation keeps failing in many machines.):

- Download 64-bit PC (AMD64) desktop image (desktop AMD64 version) from https://ftpmirror.your.org/pub/ubuntu/cdimage/jammy/daily-live/current/HEADER.html
- Follow the instruction on this page: https://ubuntu.com/tutorials/how-to-run-ubuntu-desktop-on-a-virtual-machine-using-virtualbox#1-overview

How to install Tiny11 on Virtual Box:

- Tiny11 is a stripped-down Windows 11, which provides the basic feature of Windows 10 without the Microsoft's full-fledged apps and services.
- Download Tiny11 iso image for X64 devices (only Intel CPUs or similar) from https://www.techspot.com/downloads/7578-tiny11.html