

Before You Begin

Welcome! The Virtual Security Cloud Labs are your opportunity to gain valuable hands-on experience with professional-grade tools and techniques as you work through the guided lab exercises provided in the on-screen lab manual. The use of virtualization enables you to perform all of the tasks in the lab manual in a live environment without putting your personal device or institution's assets at risk.

Before you begin the guided lab exercises, please review the following preparation checklist.

1. **Run the [System Checker](#).** The System Checker will confirm that your browser and network connection are ready to support virtual labs.
2. **Review the [Common Lab Tasks document](#).** This document provides an overview of the virtual lab environment and outlines several of the recurring tasks you may need to complete your lab exercise.
3. **When you've finished, use the Disconnect button to end your session and create a StateSave.** To end your lab session and save your work, click the Disconnect button in the upper-right corner of the Lab View toolbar. When prompted, assign a name for your StateSave (we recommend using the Section, Part, and Step number where you stopped) and click Continue. Please note that a StateSave will preserve any changes written to disk in your lab session. A StateSave will not preserve any open windows or active processes, similar to restarting your computer.

If you close your browser window without disconnecting, your lab session will automatically end after 5 minutes.

4. **[Technical Support](#) is here to help!** Our technical support team is available 24/7 to help troubleshoot common issues.

Please note that the 24/7 support team is Level 1 only, and cannot assist with questions about lab content or the array of software used in the labs. If you believe you've identified an error in the lab guide or a problem with the lab environment, your ticket will be escalated to the Jones & Bartlett Learning product team for review. In the meantime, we recommend resetting the lab (Options > Reset) or reaching out to your instructor for assistance.

Introduction

To be good at their job, hackers and cybercriminals do not need to understand everything about how networks work or how they are vulnerable to attack. All they really need to know is one vulnerability, or how to use one automated tool that attacks that vulnerability. Defenders, on the other hand, need to have a comprehensive knowledge of networks and networking protocols. Defenders also need to understand how to identify and test for vulnerabilities in computer systems, routers, switches, firewalls, and other network devices. They need to find and close as many vulnerabilities as possible, as soon as possible.

Hackers traditionally follow a five-step approach to seek out and compromise targeted hosts: reconnaissance, scanning, vulnerability analysis (enumeration), exploitation (the actual attack), and post-attack activities, including remediation of the vulnerabilities. The first step, reconnaissance, begins with identifying the target and learning as much as possible about the target. During and after the reconnaissance phase, hackers may scan a target to identify IP hosts, open ports, and services enabled on servers and workstations.

In this lab, you will explore the common tools available in the virtual lab environment. You will use Wireshark to capture and analyze network traffic, use Nessus to scan the network, review a sample collection of data using NetWitness Investigator, connect to a remote Windows machine and explore two file transfer applications, FileZilla and Tftpd64. You will use PuTTY to connect to a Linux machine and run several Cisco commands to display statistics for the network interfaces. Finally, you will use Zenmap to perform a scan of the network and create a network topology chart.

Learning Objectives

Upon completing this lab, you will be able to:

1. Explore common network scanning and analysis tools
2. Perform network reconnaissance and probing on the machines in the Virtual Security Cloud Lab (VSCL)
3. Use Zenmap to perform an Intense scan on an entire subnetwork (172.30.0.0/24)
4. Create a Fisheye Bubble chart to explain the relationships between devices on a network
5. Explain how attackers use common network scanning and analysis tools to compromise networks

Lab Overview

Each section of this lab is assigned at your instructor's discretion. Please consult your instructor to confirm which sections you are required to complete for your lab assignment.

SECTION 1 of this lab has three parts which should be completed in the order specified.

1. In the first part of the lab, you will explore the tools used within the virtual lab environment.
2. In the second part of the lab, you will use PuTTY to connect to a Linux server and perform several Cisco IOS operations.
3. In the third part of the lab, you will use Zenmap to perform a basic reconnaissance of the targeted machine.

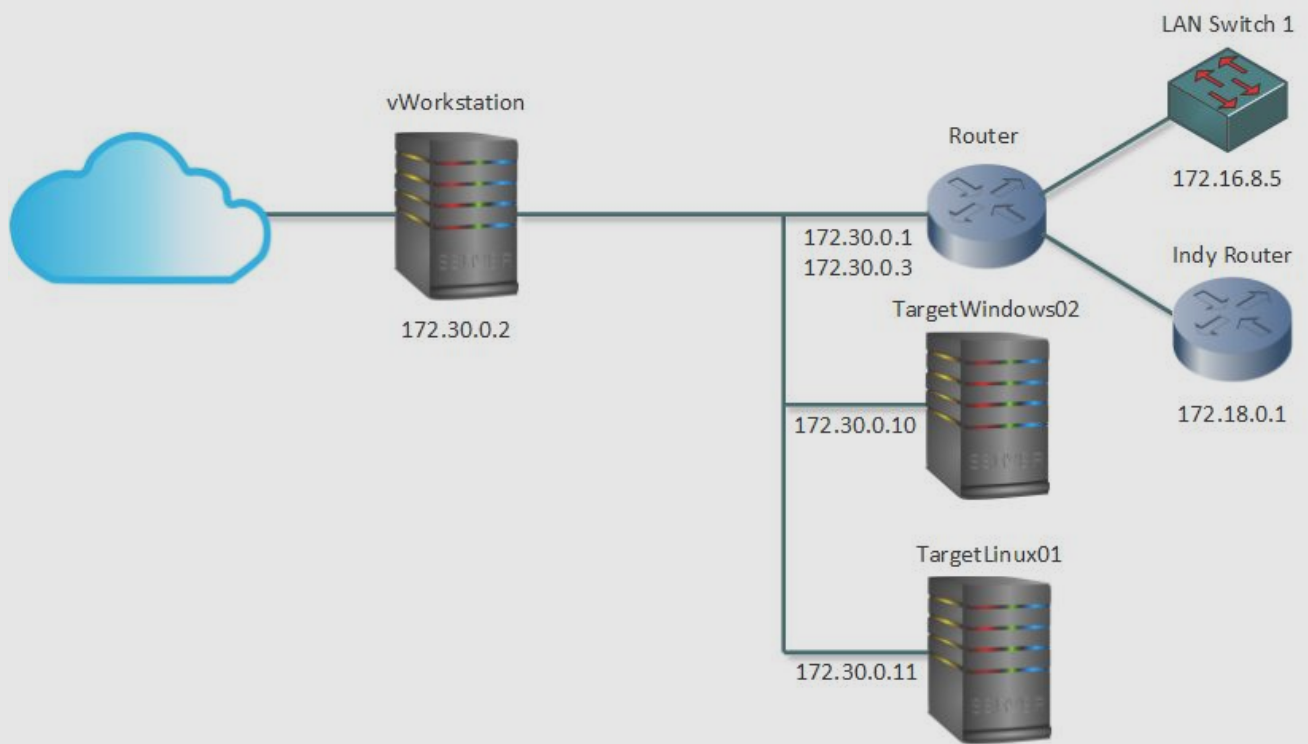
SECTION 2 of this lab allows you to apply what you learned in **SECTION 1** with less guidance and different deliverables, as well as some expanded tasks and alternative methods.

Finally, if assigned by your instructor, you will explore the virtual environment on your own in **SECTION 3** of this lab to answer a set of questions and challenges that allow you to use the skills you learned in the lab to conduct independent, unguided work, similar to what you will encounter in a real-world situation.

Topology

This lab contains the following virtual devices. Please refer to the network topology diagram below.

- vWorkstation (Windows Server 2016)
- TargetWindows02 (Windows Server 2016)
- TargetLinux01 (Debian Linux)
- Cisco IOS Emulator
 - Router
 - LAN Switch 1
 - Indy Router



Tools and Software

The following software and/or utilities are required to complete this lab. Students are encouraged to explore the Internet to learn more about the products and tools used in this lab.

- FileZilla
- RSA NetWitness Investigator
- Nessus
- PuTTY
- Tftpd64
- Wireshark
- Zenmap

Deliverables

Upon completion of this lab, you are required to provide the following deliverables to your instructor:

SECTION 1:

1. Lab Report file including screen captures of the following;

- Arrival Time for the Wireshark ICMP traffic;
- filename of the attachment in the NetWitness Investigator Demo Collection;
- Fisheye Bubble chart from Zenmap scan;

2. Files downloaded from the virtual environment:

- *yourname_S1_zenmap.xml*;

3. Any additional information as directed by the lab:

- results of Cisco command tests;
- tests run as part of the Intense scan;

4. Lab Assessment (worksheet or quiz - see instructor for guidance).

SECTION 2:

1. Lab Report file including screen captures of the following:

- Arrival Time for the Wireshark ICMP traffic;
- file details of the creditcards.txt attachment in NetWitness Investigator;
- successful TFTP file transfer;
- output from the Cisco command issued in PuTTY;
- Fisheye Bubble chart from Zenmap scan;
- results of the second Zenmap scan;

2. Files downloaded from the virtual environment:

- *yourname_S2_wireshark_capture.pcap*;
- *yourname_S2_BasicScan.txt*;

3. Any additional information as directed by the lab;

- results of VLAN command test;
- type of Zenmap scan that uses the command -T4 -F;

SECTION 3:

1. Analysis and Discussion
2. Tools and Commands
3. Challenge Exercise

Section 1: Hands-On Demonstration

Note: In this section of the lab, you will follow a step-by-step walk-through of the objectives for this lab to produce the expected deliverable(s).

1. On your local computer, **create the Lab Report file.**

Frequently performed tasks, such as how to create the Lab Report file, make screen captures, and download files from the lab, are explained in the Common Lab Tasks document. You should review these tasks before starting the lab.

2. **Proceed with Part 1.**

Part 1: Exploring the Tools used in the Virtual Lab Environment

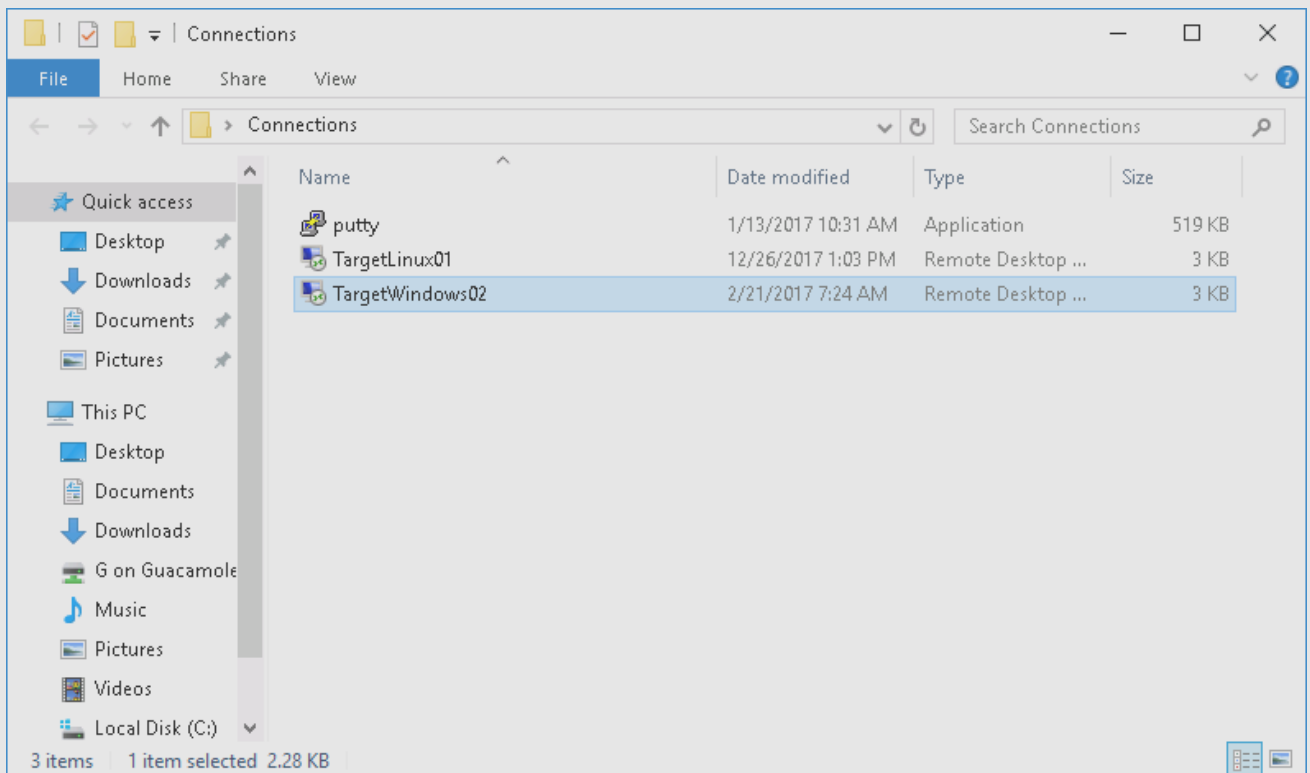
Note: In the next steps, you will explore several of the applications and tools available in the virtual lab environment to help familiarize you with their intended purpose.

1. On the vWorkstation desktop, **double-click the Connections folder.**



Connections folder

2. In the Connections folder, **double-click** the **TargetWindows02 RDP shortcut** to open a remote desktop connection to the TargetWindows02 machine.

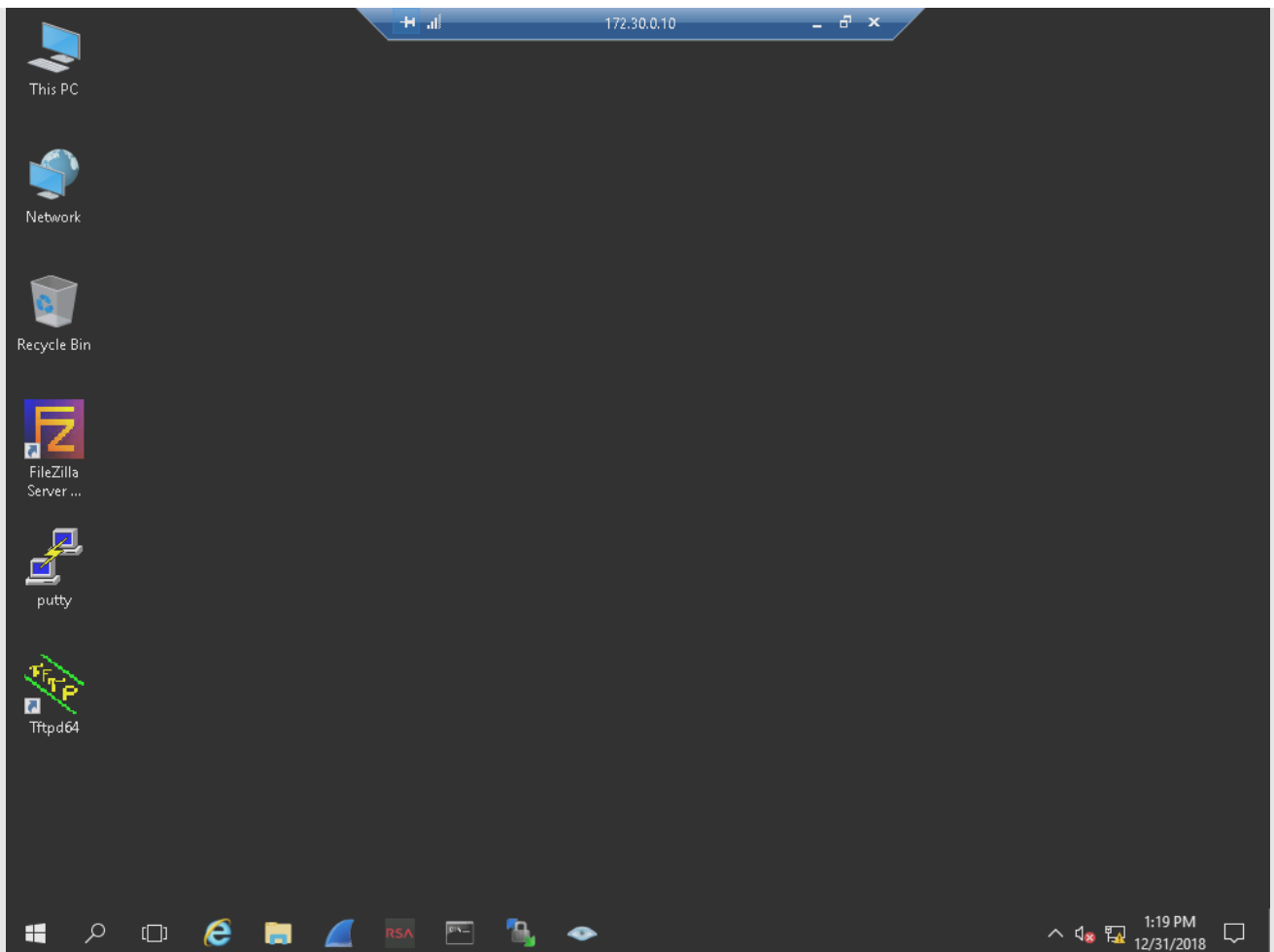


TargetWindows02 RDP Shortcut

If prompted, **type** the following credentials and **click OK**.

- Username: **Administrator**
- Password: **P@ssw0rd!**

The remote desktop opens with the IP address of TargetWindows02 (172.30.0.10) in the title bar at the top of the window.



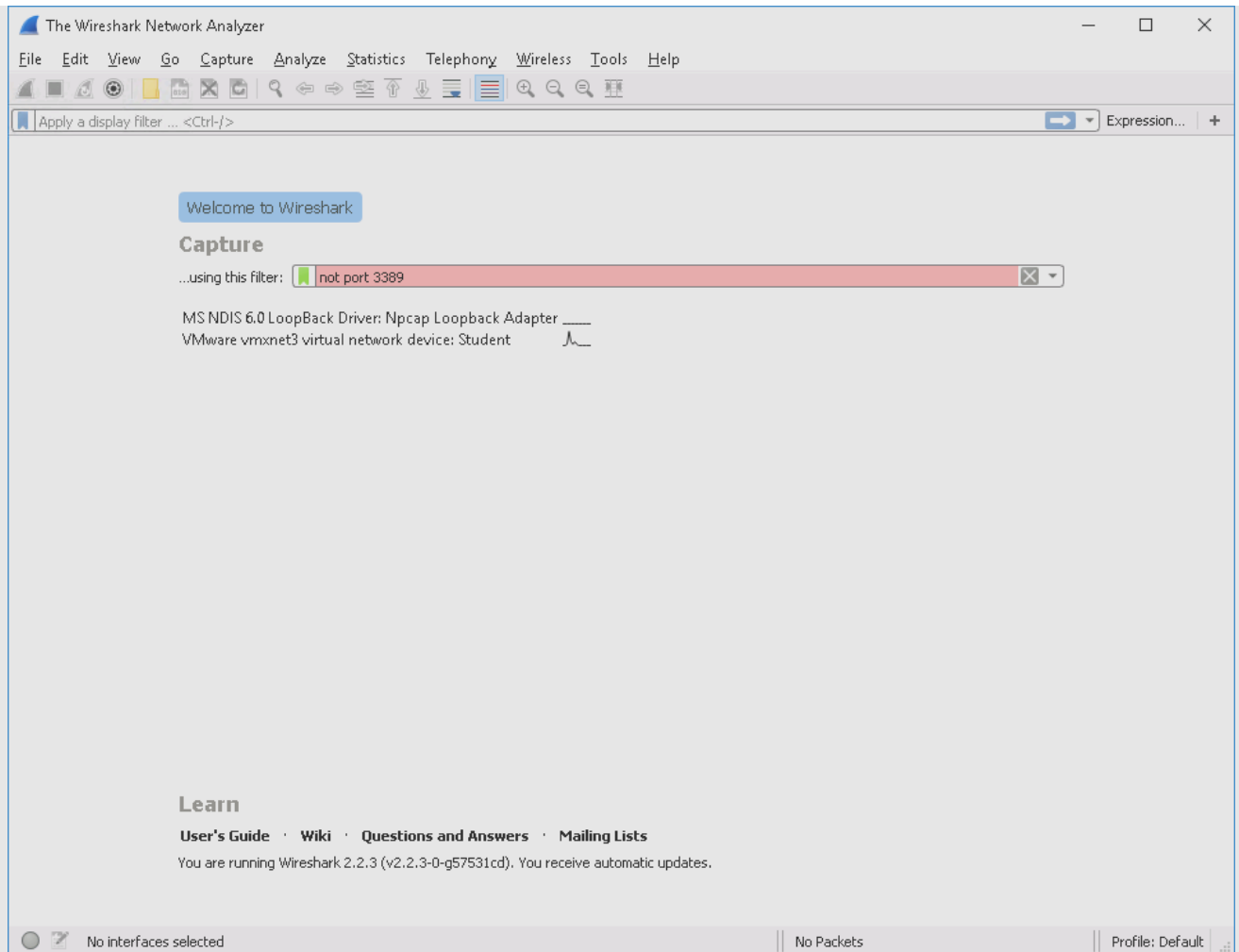
TargetWindows02 desktop

3. On the TargetWindows02 taskbar, **click** the **Wireshark icon** (a blue shark fin) to open the Wireshark application.



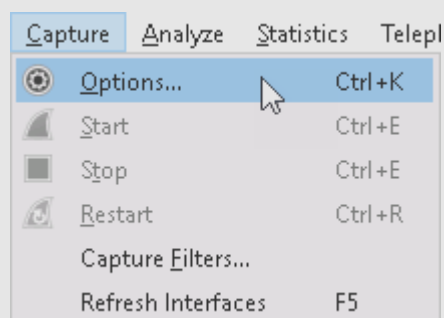
Wireshark icon

Note: Wireshark is a protocol analyzer tool (sometimes called a “packet sniffer”). It is used to capture IP traffic from a variety of sources. The main screen of Wireshark includes details about the current capture configuration. From this screen, analysts can select common filters from the drop-down menu, or type a custom filter command to quickly sort the captured data. Your welcome screen may not match the figure below.



Wireshark main screen

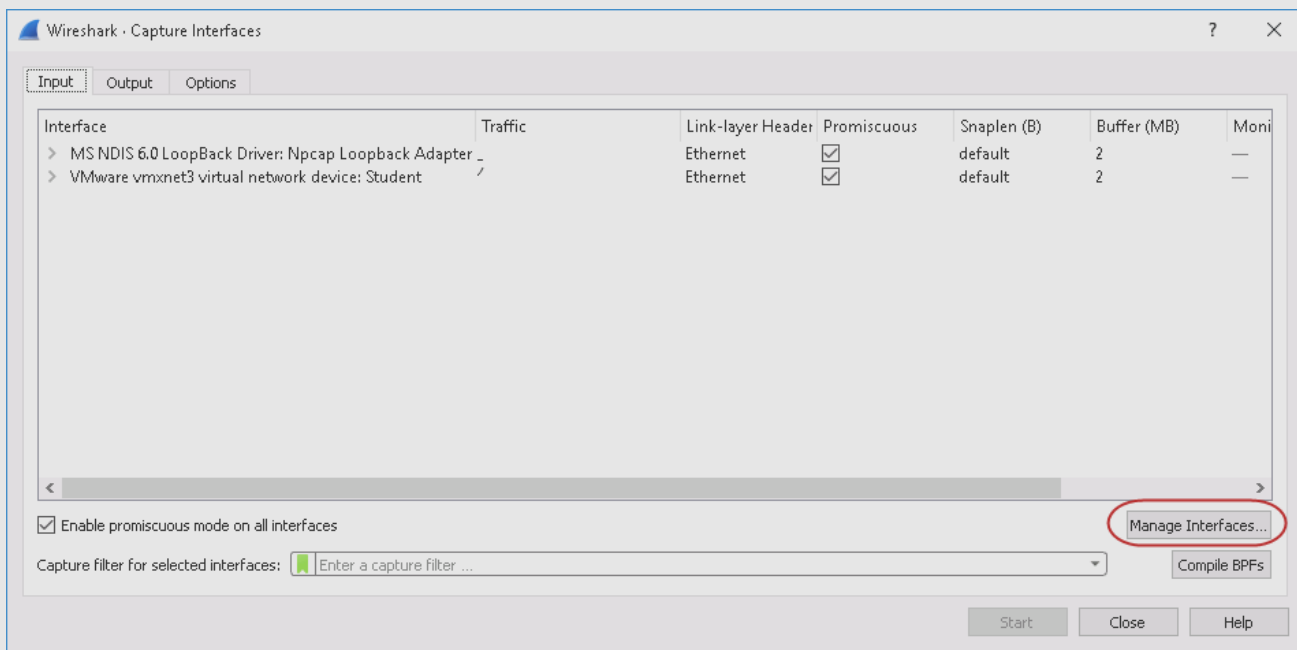
4. If necessary, **maximize** the **Wireshark window**.
5. From the Wireshark menu bar, **click Capture** and **select Options** to open the Capture Interfaces dialog box.



Capture menu

Note: You may also press CTRL+K to open the Capture Interfaces dialog box.

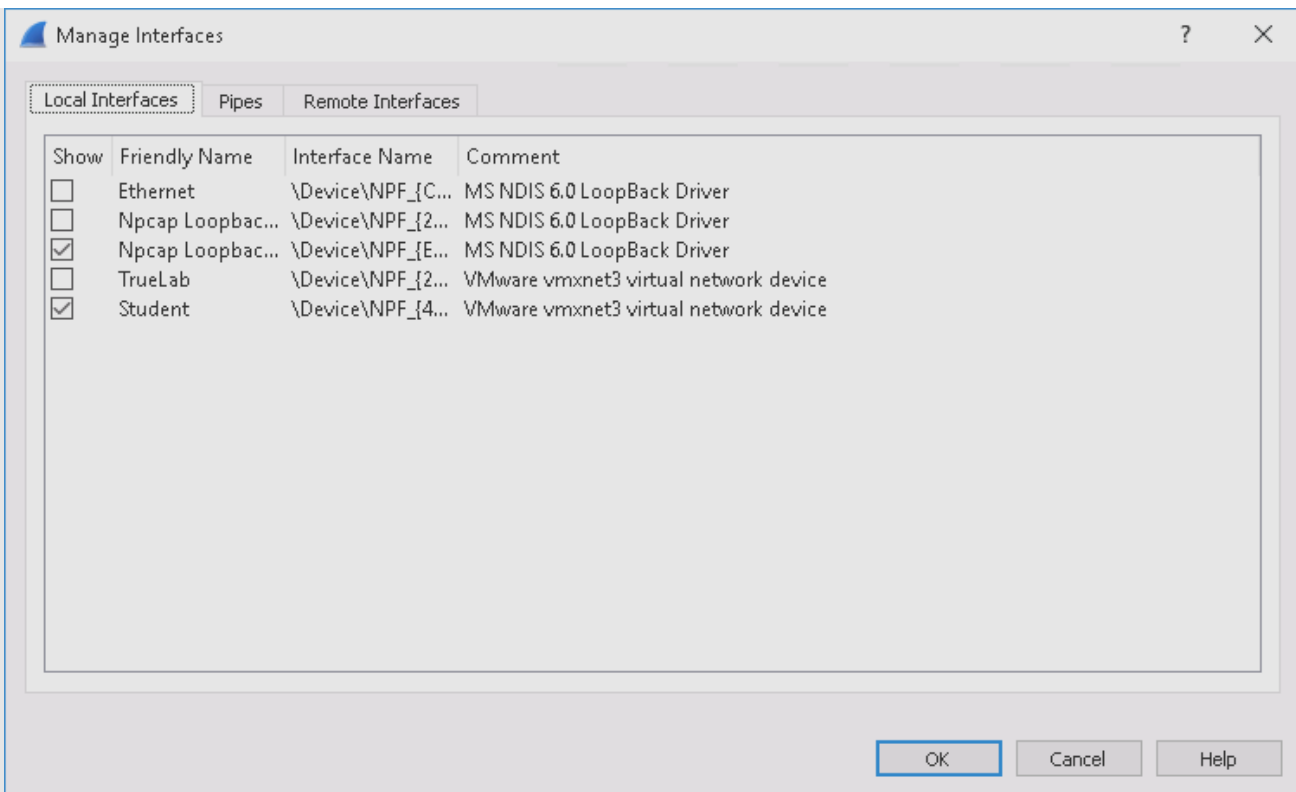
6. In the Capture Interfaces dialog box, **click the Manage Interfaces button** to open the Manage Interfaces dialog box.



Manage Interfaces button

7. In the Manage Interfaces dialog box, **confirm** that only the **Student** and **Npcap Loopback Adapter** interfaces are selected, as shown in the following figure.

The student interface is the network interface for the lab environment that you are working in. Selecting this interface ensures that Wireshark can analyze traffic from areas of the network that are visible to students.

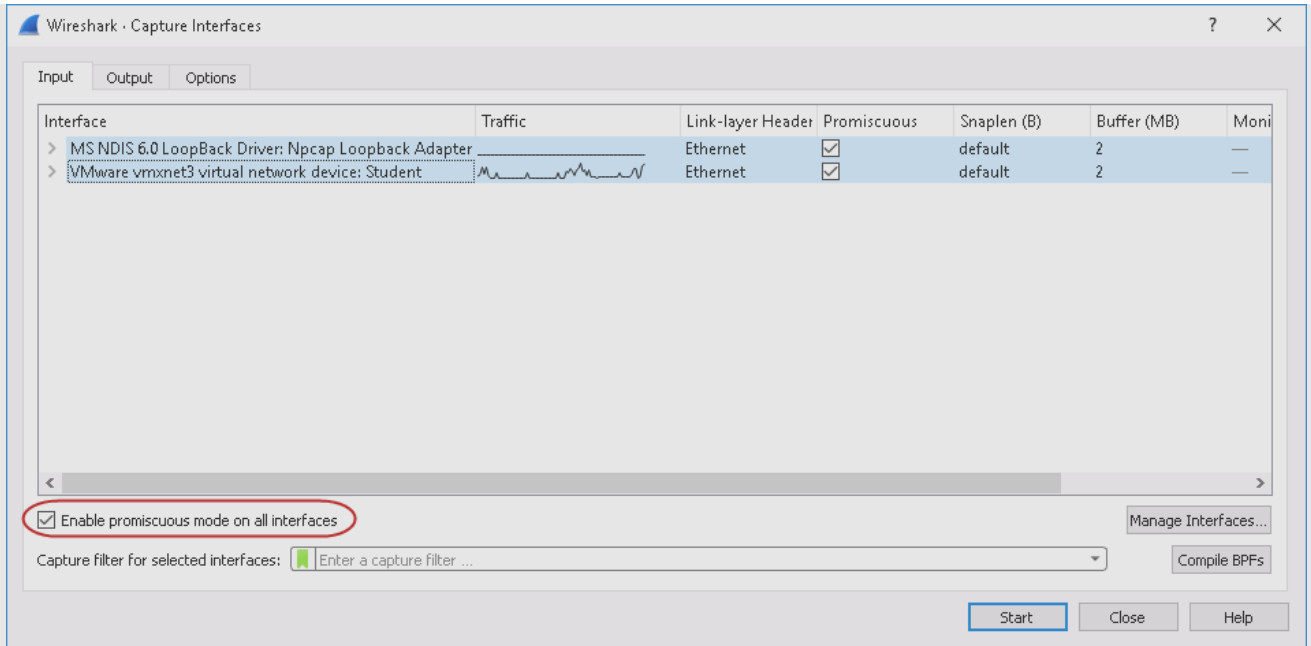


Verify interface selection

8. In the Manage Interfaces dialog box, **click OK** to close the dialog box.

9. In the Capture Interfaces dialog box, **confirm** that the **Enable promiscuous mode on all interfaces checkbox** is selected.

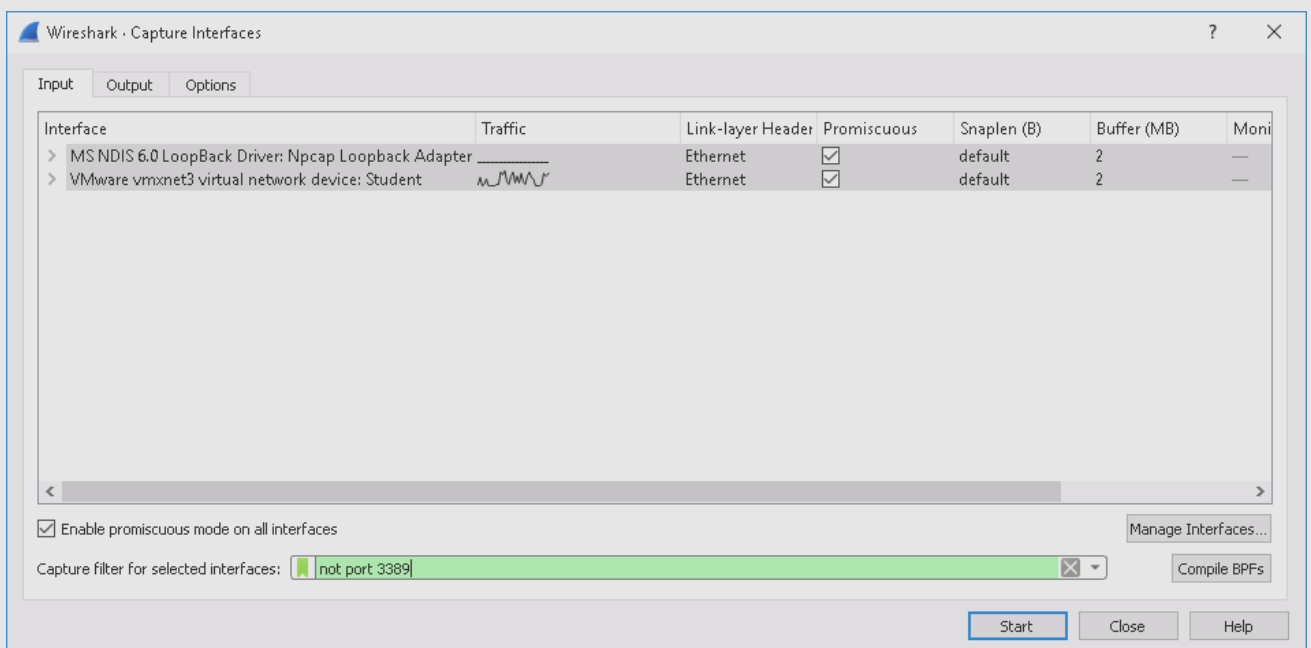
Promiscuous mode allows Wireshark (or any other application) to capture packets destined to any host on the same subnet or virtual LAN (VLAN). Without this option selected, Wireshark would only capture packets to and from TargetWindows02.



Verify promiscuous mode

10. In the Capture Interfaces dialog box, **hold down the CTRL key** and **click the Student and Npcap Loopback Adapter interfaces** to select both interfaces.

11. In the Capture filter for selected interfaces box, **type not port 3389** to filter out the RDP traffic generated between the vWorkstation and TargetWindows02 systems.



Select interfaces

12. In the Capture Interfaces dialog box, **click Start** to close the Capture Interfaces dialog box and begin the packet capture.

Note: In the next steps, you will generate traffic for Wireshark to capture.

13. On the TargetWindows02 taskbar, **click the Command Prompt icon** to open a new command prompt window.



Command Prompt icon

14. At the command prompt, **type ping 172.18.0.1** (the IP address for the Indy Router interface) and **press Enter** to ping the Indy Router and begin generating network traffic for Wireshark to capture.

```
Administrator: Command Prompt
Microsoft Windows [Version 10.0.14393]
(c) 2016 Microsoft Corporation. All rights reserved.

C:\Users\Administrator>ping 172.18.0.1

Pinging 172.18.0.1 with 32 bytes of data:
Reply from 172.18.0.1: bytes=32 time<1ms TTL=64
Reply from 172.18.0.1: bytes=32 time<1ms TTL=64
Reply from 172.18.0.1: bytes=32 time<1ms TTL=64
Reply from 172.18.0.1: bytes=32 time<1ms TTL=64

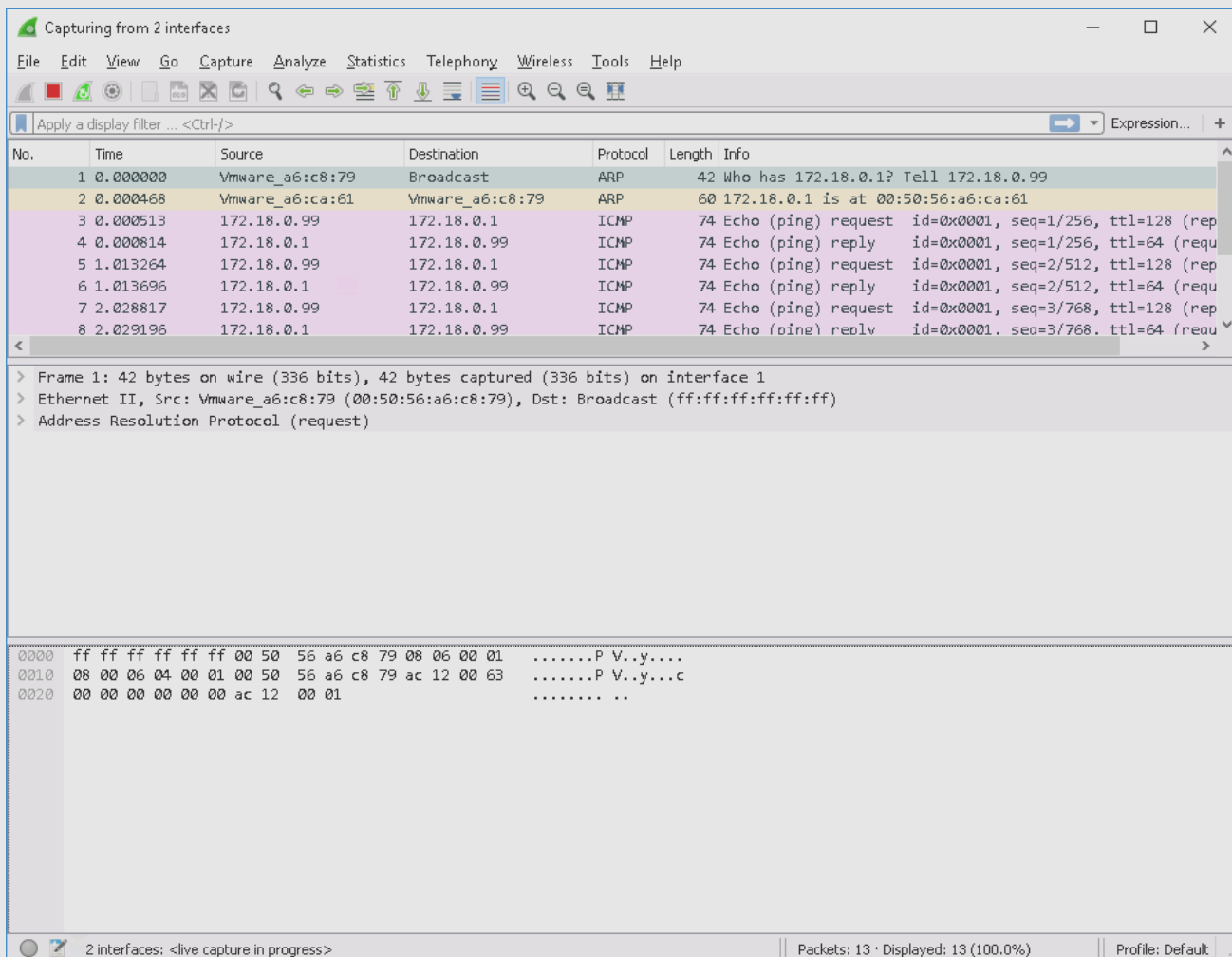
Ping statistics for 172.18.0.1:
    Packets: Sent = 4, Received = 4, Lost = 0 (0% loss),
    Approximate round trip times in milli-seconds:
        Minimum = 0ms, Maximum = 0ms, Average = 0ms

C:\Users\Administrator>
```

Generate capture data

15. When the command prompt reappears, **type `exit`** and **press Enter** to close the command prompt window and return to the Wireshark window.

Because Wireshark is capturing live data, your screen will not match the following figure. However, you will still see that Wireshark has captured the Ping traffic as packets using the ICMP protocol (Internet Control Message Protocol).



Wireshark window

Exploring Wireshark

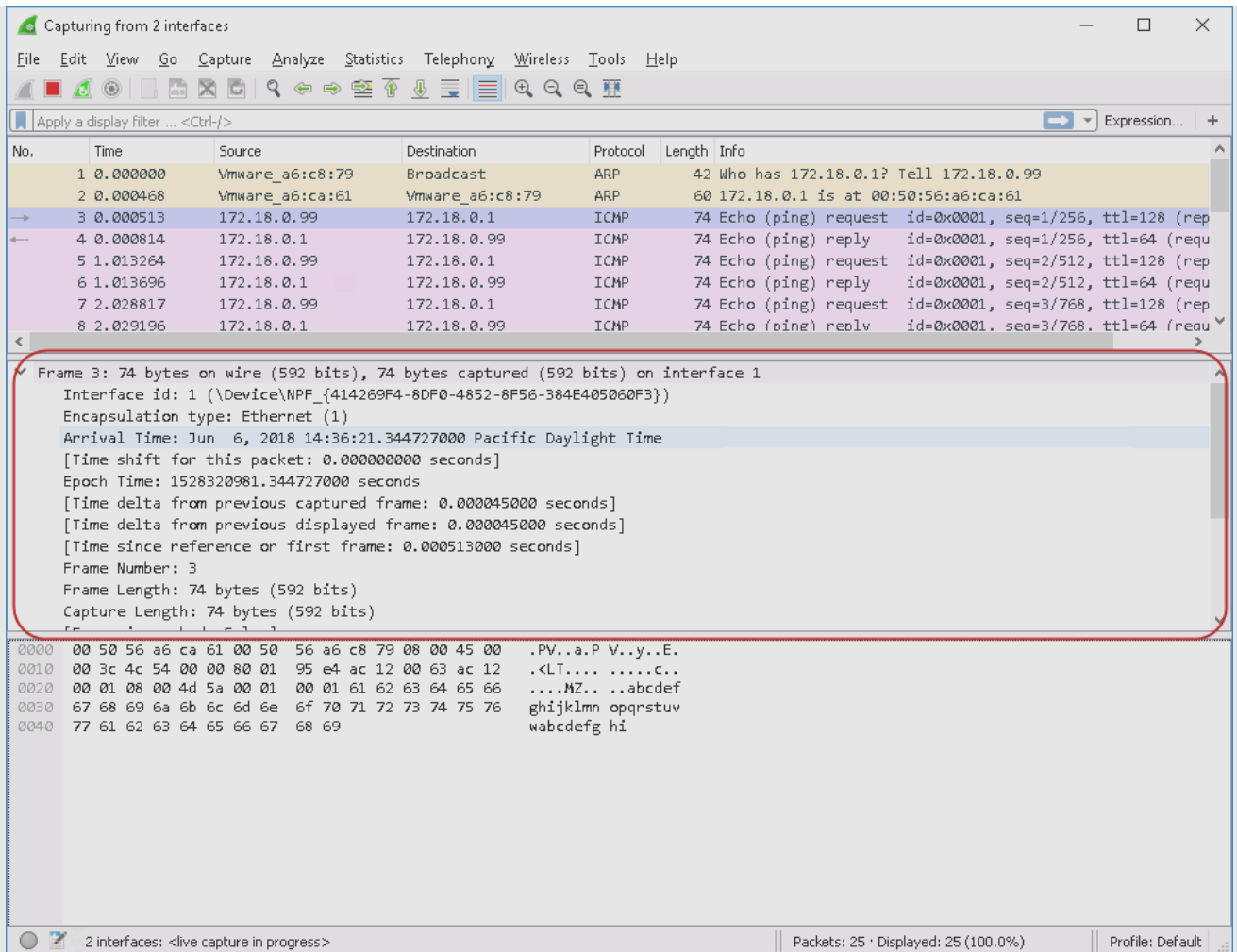
The Wireshark window opens with the detailed information about the packets captured in three panes. Use your mouse to drag the borders of any pane up or down to change its size.

- The top pane of the Wireshark window contains all of the packets that Wireshark has captured, in time order, and provides a summary of the contents of the packet in a format close to human readable. Keep in mind that the content will be different depending on where you capture packets in the network. Also remember that the “source” and “destination” are relative to where a packet is captured. This area of the Wireshark window is referred to as the *frame summary* or *packet list* pane.
- The middle pane of the Wireshark window is used to display the packet structure and contents of fields within the packet. This area of the Wireshark window is referred to as the *frame details* or *packet details* pane.
- The bottom pane of the Wireshark window displays the hex data. All of the information in the packet is displayed in hexadecimal on the left and in decimal, in characters when possible, on the right. This can be a useful feature, especially if the passwords you are looking for are unencrypted. This area of the Wireshark window is referred to as the *hex data* or *packet bytes* pane.

16. In the frame summary pane, **review** the **Protocol column** and **click** the **first ICMP frame** to select it.

17. In the frame detail pane, **click** the **arrow** to the left of the frame number to expand the detail.

In the frame detail pane, Wireshark displays information about the time the data was captured.



Frame detail for ICMP traffic

18. **Make a screen capture** showing the **Arrival Time** for the ICMP traffic that you captured and **paste** it into your Lab Report file.

19. On the Wireshark toolbar, **click** the red **Stop button** to stop the packet capture process, then **close the Wireshark window**.

20. When prompted, **click** the **Quit without Saving button** to close the application without saving the packet capture.

Note: In the next steps, you will explore the RSA NetWitness Investigator application. NetWitness Investigator provides a high-level overview of all the traffic in a packet capture file. While Wireshark

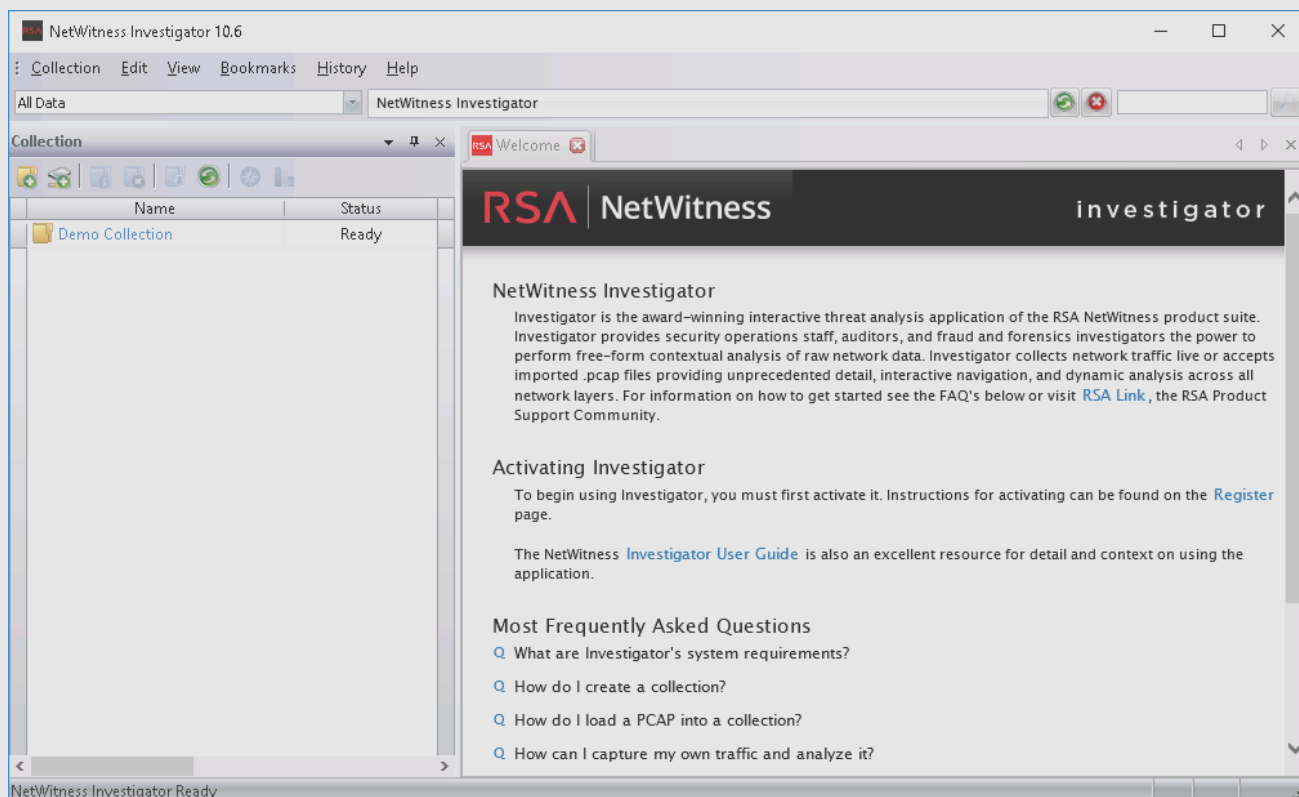
looks at every packet, NetWitness categorizes and organizes traffic so that anomalous patterns become more apparent.

21. On the TargetWindows02 taskbar, **click the RSA icon** to open the NetWitness Investigator application.



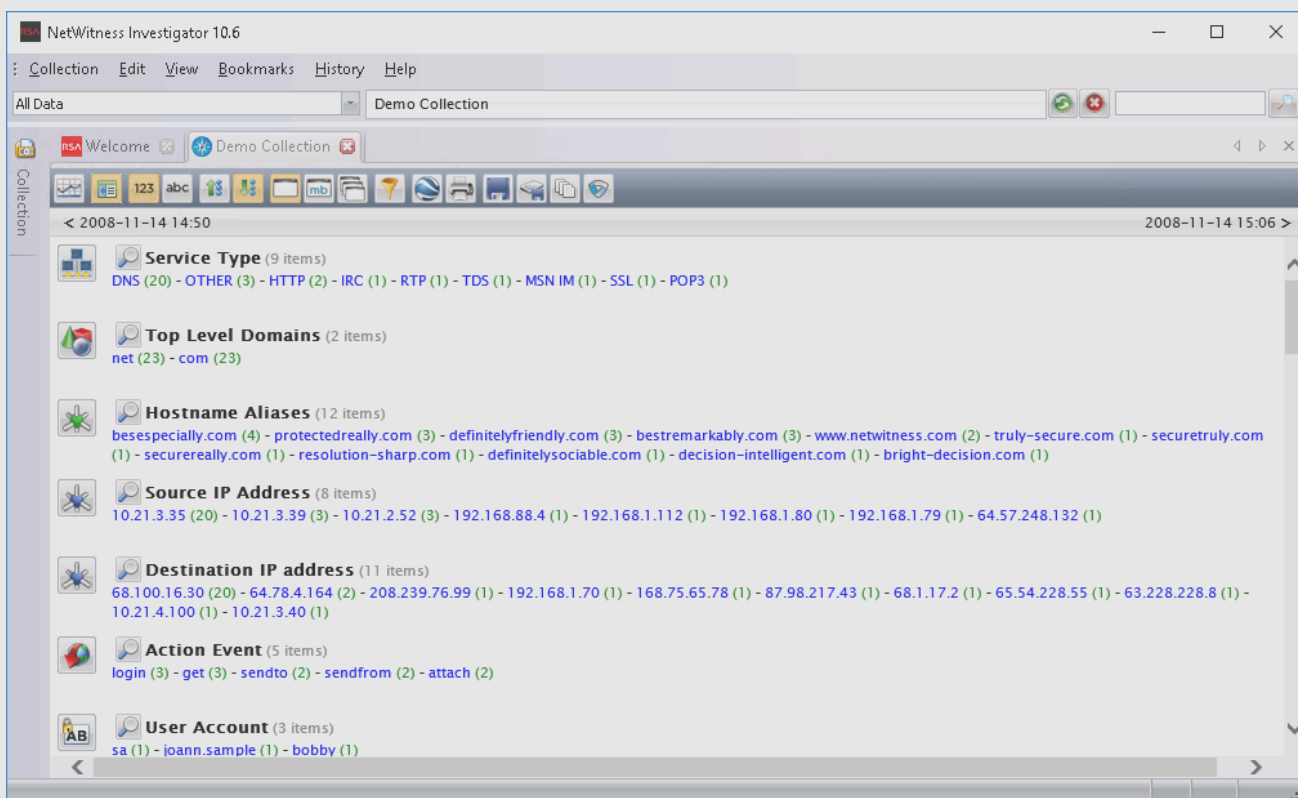
NetWitness Investigator icon

22. If necessary, **maximize the NetWitness Investigator window**.



NetWitness Investigator home page

23. In the Collections pane, **double-click the Demo Collection** to open the Demo Collection in NetWitness Investigator and see how NetWitness Investigator collects and presents traffic types and security events.



Demo Collection viewed in NetWitness Investigator

24. Use the scrollbar to **review** the **NetWitness Investigator** report.

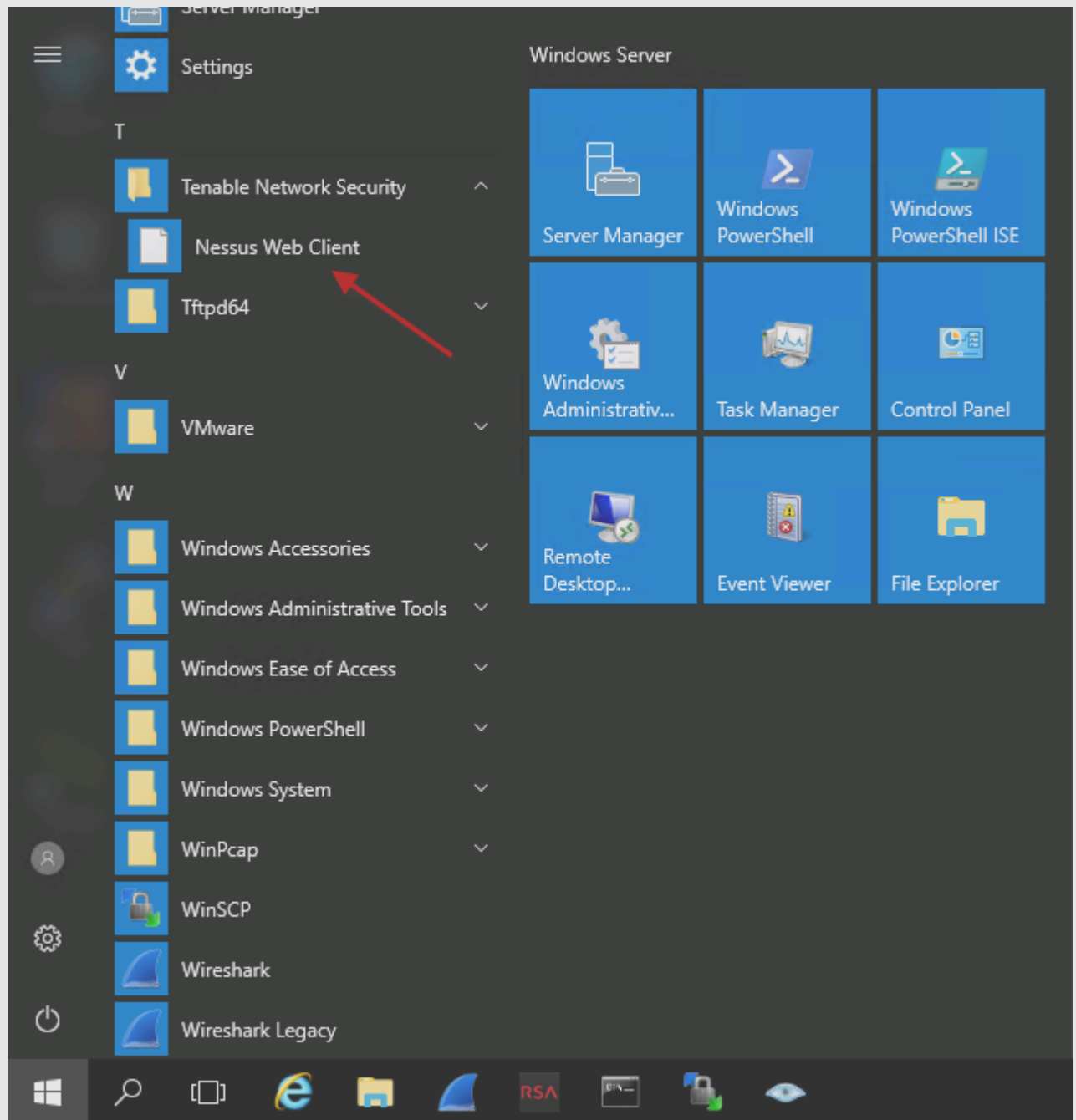
Notice that NetWitness Investigator has specified the source and destination IP addresses in this collection, identified the user accounts found in the collection, and even recognized attachments.

25. **Make a screen capture** showing the **filename of the attachment** in this collection and **paste** it into your Lab Report file.

26. **Close the NetWitness Investigator window.**

Note: In the next steps, you will explore the Nessus Web Client. Nessus performs remote scans and audits of Unix, Windows, and network infrastructures, and can perform a network discovery of devices, operating systems, applications, databases, and services running on those devices.

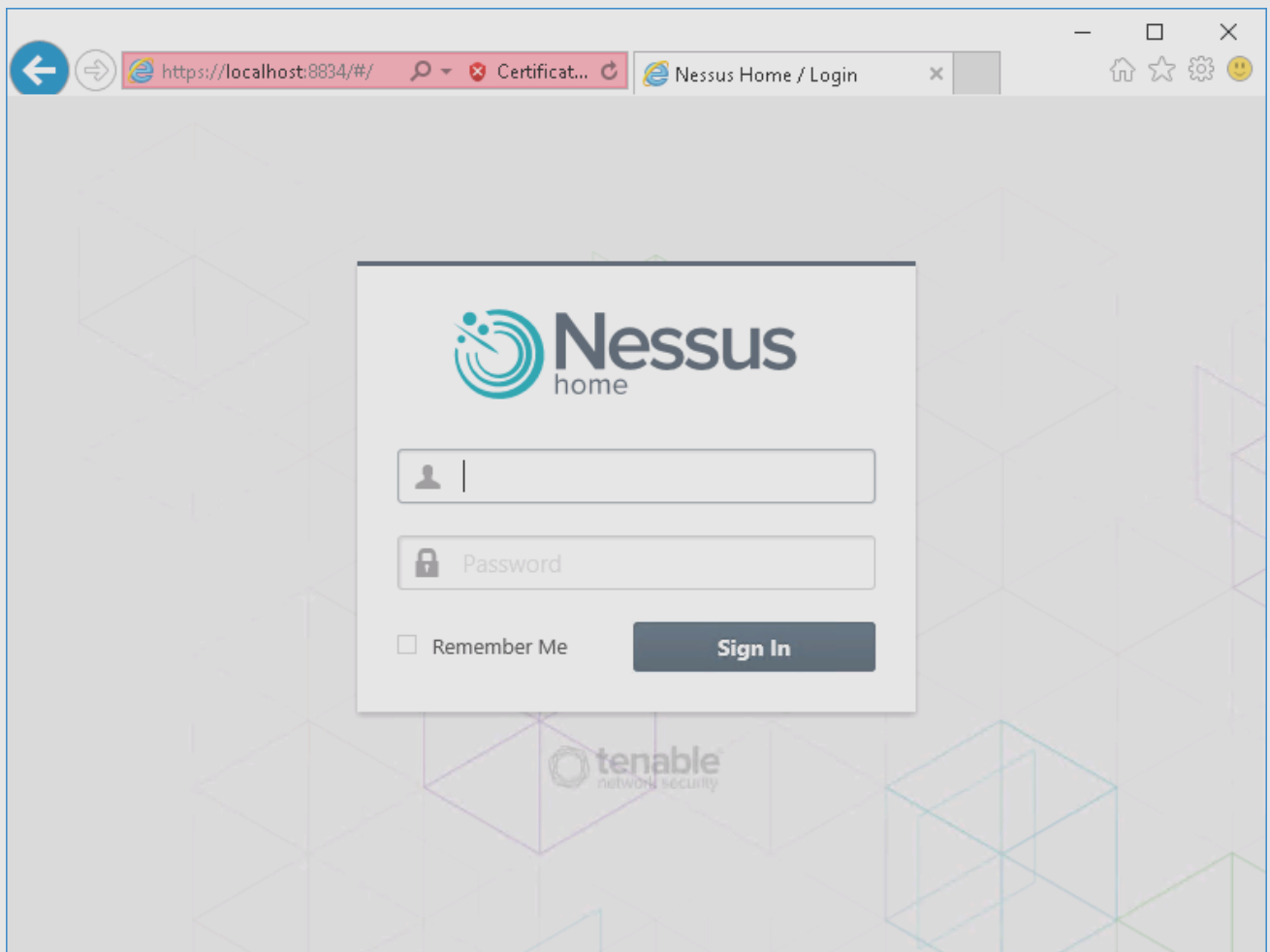
27. On the TargetWindows02 taskbar, **click the Windows Start icon**, then **select Tenable Network Security > Nessus Web Client** to open the Nessus Web Client in Internet Explorer.



Nessus menu location

28. When prompted with a security certificate warning, **click Continue to this website (not recommended)** to continue.

This warning occurs when a website has either an expired certificate, mismatched certificate, or a self-signing certificate.



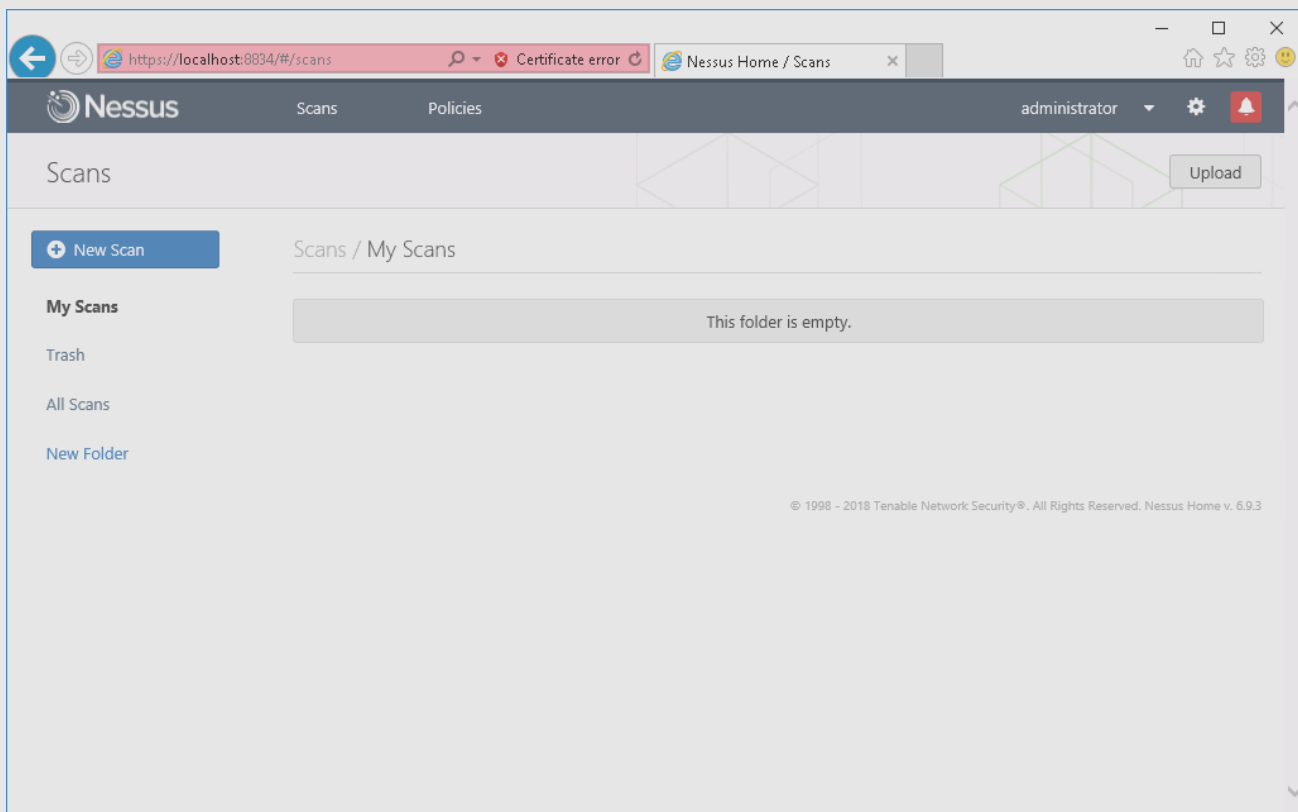
Nessus Login Screen

29. At the Nessus log-in screen, **type** the following credentials and **click Login** to open the Nessus web client.

- Username: **Administrator**
- Password: **P@ssw0rd!**

If prompted to save your password, **click Not for this site**.

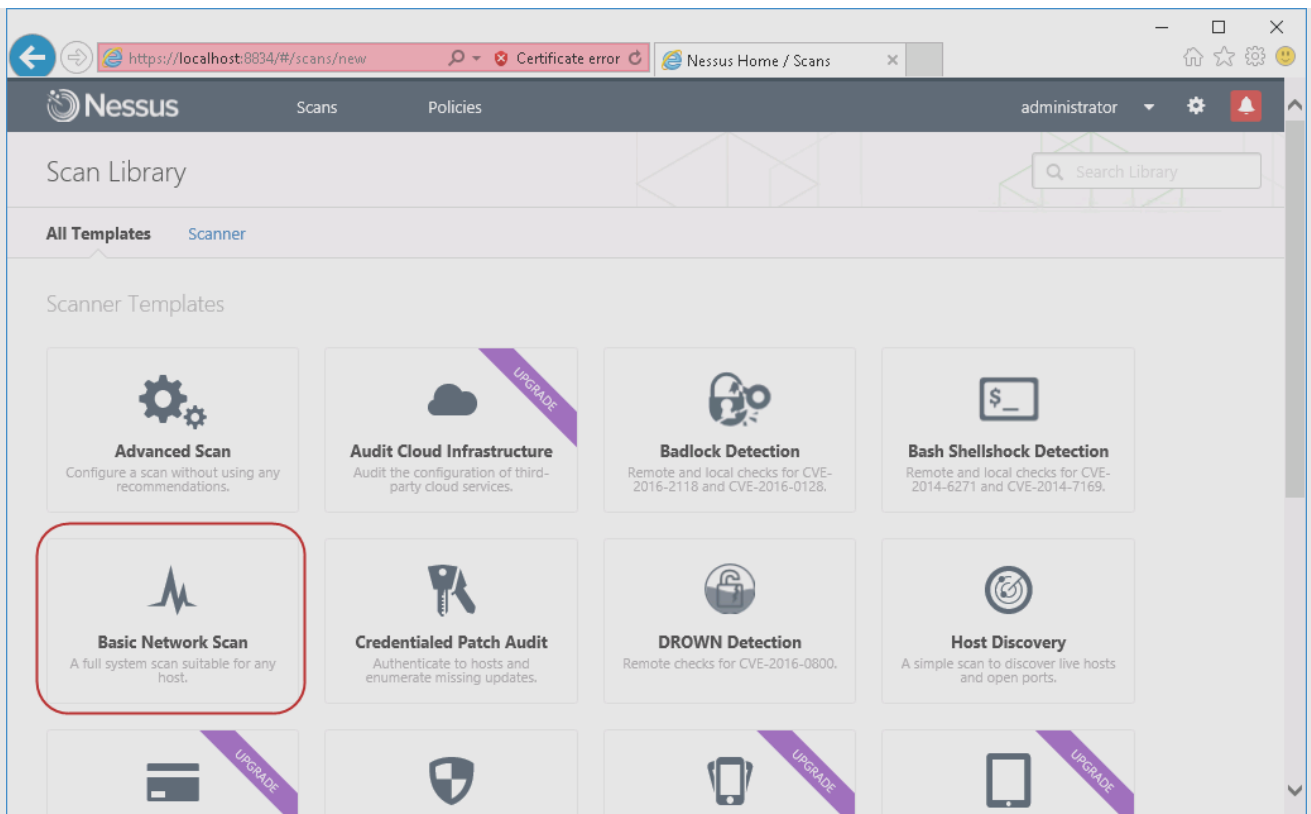
30. If necessary, **maximize** the **Nessus** window.



Nessus

31. In the upper-left corner of the Scans page, **click** the **New Scan button** to open the Scan Library of preconfigured network scans.

32. On the Scan Library page, **click** the **Basic Network Scan button** to create a new Basic Network Scan.



Select a scan

33. In the New Scan / Basic Network Scan form, **type** the following information:

- Name: **yourname_S1_BasicScan**
- Description: **Current date and time**
- Folder: **My Scans**
- Targets: **172.30.0.11**

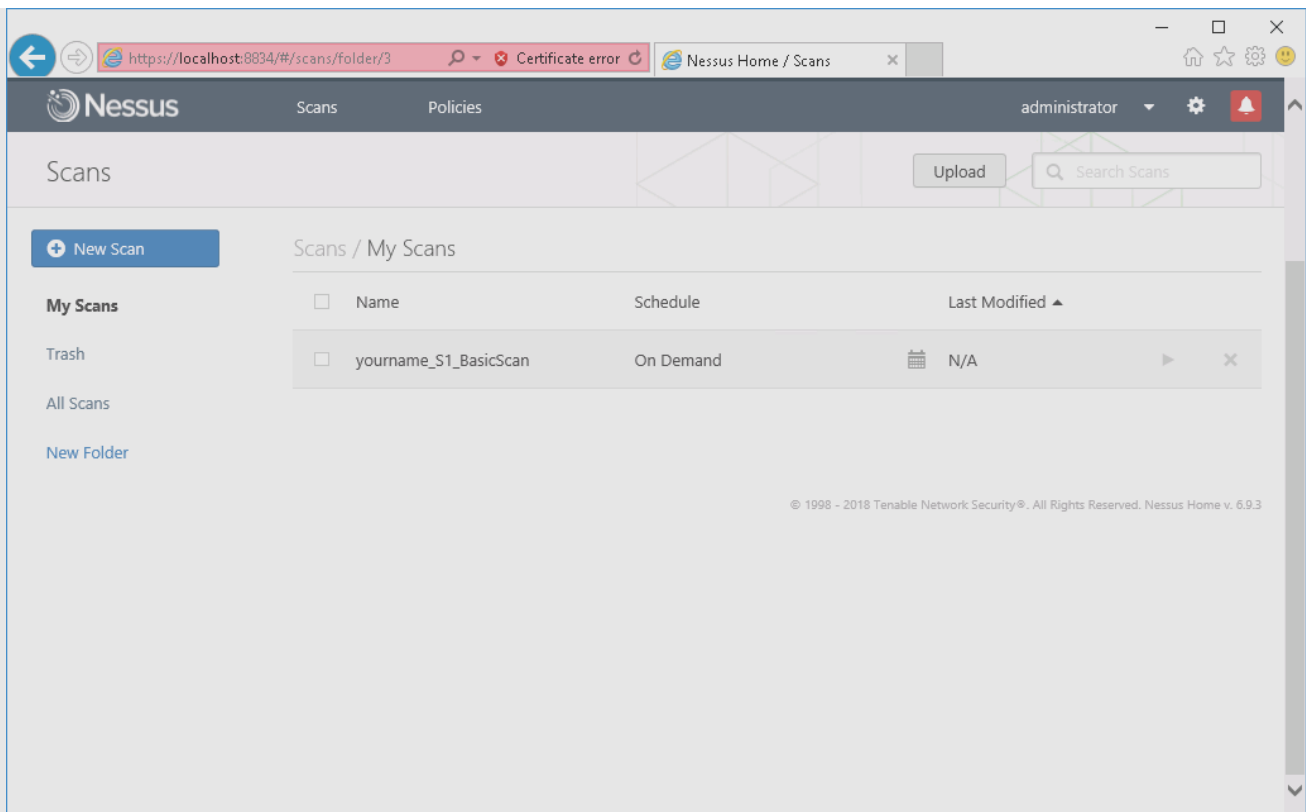
The Targets box defines the IP address for the target of the scan - in this case, the TargetLinux01 machine. It can be directed at one or more machines. It can also be populated by uploading a text file.

The screenshot shows the Nessus web interface for creating a new scan. The browser address bar indicates the URL is <https://localhost:8834/#/scans/new/731a8e52->. The page title is "New Scan / Basic Network Scan". The interface has a top navigation bar with "Scans" and "Policies" tabs, and a user profile "administrator". Below this, there are tabs for "Scan Library", "Settings", and "Credentials". The "Settings" tab is selected, and the left sidebar shows a tree view with categories: BASIC (General, Schedule, Notifications), DISCOVERY, ASSESSMENT, REPORT, and ADVANCED. The "General" sub-tab under BASIC is active. The main content area is titled "Settings / Basic / General" and contains the following fields:

- Name: yourname_S1_BasicScan
- Description: Current date and time
- Folder: My Scans
- Targets: 172.30.0.11

Basic Network Scan

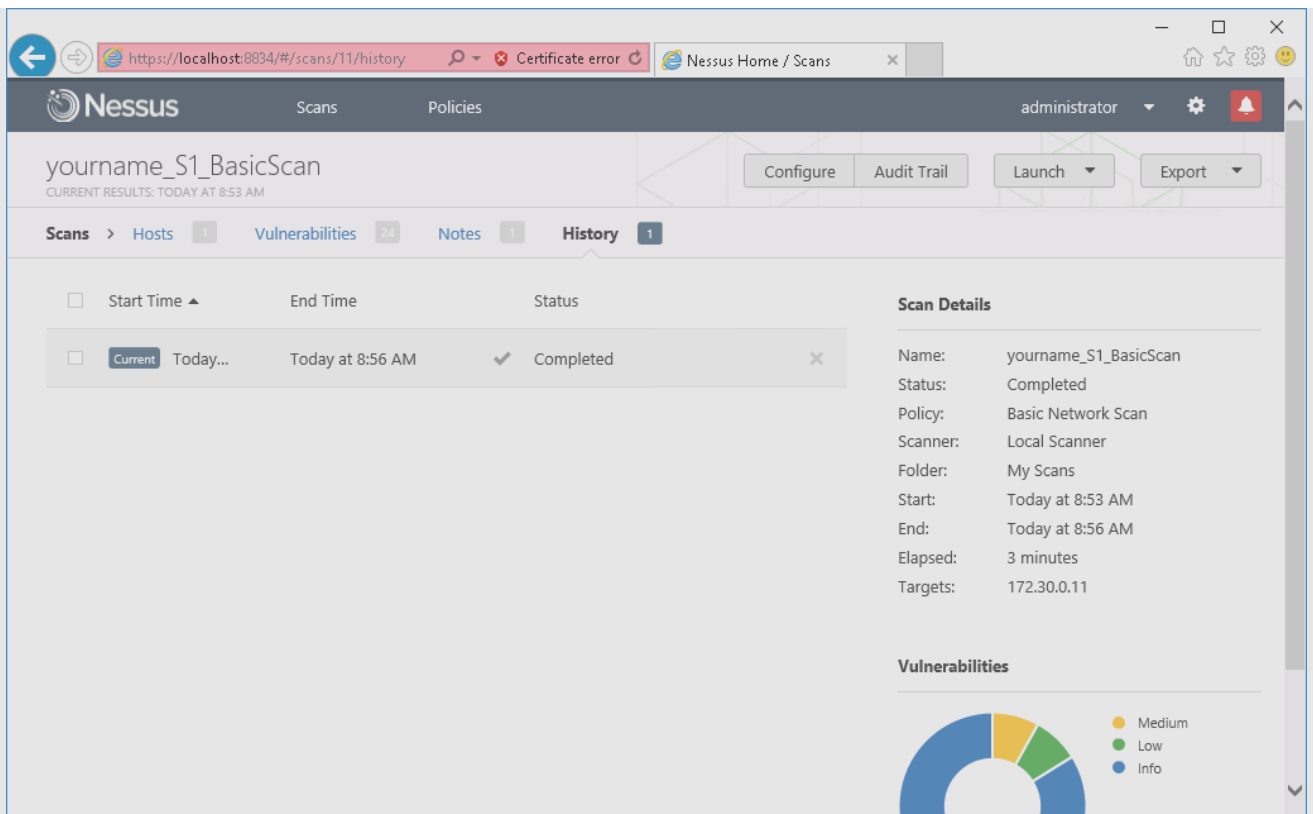
34. At the bottom of the form, **click the Save button** to save the new configuration and open the My Scans page.
35. On the My Scans page, **click the *yourname_S1_BasicScan* scan** that you just created to open the *yourname_S1_BasicScan* scan page.



My Scans

36. In the upper-right corner of the *yourname_S1_BasicScan* page, click the **Launch button** and select **Default** from the drop-down menu to start the scan.

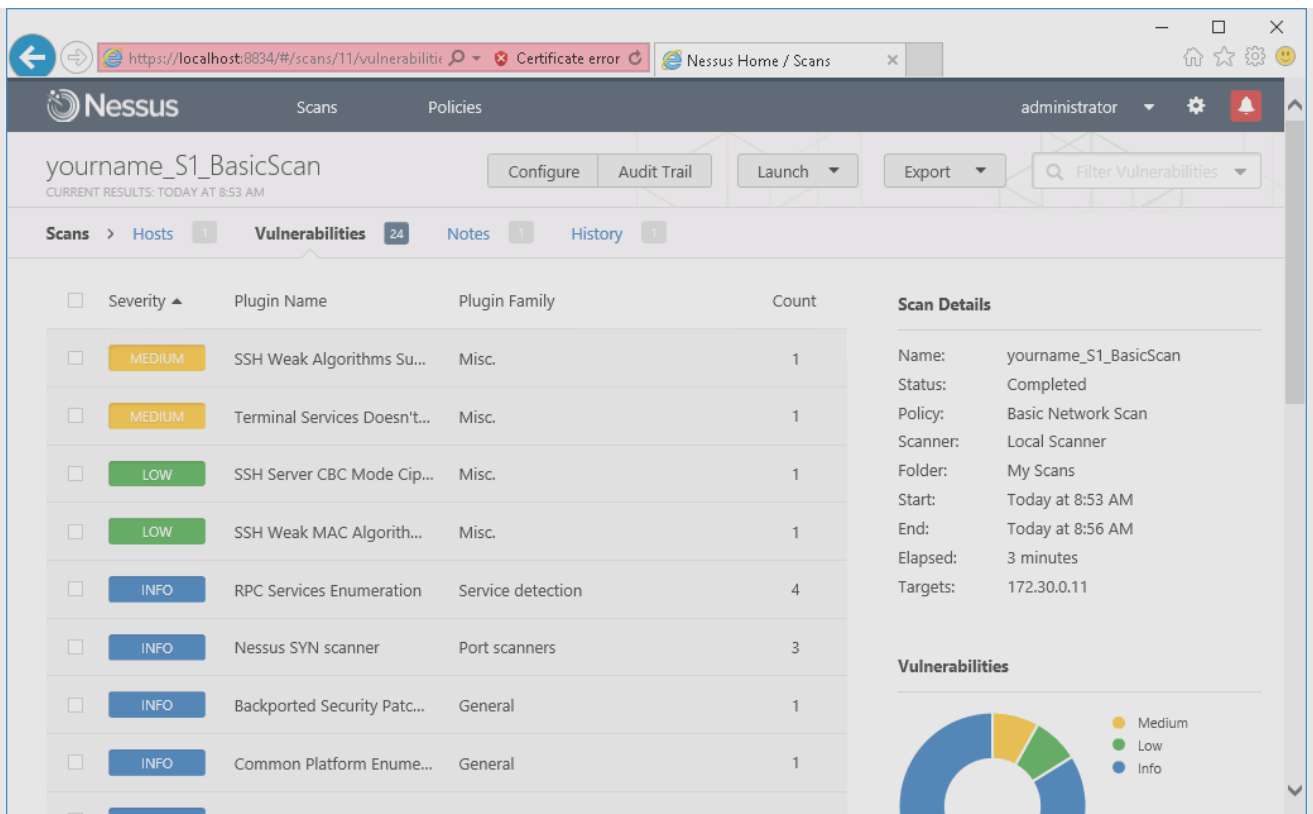
This scan may take 3-5 minutes to complete. When it is finished, the word *Completed* will be displayed in the Status column.



Completed scan

37. When the scan is finished, **click the Vulnerabilities link** at the top of the page to view details about the security vulnerabilities identified by Nessus.

Clicking on any vulnerability will enable you to drill down to gain additional information about the nature of the issue and possible solutions.

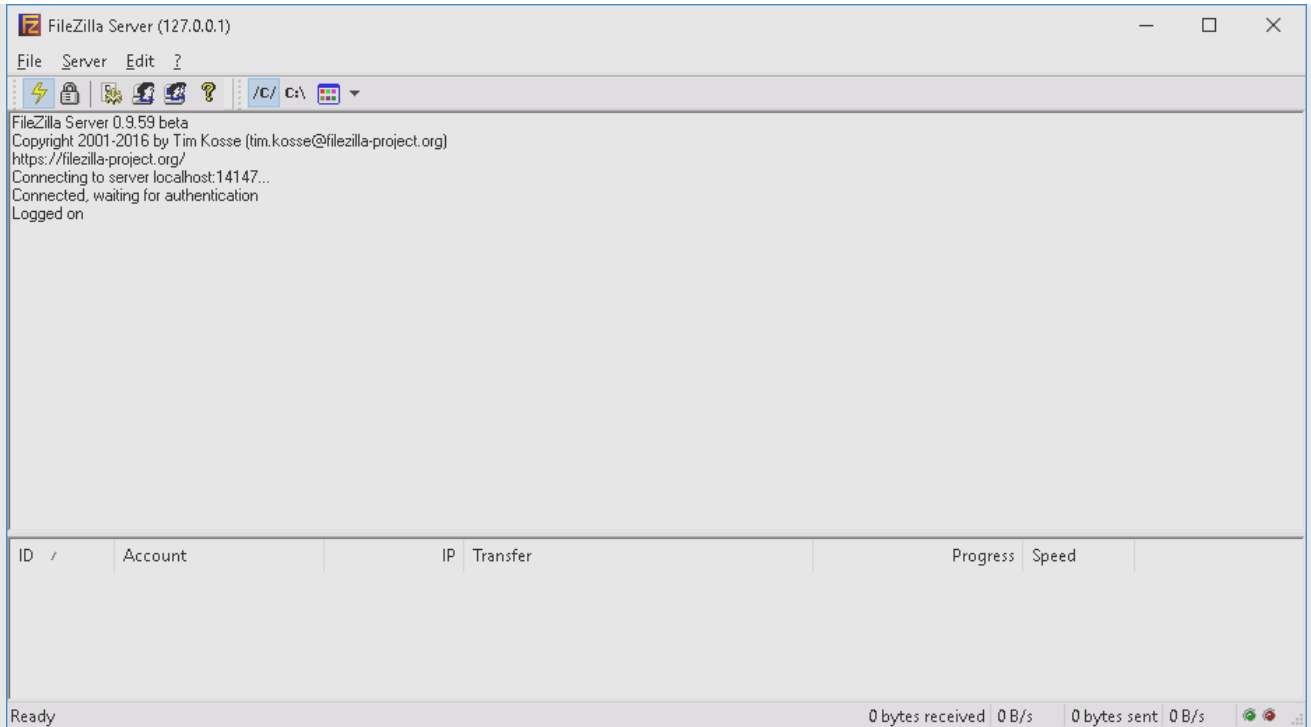


Vulnerability report

38. Close the Nessus window.

Note: In the next steps, you will explore the FileZilla application.

39. On the TargetWindows02 desktop, **double-click** the **FileZilla Server Interface icon** to open the FileZilla Server application.



FileZilla Server application

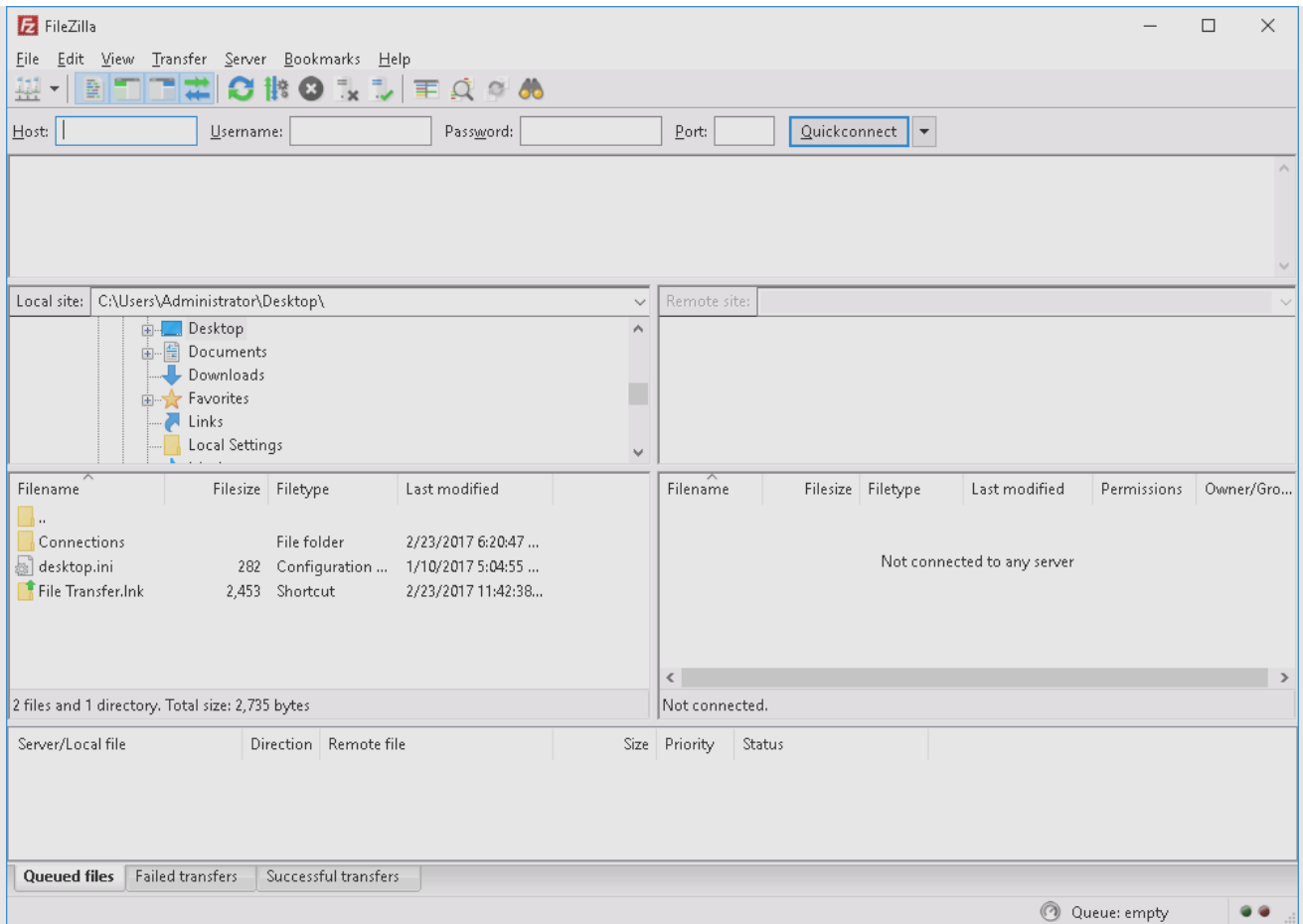
40. **Minimize** the **remote TargetWindows02 connection** to return to the vWorkstation.

41. On the vWorkstation taskbar, **click** the **FileZilla Client icon** to open the FileZilla Client application.



FileZilla Client icon

42. If necessary, **maximize** the **FileZilla window**.



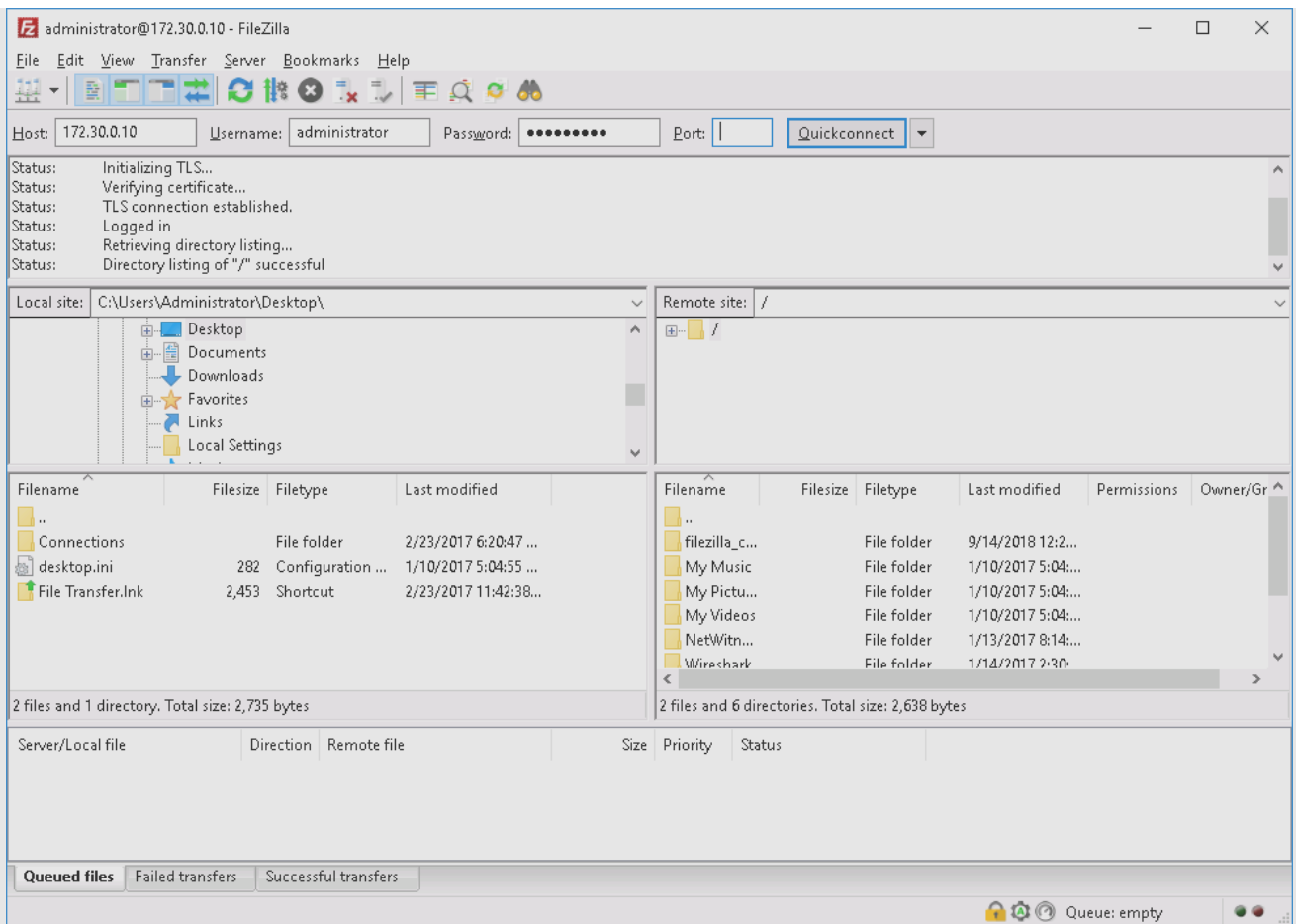
FileZilla Client application

43. In the FileZilla Quickconnect bar, **type** the following details and **click** the **Quickconnect button** to connect to the FileZilla Server application on TargetWindows02.

When prompted with a security notification, **click** the **OK button** to continue.

- Host: **172.30.0.10**
- Username: **administrator**
- Password: **P@ssw0rd!**
- Port: **21**

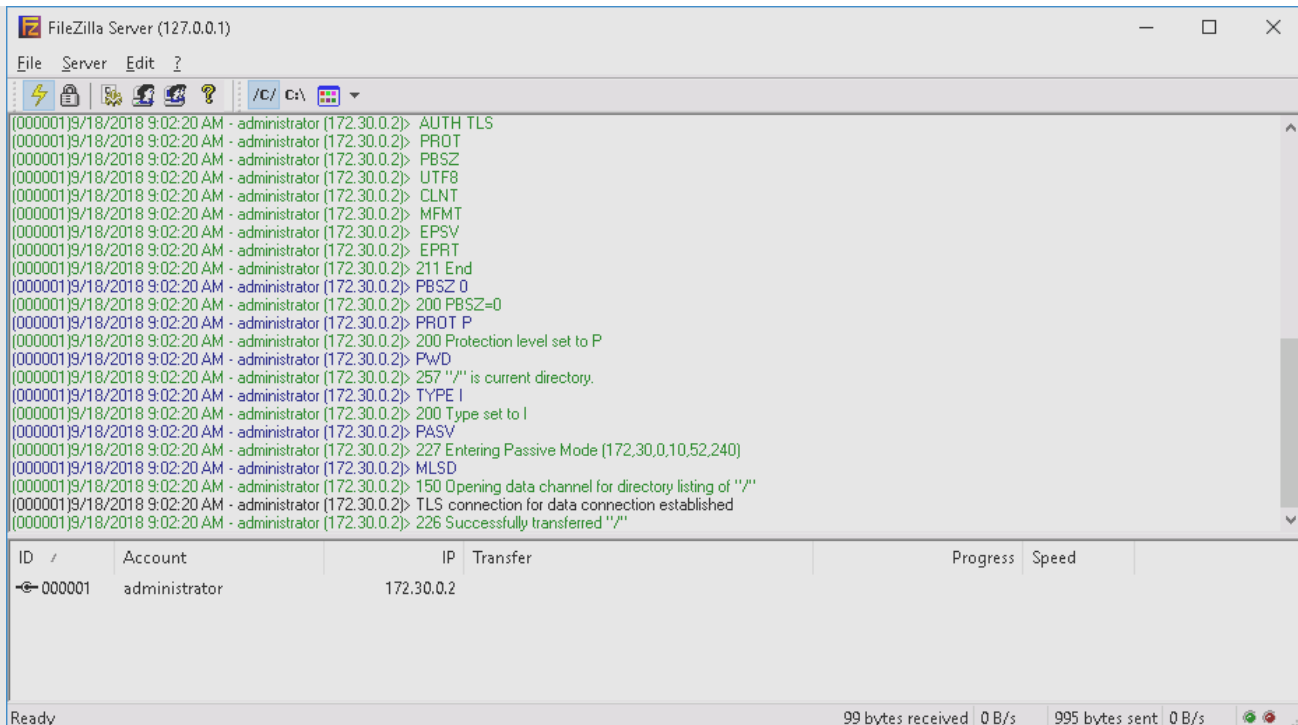
Use the mouse to drag the horizontal borders to explore the application window.



FileZilla Client connection

44. From the vWorkstation taskbar, **restore the remote TargetWindows02 connection** to view the FileZilla Server logs showing the connection activity.

The information captured in log files can be instrumental during an investigation of a security incident.



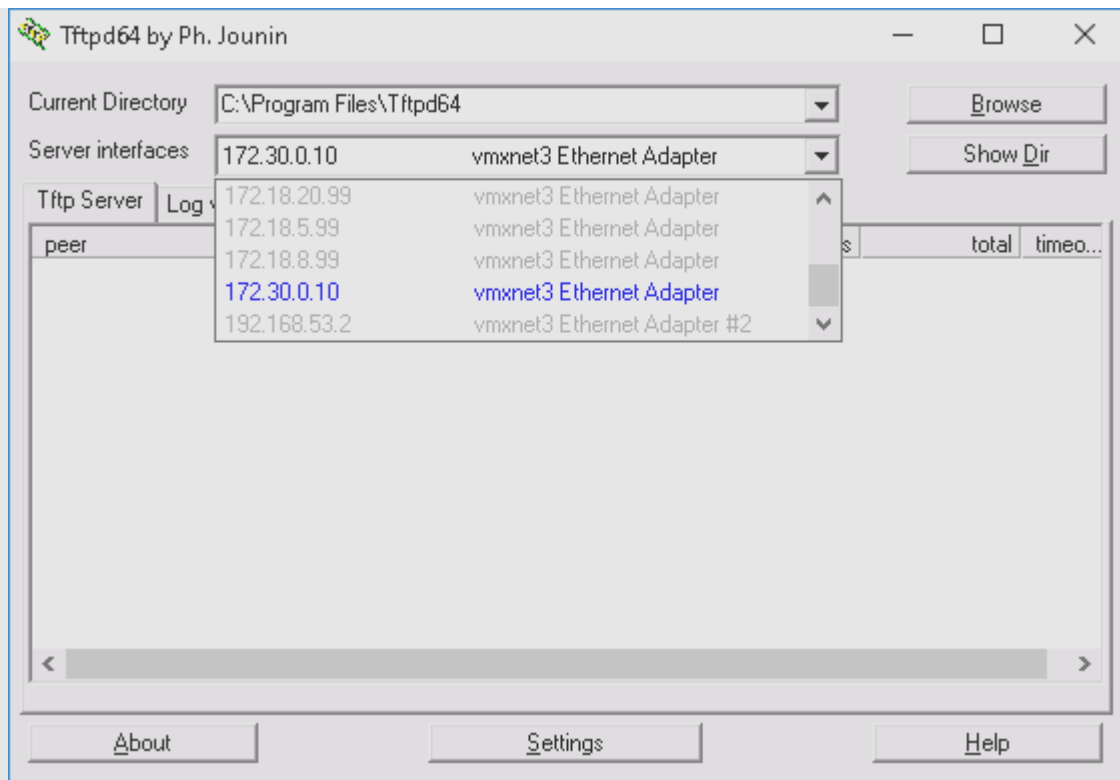
FileZilla Server activity log

45. Close the FileZilla Server window.

Note: In the next steps, you will explore Tftpd64, another file transfer application. This tool allows files to be shared without the overhead of FTP. The Tftpd64 application uses tFTP (Trivial File Transfer Protocol) to send (put) or receive (get) files between computers, but does not require a username or password to do so. You will not be transferring any files in this section.

46. On the TargetWindows02 desktop, **double-click** the **Tftpd64** icon to launch the Tftpd64 application.

47. From the Server interfaces drop-down menu, **select 172.30.0.10** (the IP address for TargetWindows02) to establish this machine as the server in a file transfer. To make a connection, you would also need to establish another machine as the client. You will not do that in this section.



Select Tftpd64 server

48. Close the **Tftpd64** window.

49. Minimize the **remote TargetWindows02 connection** to return to the vWorkstation.

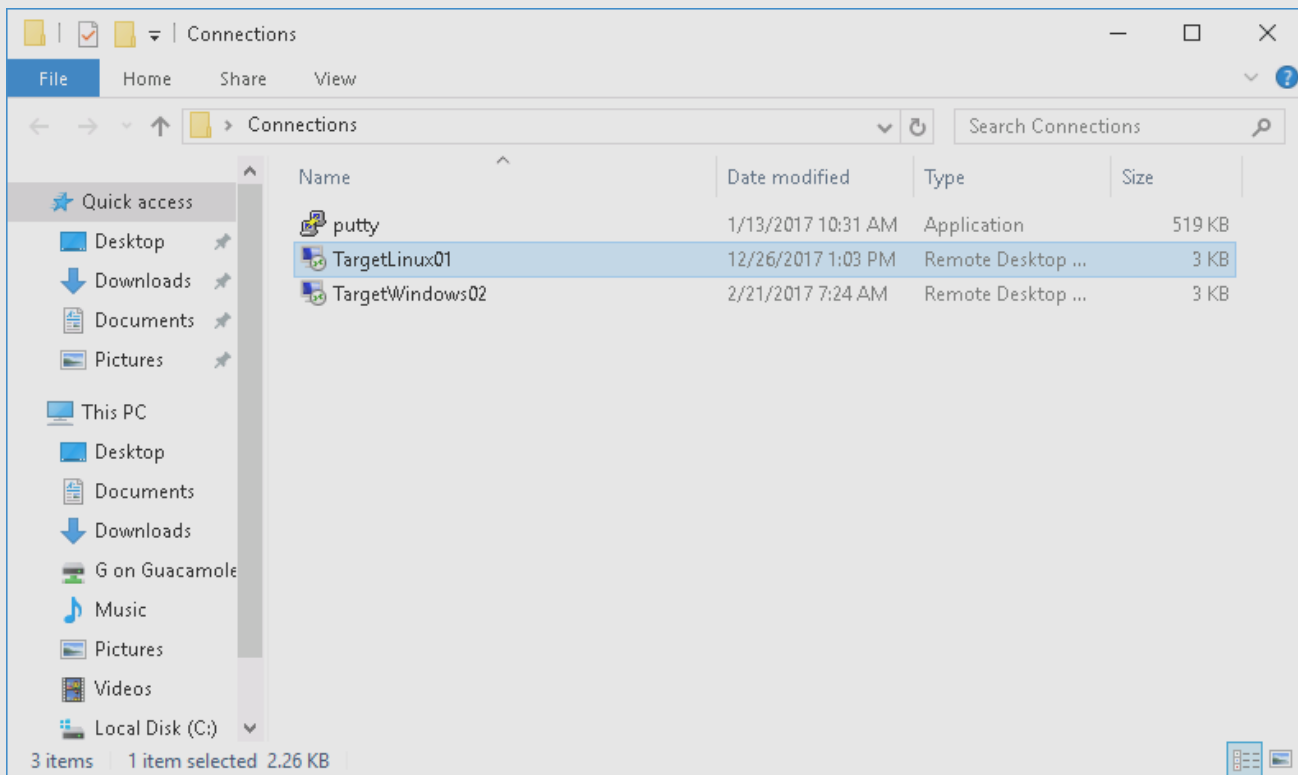
50. Close the **FileZilla** window.

Part 2: Connecting to a Linux Machine

Note: Some tools are only available on Linux machines. Unlike Windows machines, most Linux interactions take place from the command line, rather than in an application GUI. The virtual environment in this lab offers two ways to connect to the Linux terminal: a Remote Desktop Connection and PuTTY. In the next steps, you will explore both options.

1. If necessary, **double-click** the **Connections** folder on the vWorkstation desktop.

2. In the Connections folder, **double-click** the **TargetLinux01** shortcut to open a remote connection to the TargetLinux01 machine.

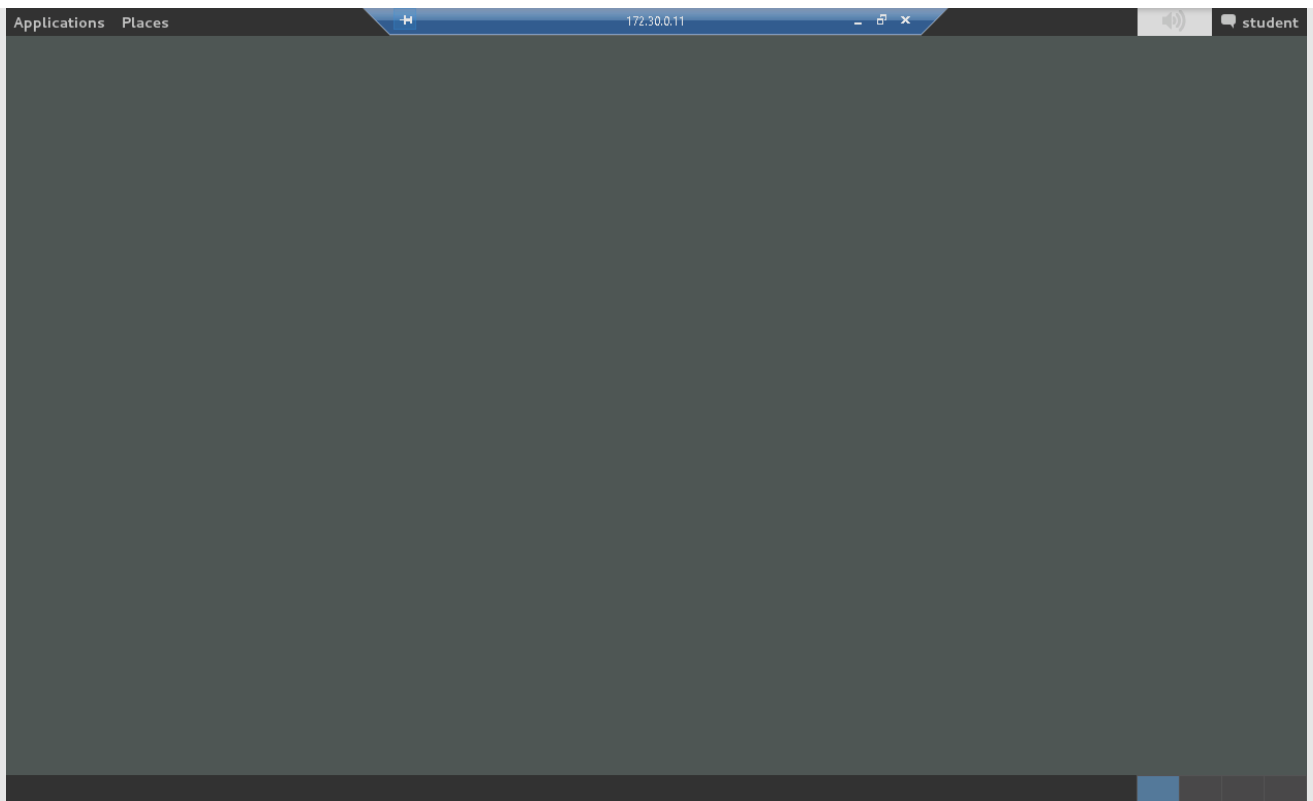


TargetLinux01 RDP Shortcut

If prompted, **type** the following credentials and **click OK** to open the remote connection.

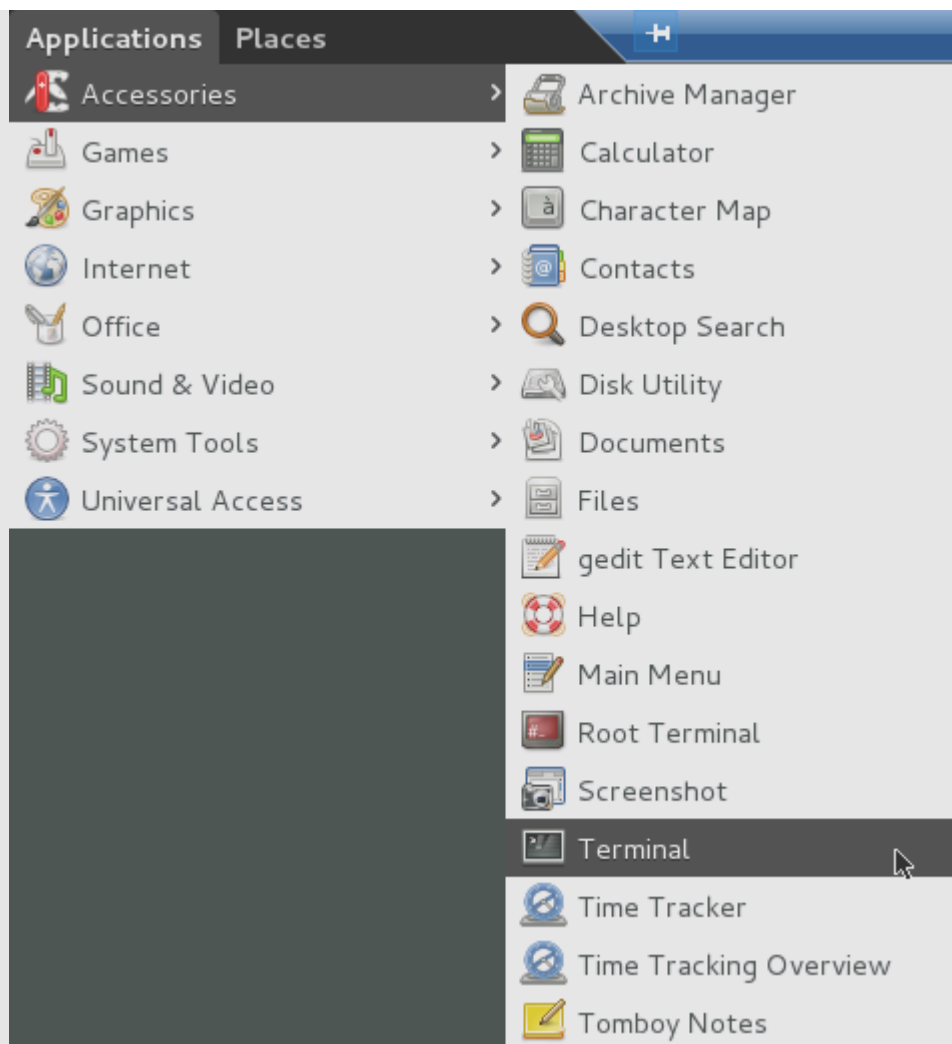
- Username: **student**
- Password: **student**

The remote desktop opens with the IP address of TargetLinux01 (172.30.0.11) in the title bar at the top of the window.



TargetLinux01 desktop

3. From the TargetLinux01 menu bar, **click Applications** and **select Accessories > Terminal** to open a command prompt window.



Applications Menu

4. At the command prompt, **type `ls`** (list) and **press Enter** to see a list of the directories in the student's home folder.
5. At the command prompt, **type `su`** (switch user / super user) and **press Enter** to switch user accounts to one with elevated privileges.

Many Linux commands require elevated access and cannot be performed by the student account.

6. When prompted for a password, **type `toor`** and **press Enter**. Please note that your inputs for the password will not appear onscreen; this is normal behavior in a terminal session.

You are now logged into the TargetLinux01 Debian machine with root-level access. The command prompt has changed to root@TargetLinux:/home/student#.

A screenshot of a Linux terminal window titled "student@TargetLinux: ~". The window has a menu bar with "File", "Edit", "View", "Search", "Terminal", and "Help". The terminal shows the following commands and output:

```
student@TargetLinux:~$ ls
Desktop Documents Downloads Music Pictures Public Templates Videos
student@TargetLinux:~$ su
Password:
root@TargetLinux:/home/student#
```

Linux command shell

7. At the command prompt, **type `exit`** and **press Enter** to exit root access.
8. At the command prompt, **type `exit`** and **press Enter** to close the terminal window.
9. Close the **remote TargetLinux01 connection**.

Note: In the next steps, you will use PuTTY to open a remote connection to the LAN Switch 1 interface.

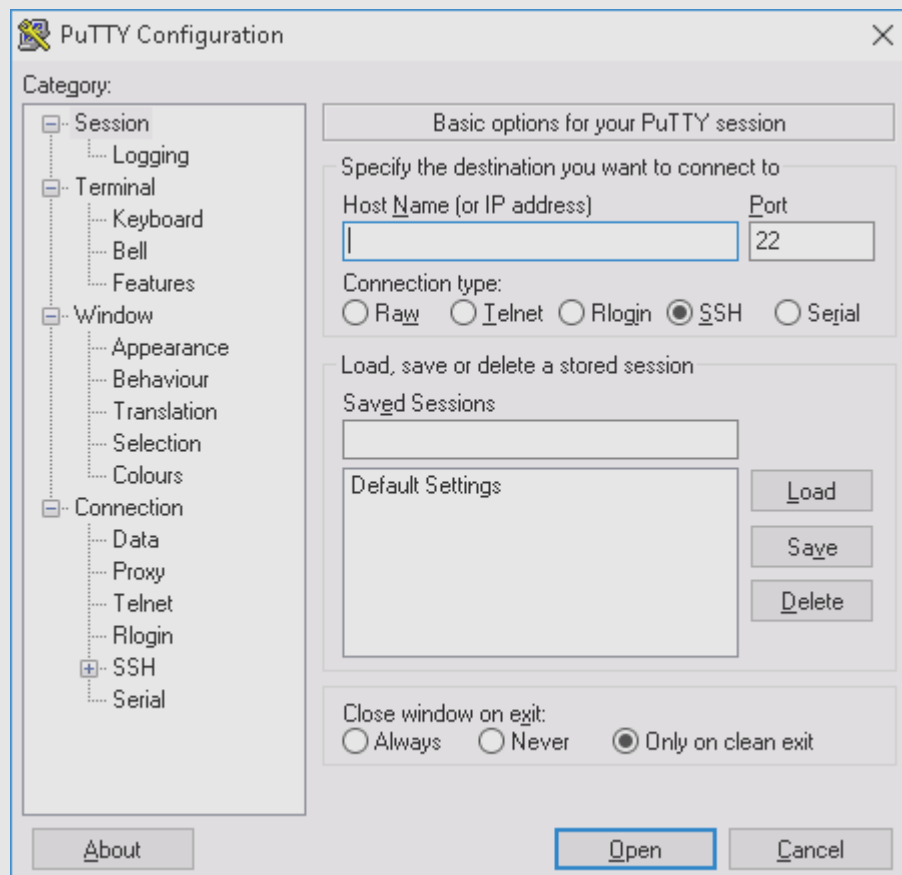
10. **Restore the remote TargetWindows02 connection.**

11. On the TargetWindows02 desktop, **double-click the putty icon** to open the PuTTY application.



putty icon

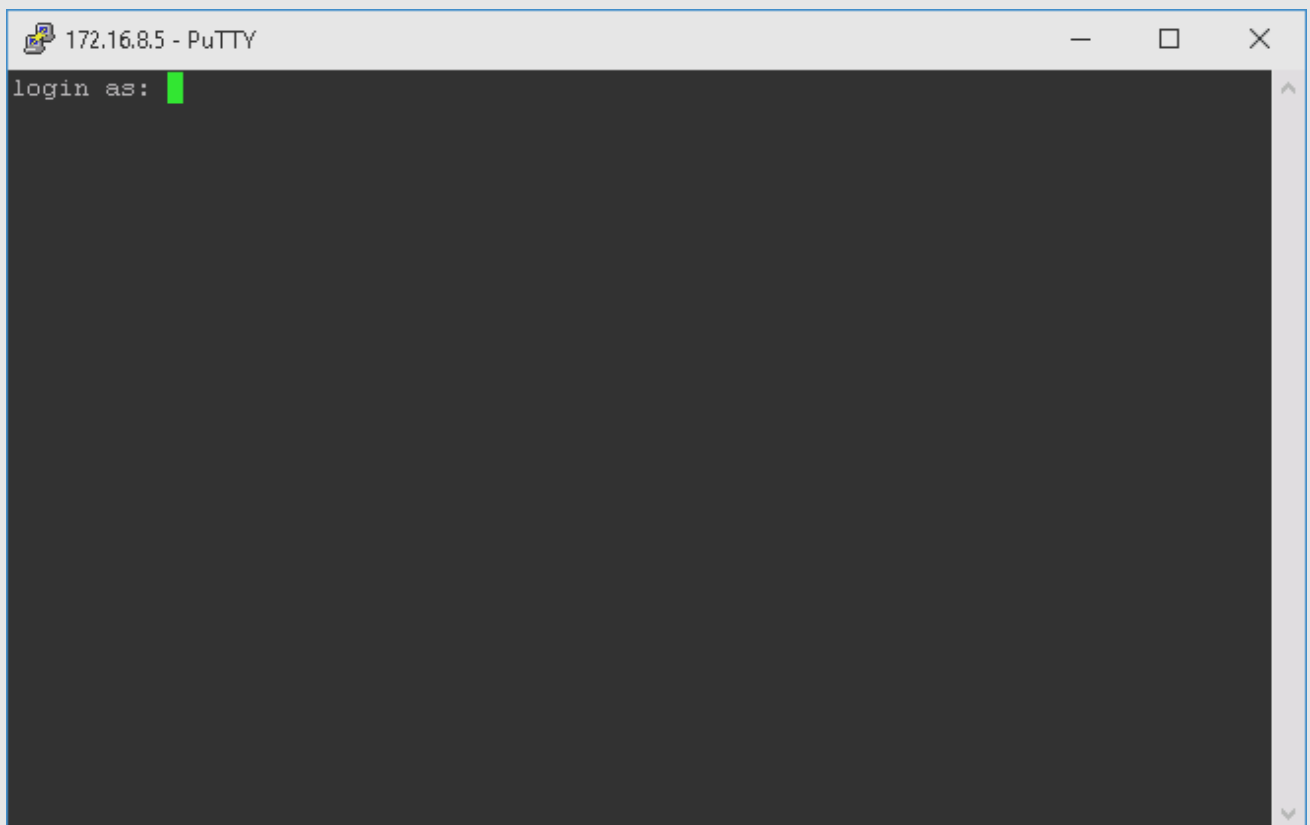
PuTTY uses the Secure Shell (SSH) protocol to securely access a remote computer. Once connected, PuTTY displays a terminal shell in which Linux commands can be executed.



PuTTY Configuration window

12. In the Host Name (or IP address) box, **type 172.16.8.5**, the IP address for LAN Switch 1.

13. **Click Open** to open a PuTTY terminal window and start the connection.

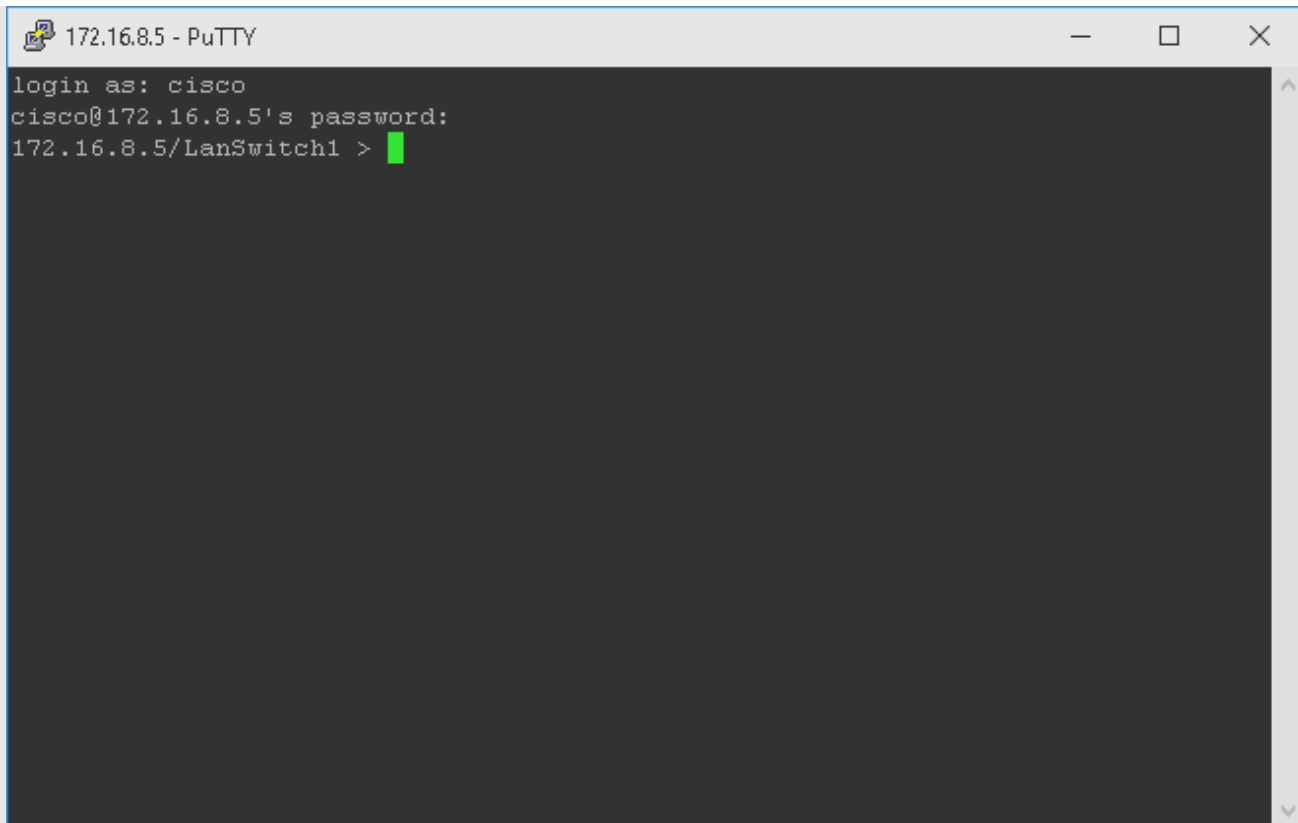


PuTTY Terminal window

14. At the login prompt, **type** the following credentials. **Press Enter** after each entry. For security reasons, the terminal shell will not register your password input on-screen.

- Login: **cisco**
- Password: **cisco**

Once successfully logged in, the command prompt, 172.16.8.5/LanSwitch1>, is displayed.



```
172.16.8.5 - PuTTY
login as: cisco
cisco@172.16.8.5's password:
172.16.8.5/LanSwitch1 >
```

PuTTY terminal console

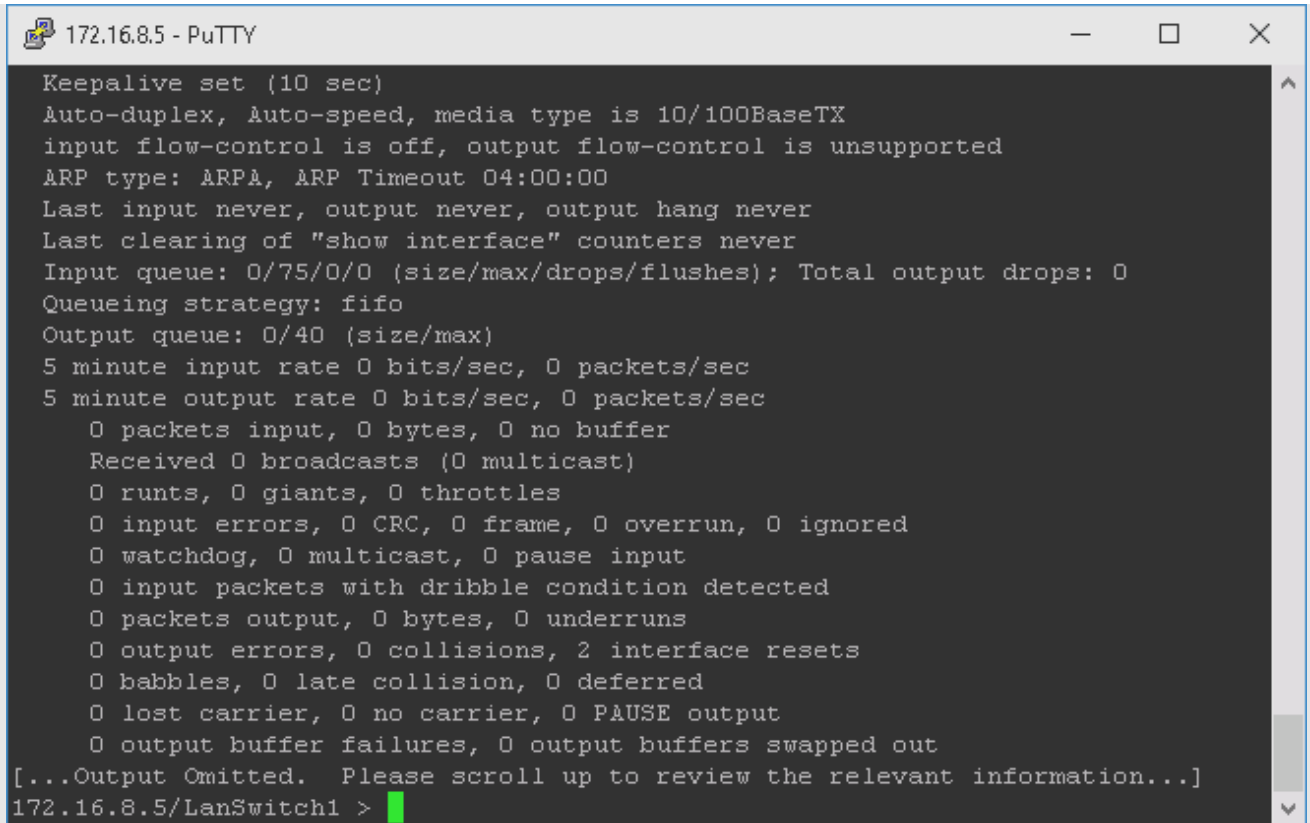
Note: In the next steps, you will use the Cisco IOS (Internetwork Operating System) *show* command to obtain network documentation information from the interface you've connected to (LAN Switch 1). Cisco IOS is a package of routing, switching, and networking commands integrated with a Cisco-specific operating system, of which the *show* command is a key function. Entering a *show* command at the command prompt in the terminal console will return network information specific to the command you entered. There are hundreds of *show* commands in Cisco IOS; availability is based on the *privilege level* of the user. The relevant *show* commands for this lab include those in the following table.

Cisco Commands	Data to Look For and Review
show interface	<p>This command displays physical and logical configuration information about each interface and whether or not the interface is up or down. This command tells you what interfaces are enabled and active.</p> <p><i>Look for:</i> Interface names, number of interfaces, interface up or down (available or unavailable)</p>
show ip interface	<p>This command displays logical IP address and subnet mask address information. It tells you what the IP subnet number, IP</p>

	host address, and subnet mask address information for all enabled ports. <i>Look for:</i> Interface names, interface up or down, IP address, subnet mask address
show ip route	This command displays the IP routing protocol used, the IP routes and network numbers visible to the switch/router, and the physical interface that an IP packet traverses based on the IP routes and IP networks seen (Cisco routers only). <i>Look for:</i> IP routing protocol, IP routes and networks
show vlan	This command displays the VLANs configured within the LAN Switch 1 and LAN Switch 2 devices only. <i>Look for:</i> VLAN name, VLAN status
show ip arp	This command displays the address resolution table of MAC-layer addresses to assigned IP host addresses. <i>Look for:</i> IP address, MAC-layer hardware address, interface name(s)

15. At the command prompt, **type `show interface`**, the first Cisco IOS *show* command from the preceding table, and **press Enter**.

Review the output for this command, being sure to look for the information described in the table. Because this is a LAN switch and not a Router, not all of the commands will be valid for this interface.



```
172.16.8.5 - PuTTY
Keypalive set (10 sec)
Auto-duplex, Auto-speed, media type is 10/100BaseTX
input flow-control is off, output flow-control is unsupported
ARP type: ARPA, ARP Timeout 04:00:00
Last input never, output never, output hang never
Last clearing of "show interface" counters never
Input queue: 0/75/0/0 (size/max/drops/flushes); Total output drops: 0
Queueing strategy: fifo
Output queue: 0/40 (size/max)
5 minute input rate 0 bits/sec, 0 packets/sec
5 minute output rate 0 bits/sec, 0 packets/sec
  0 packets input, 0 bytes, 0 no buffer
  Received 0 broadcasts (0 multicast)
  0 runts, 0 giants, 0 throttles
  0 input errors, 0 CRC, 0 frame, 0 overrun, 0 ignored
  0 watchdog, 0 multicast, 0 pause input
  0 input packets with dribble condition detected
  0 packets output, 0 bytes, 0 underruns
  0 output errors, 0 collisions, 2 interface resets
  0 babbles, 0 late collision, 0 deferred
  0 lost carrier, 0 no carrier, 0 PAUSE output
  0 output buffer failures, 0 output buffers swapped out
[...Output Omitted. Please scroll up to review the relevant information...]
172.16.8.5/LanSwitch1 >
```

Output from show interface command

16. In your Lab Report file, **record the results** of the Cisco command.

17. **Repeat steps 15-16** for each of the Cisco commands in the preceding table.

Because this is a LAN switch and not a Router, not all of the commands will be valid for this interface.

18. At the command prompt, **type quit** and **press Enter** to close the PuTTY window.

Part 3: Using Zenmap to Perform Basic Reconnaissance

Note: In the next steps, you will use Zenmap to perform a targeted IP subnetwork Intense Scan, which will identify what hosts are available on the network, what services (application name and version) those hosts are offering, what operating systems (and OS versions) they are running, and what type of packet filters or firewalls are in use.

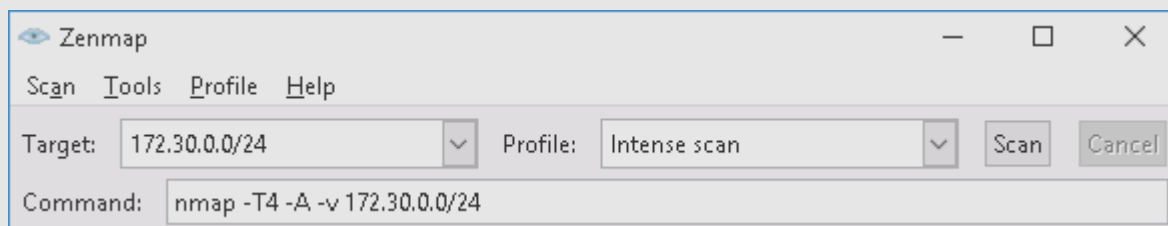
1. On the TargetWindows02 taskbar, click the **Nmap - Zenmap GUI icon** (an eye) to open the Zenmap application.



Zenmap icon

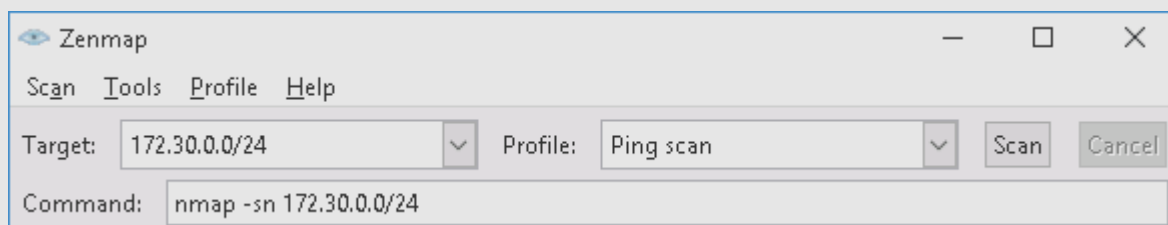
2. If necessary, **maximize** the **Zenmap window**.
3. In the Target box, **type 172.30.0.0/24**, the subnet address for the virtual lab environment.

The Target field allows you to specify or select the networks or subnets you want to connect to.



Target field

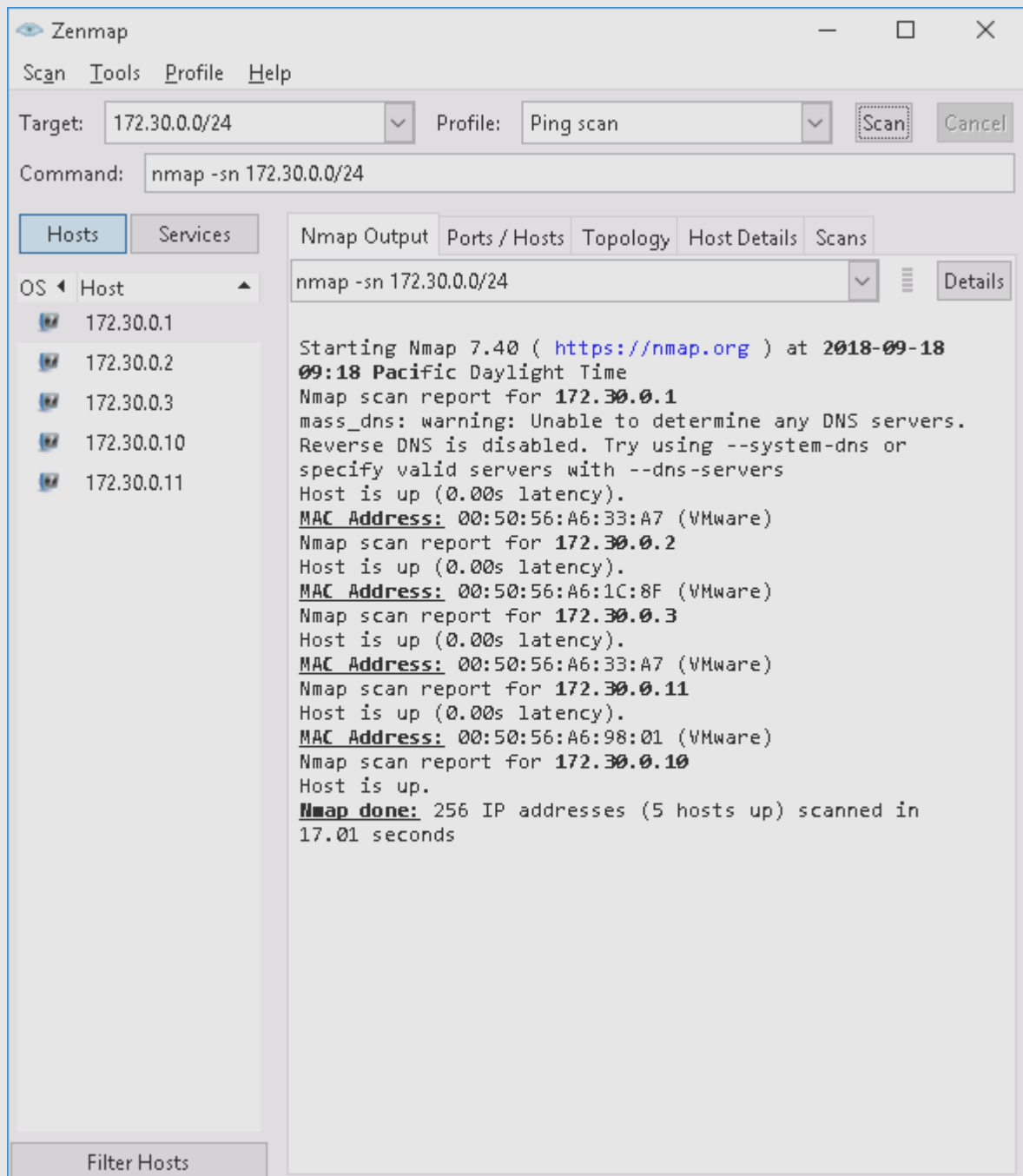
4. From the Profile drop-down menu, **select Ping scan**, then **click Scan** to begin a ping scan of the virtual lab environment.



Ping scan of 172.30.0.0/24 IP subnet

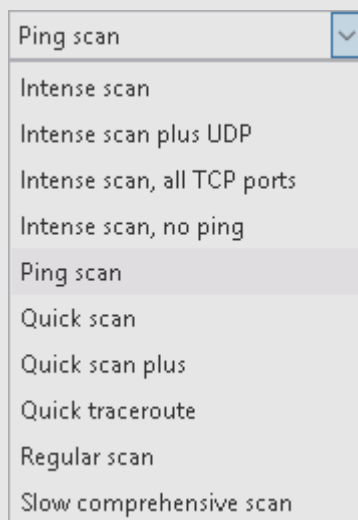
The Profile field indicates the types of scans you can perform. Notice that the Command box automatically populates the Nmap command as you select the options in these fields. These commands can also be typed manually.

Within a few minutes, the results of the scan will start filling the Nmap Output tab. This scan returns basic information about host availability and MAC addresses. The scan is completed when the final line of the output reads *Nmap done*.



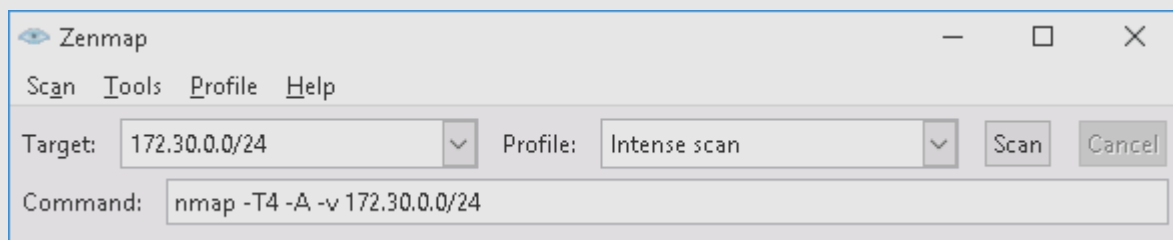
Zenmap Ping scan

5. From the Zenmap toolbar, **click the Profile drop-down menu** to see the complete list of scans that Zenmap can perform.



Profile menu

6. From the Profile drop-down menu, **select Intense Scan** and **click Scan** to run a scan that will gather more detailed information.

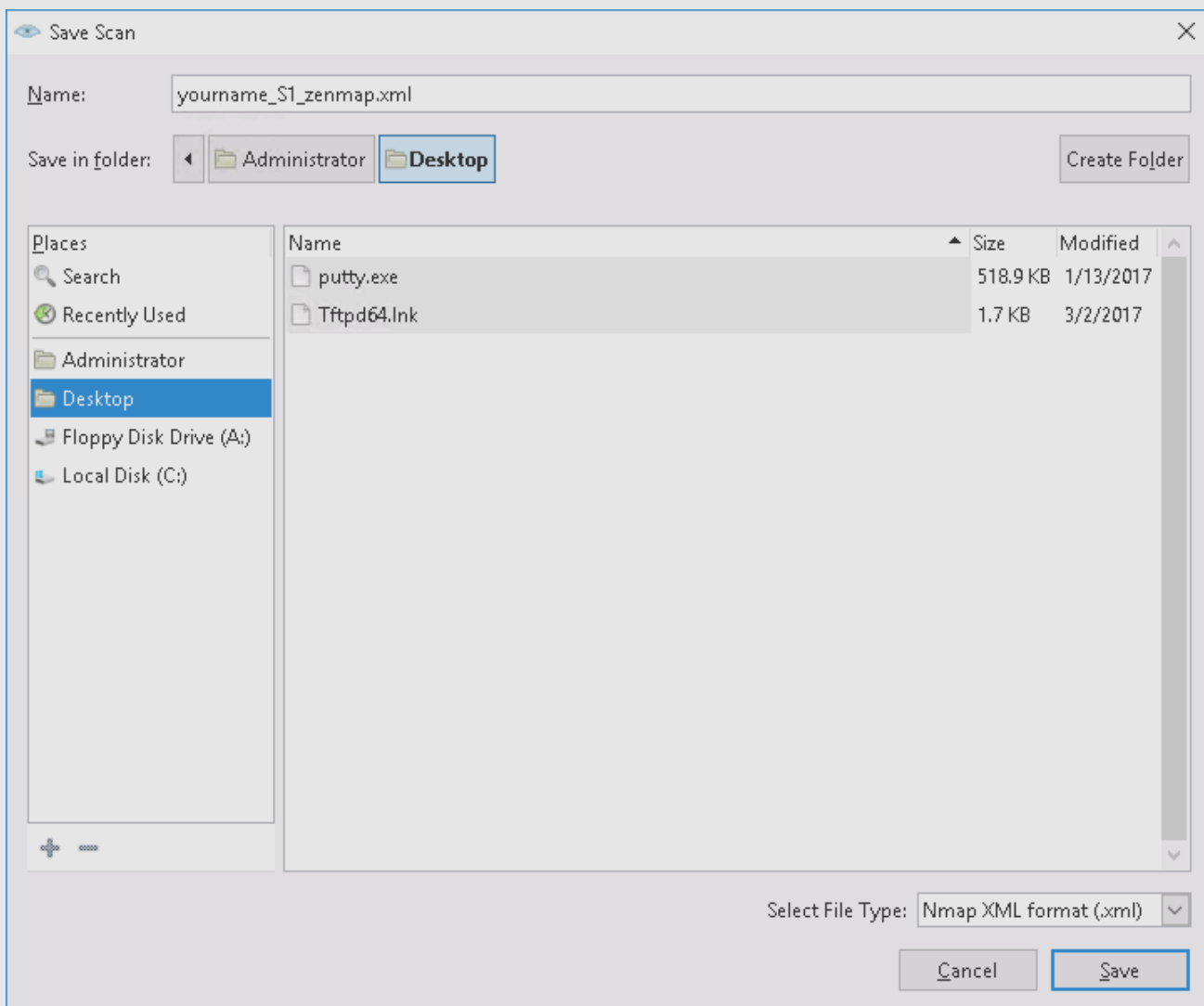


Intense scan of 172.30.0.0/24 IP subnet

Note: The Intense scan can take 3 to 5 minutes to complete all test scripts. The scan is completed when the final line of the output reads *Nmap done*.

7. From the Zenmap menu bar, **click Scan** and **select Save Scan**, then **select nmap -T4 -A -v 172.30.0.0/24** (the Intense scan) from the drop-down menu and **click Save**.

Save the scan results to TargetWindows02 Desktop as ***yourname_S1_zenmap.xml***, replacing *yourname* with your own name.



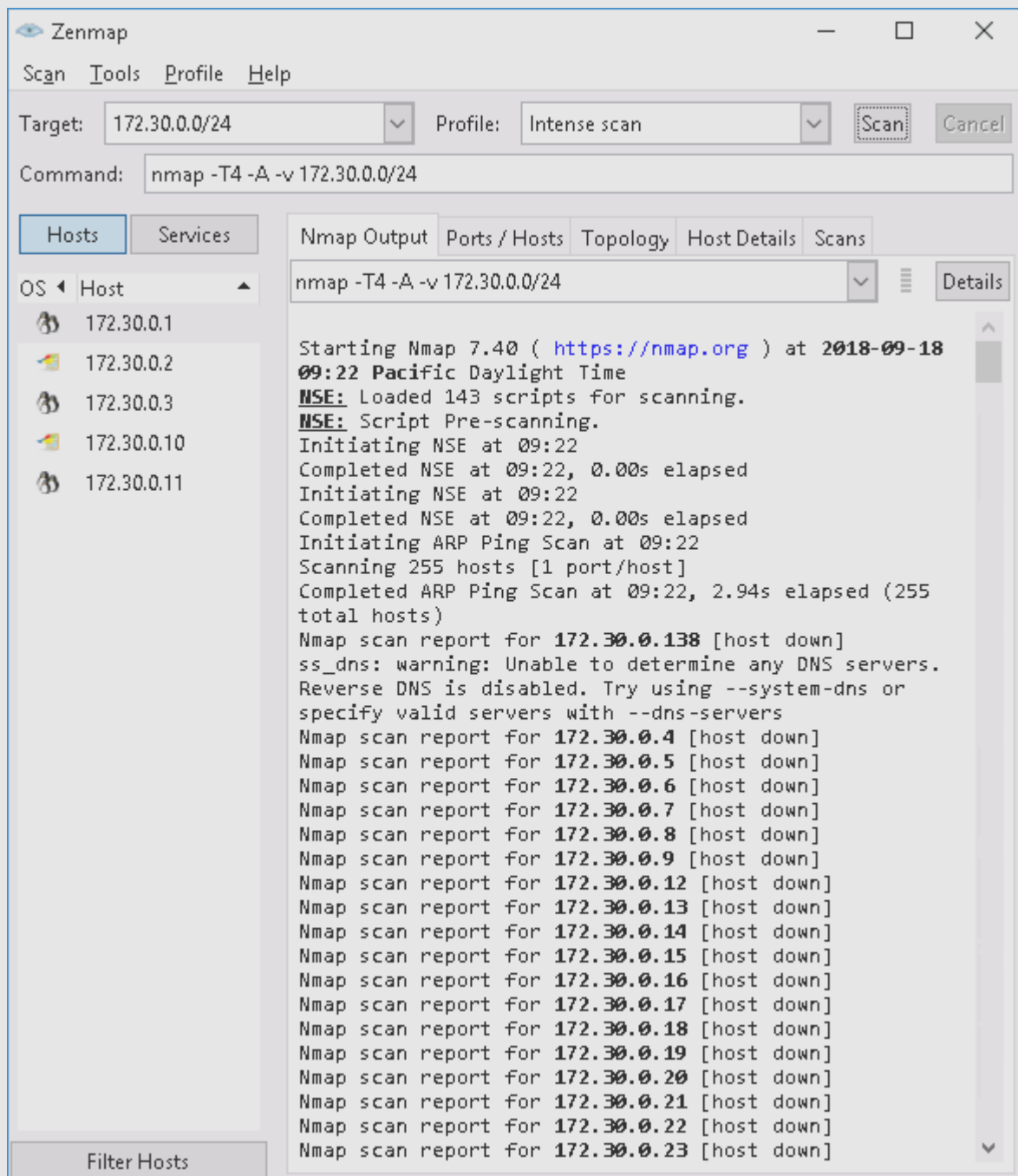
Save the Zenmap scan

Note: In the next steps, you will review the results (output) of the Zenmap Intense scan in more detail.

8. In the Nmap Output tab, use the scrollbar to **review the results of the Intense scan** .

The Intense scan is actually a collection of several individual tests. The Nmap Output tab shows the raw output, including the name of each scan and its results. For example, the first

test in the report, the ARP Ping Scan, scans 255 total hosts on the subnet.



Intense scan

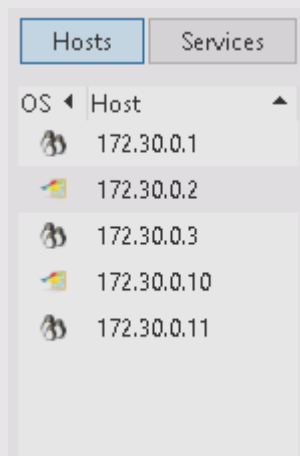
9. In your Lab Report file, **identify each test performed as part of the Intense scan.**

10. In right pane of the Zenmap window, **click each Nmap tab and review the data**, being sure to look for the information described in the following table.

Nmap Tab	Information to Look For and Review
Nmap Output	Raw output data
Ports/Hosts	IP hosts and open ports
Topology	Fisheye bubble chart of IP hosts
Host Details	IP host OS fingerprint details
Scans	Completed scans performed

11. In the left pane, **click 172.30.0.2** to select the vWorkstation host, then **click each Nmap tab** and **review the data**. Notice how the information in the Ports/Hosts and Host Details tabs changes.

The left pane of the Zenmap window lists the hosts or services scanned. It can also identify the operating system for each host.



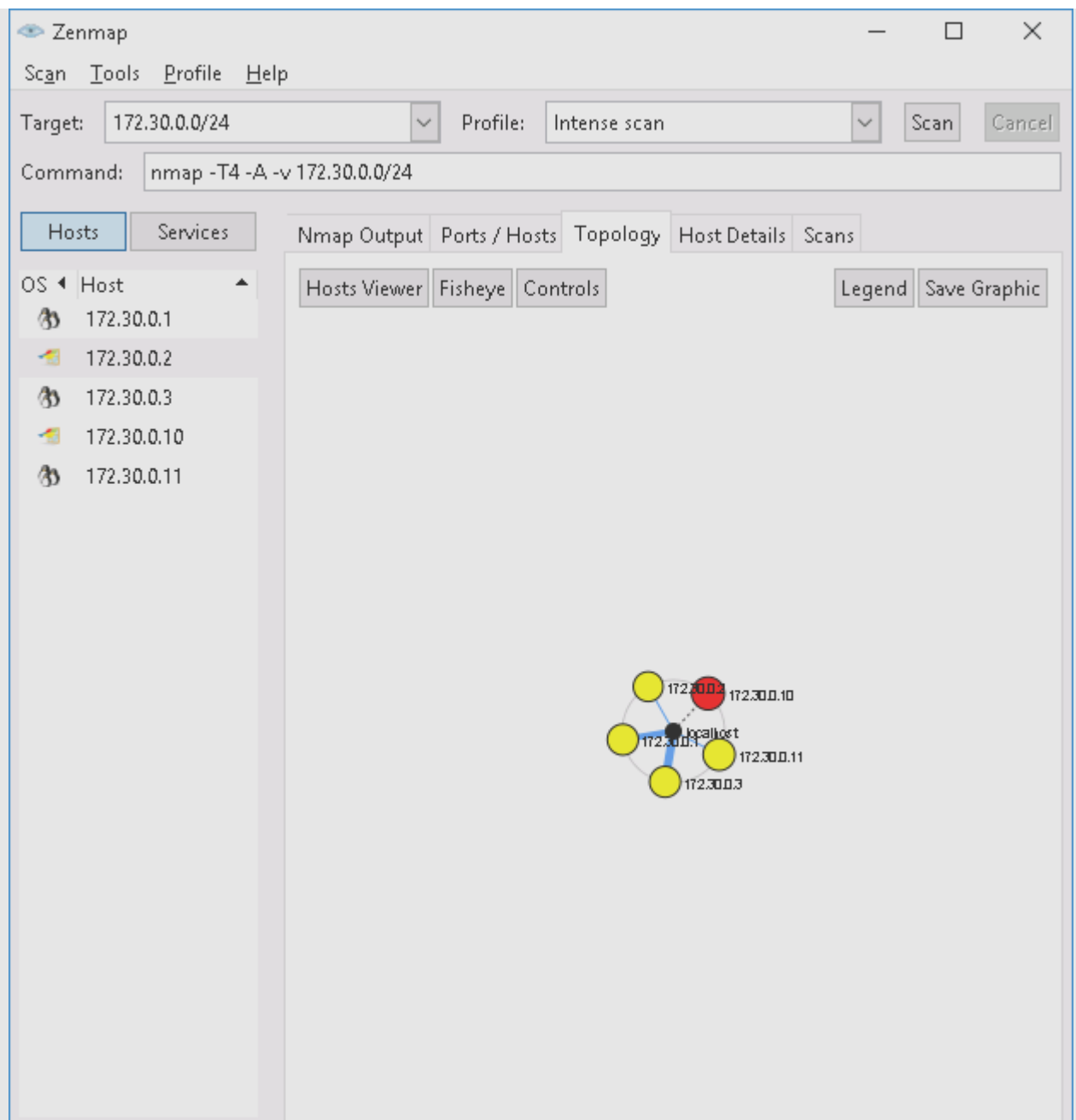
Zenmap Hosts list

12. **Review the Ports/Hosts and Host Details** tabs for each additional host identified by the scan.

Note: In the next steps, you will create a picture of the scanned network using the tools in the Topology tab. If you have not already done so, maximize the Zenmap window to make this task easier.

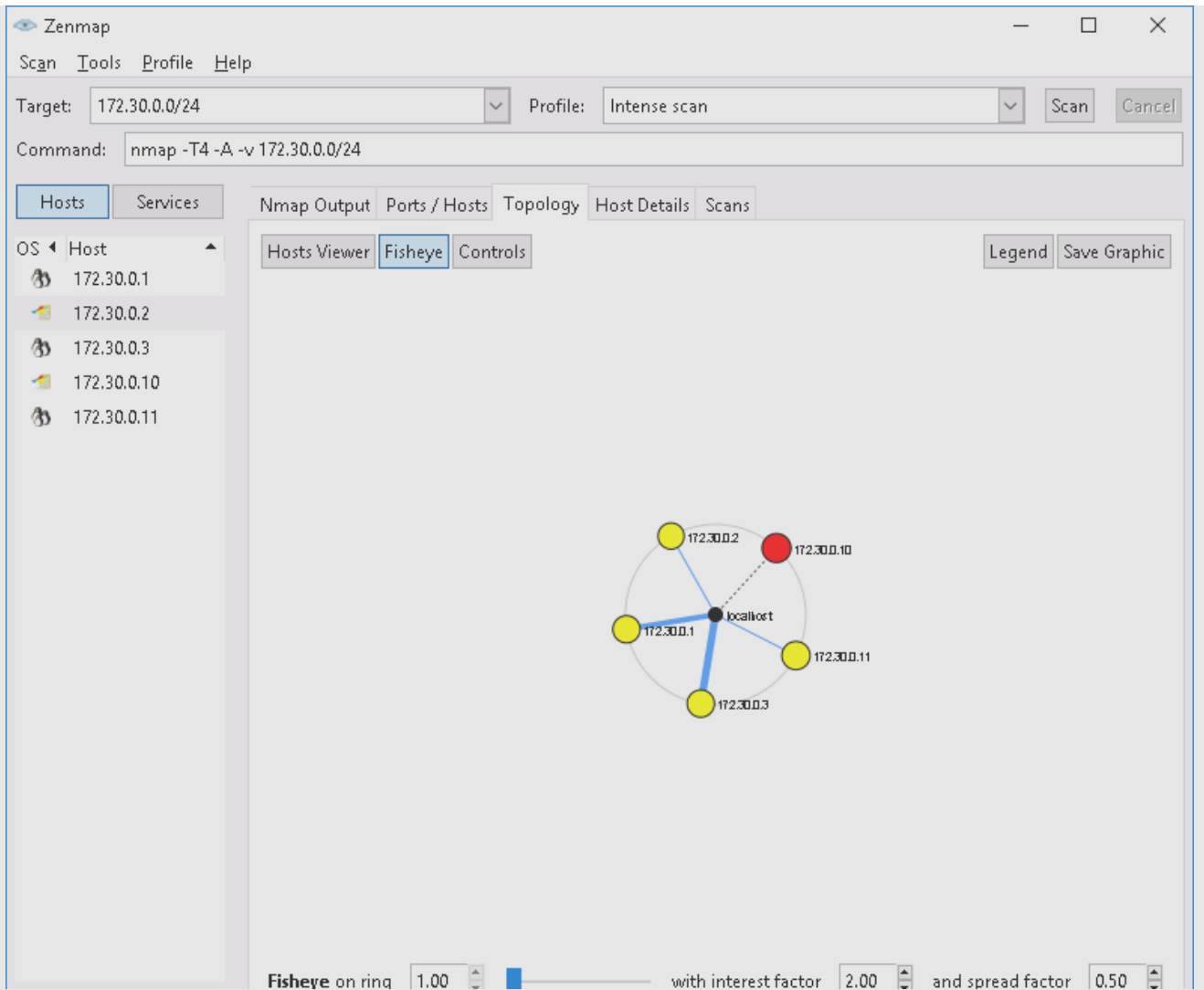
13. In the right pane, **click the Topology tab.**

This tab displays a bubble chart of all the IP hosts discovered during the scan. In this report, the bubble chart shows the relative size and connection type of all discovered hosts.



Topology tab

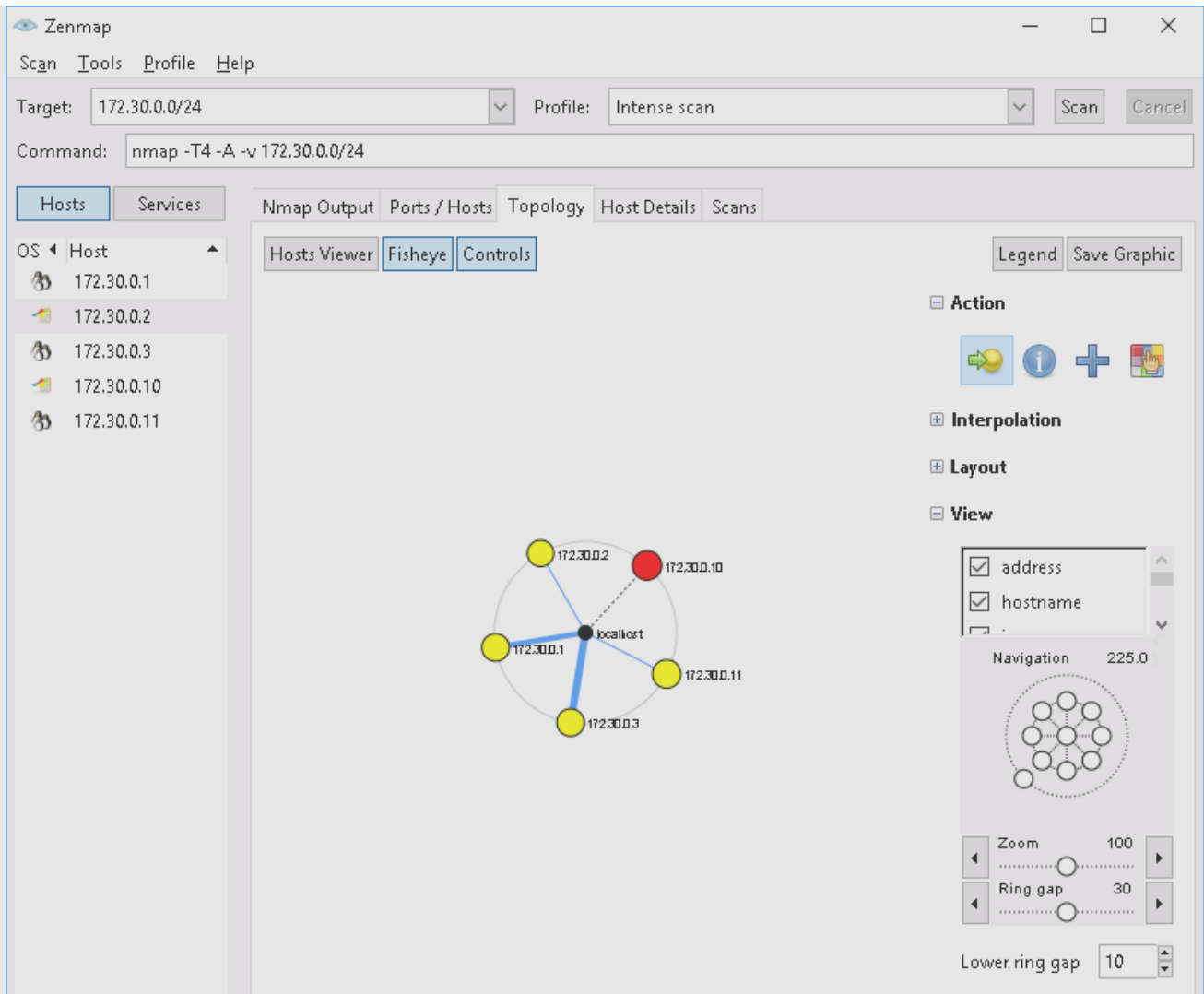
14. On the Topology tab, **click the Fisheye button** to see how the orientation of the chart changes.



Fisheye View

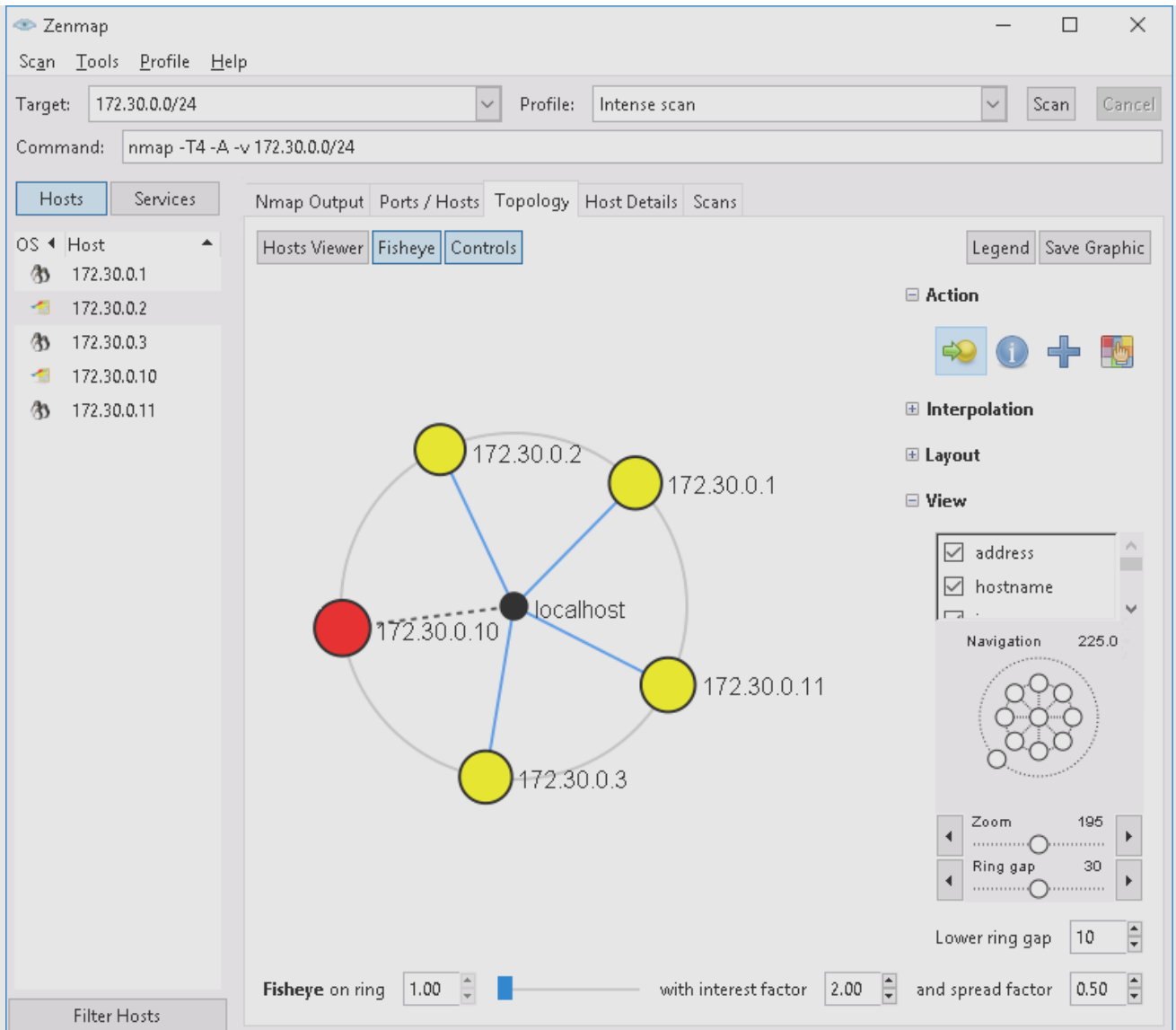
Note: A bubble chart is a type of graph used to show relationships, by size, of different variables across an XY axis. A fisheye lens is a tool which can be used to change the shape and orientation of the graph. A fisheye bubble chart combines the two features.

15. On the Topology tab, **click the Controls button** to display the chart controls on the right side of the window.



Topology Chart Controls

16. In the chart controls pane, **drag the Zoom and Ring Gap sliders** to adjust the size and orientation of the chart until you are satisfied that all of the hostnames and the relationship indicators are clearly readable without any overlapping information.



Resized Fisheye Bubble Chart

17. **Make a screen capture** showing the **fisheye bubble chart** and **paste** it into your Lab Report file.

18. **Close the Zenmap window.**

19. When prompted, **click Close anyway** to close Zenmap without saving changes.

Note: This completes Section 1 of this lab. In the next steps, you will use the File Transfer folder to move any files from the vWorkstation to your local system that are to be submitted as part of your lab deliverables. Refer to the instructions in the Common Lab Tasks document for more information on how to use this function.

20. From the TargetWindows02 desktop, **select any deliverable files** you saved in the course of this lab and **copy** them to the Windows clipboard.

- *yourname_S1_zenmap.xml*

21. **Minimize the remote TargetWindows02 connection.**

22. On the vWorkstation desktop, **right-click** any empty area of the desktop and **select Paste** to paste the copied files to the Desktop.

If necessary, **close the Connections folder.**

23. On the vWorkstation desktop, **drag** the deliverable files into the File Transfer folder to complete the download to your local computer.

Section 2: Applied Learning

Note: SECTION 2 of this lab allows you to apply what you learned in SECTION 1 with less guidance and different deliverables, as well as some expanded tasks and alternative methods.

Please confirm with your instructor that you have been assigned Section 2 before proceeding.

1. On your local computer, **create the Lab Report file.**

Frequently performed tasks, such as how to create the Lab Report file, make screen captures, and download files from the lab, are explained in the Common Lab Tasks document. You should review these tasks before starting the lab.

2. If you already completed Section 1 of this lab, you will need to reset the virtual environment before beginning Section 2. To reset the virtual environment, complete one of the following options.
 - a. **Click Options > Reset Lab** to restore all virtual machines to their base state. This will take several minutes to complete. If you do not see the vWorkstation desktop after five minutes, **click Options > Reload Lab** to reload your lab connection.
 - b. **Click Disconnect**, then **select Discard Changes** to end your lab session without creating a StateSave. If you previously created a StateSave, delete the StateSave at the launch page, then start a new lab session.
3. **Proceed with Part 1.**

Part 1: Exploring the Tools used in the Virtual Lab Environment

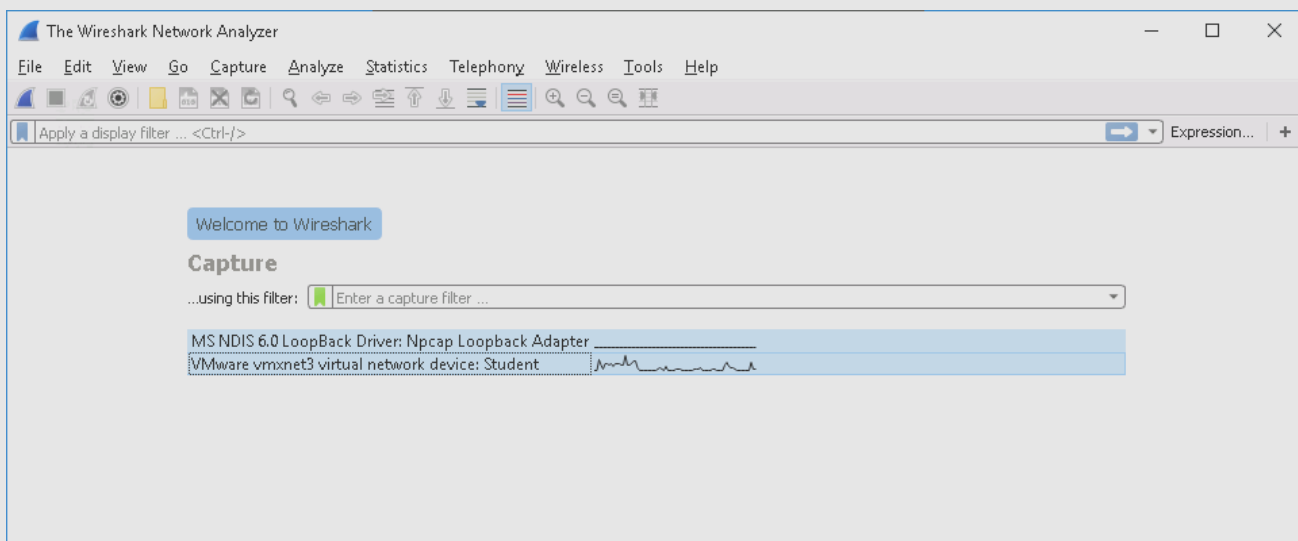
Note: In the next steps, you will explore several of the applications and tools available in the virtual lab environment to help familiarize you with their intended purpose.

1. **Open a remote connection** to the **TargetWindows02** machine.
2. **Open the Wireshark application.**

Wireshark is a protocol analyzer tool (sometimes called a “packet sniffer”). It is used to capture IP traffic from a variety of sources. The main screen of Wireshark includes details about the current capture configuration. From this screen, analysts can select individual interfaces and enter custom filter commands to quickly sort the captured data.

3. From the main screen, **select the Student and Npcap Loopback Adapter capture interfaces.**

The student interface is the network interface for the lab environment that you are working in. Selecting this interface ensures that Wireshark can analyze traffic from areas of the network that are visible to students.



Verify interface selection

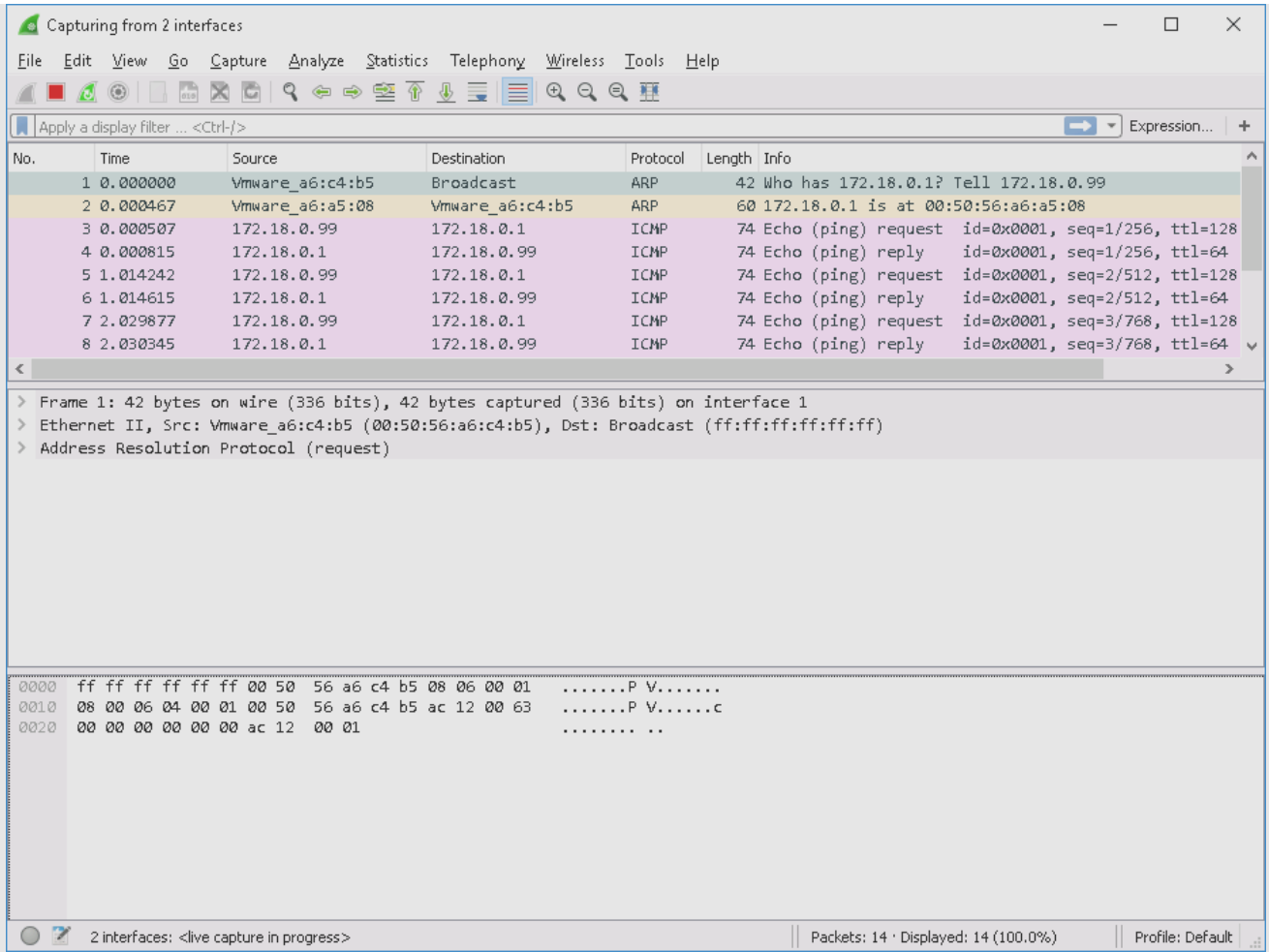
4. **Apply a filter** to exclude RDP traffic generated between the vWorkstation and TargetWindows02 systems, then **start** the packet capture.

Note: In the next steps, you will generate traffic for Wireshark to capture.

5. **Open a Command Prompt window** and **ping** the Indy Router at **172.18.0.1**.

6. When the prompt reappears, **close the command window** and review the data captured by Wireshark.

Because Wireshark is capturing live data, your screen will not match the following figure; however, you will still see that Wireshark has captured the Ping traffic as packets using the ICMP protocol (Internet Control Message Protocol).



Wireshark window

Exploring Wireshark

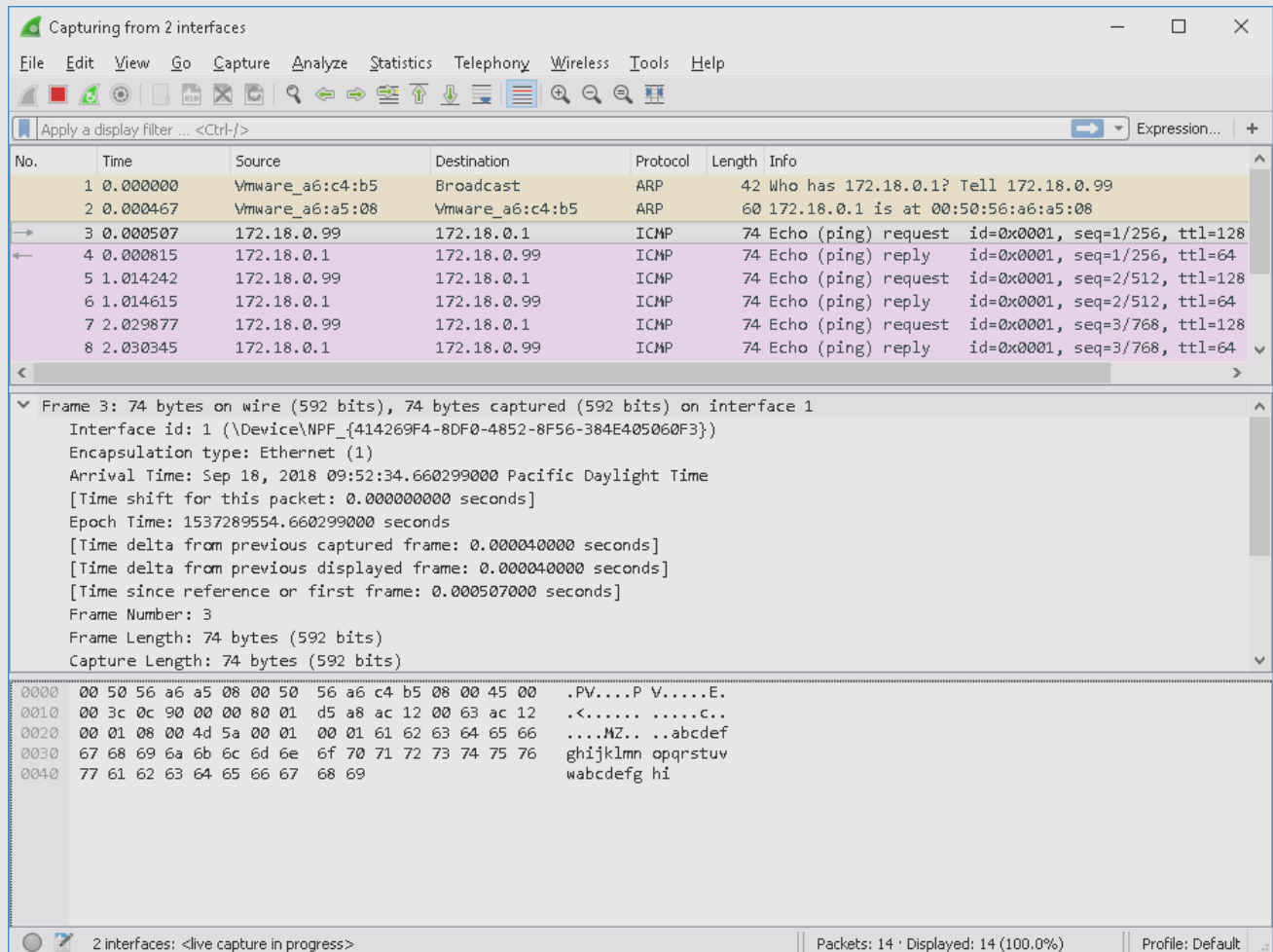
The Wireshark window opens with the detailed information about the packets captured in three panes. Use your mouse to drag the borders of any pane up or down to change its size.

- The top pane of the Wireshark window contains all of the packets that Wireshark has captured, sorted by timestamp, and provides a summary of the contents of the packet in a format close to English. Keep in mind that the content will be different depending on where you capture packets in the network. Also remember that the "source" and "destination" are relative to where a packet is captured. This area of the Wireshark window is referred to as the *frame summary*.
- The middle pane of the Wireshark window is used to display the packet structure and contents of fields within the packet. This area of the Wireshark window is referred to as the *frame detail*.
- The bottom pane of the Wireshark window displays the hex. All of the information in the packet is displayed in hexadecimal on the left and in decimal, in characters when possible, on

the right. This can be a useful feature, especially if the passwords you are looking for are unencrypted. This area of the Wireshark window is referred to as the *hex pane*.

7. In the frame summary pane, select the first ICMP frame and expand the frame detail.

In the frame detail, Wireshark displays information about the time the data was captured.



Frame detail for ICMP traffic

8. Make a screen capture showing the **Arrival Time** for the ICMP traffic that you captured and paste it into your Lab Report file.

9. Stop the packet capture, then save the Wireshark capture to the TargetWindows02 desktop as *yourname_S2_wireshark_capture.pcap*, replacing *yourname* with your own name, and close

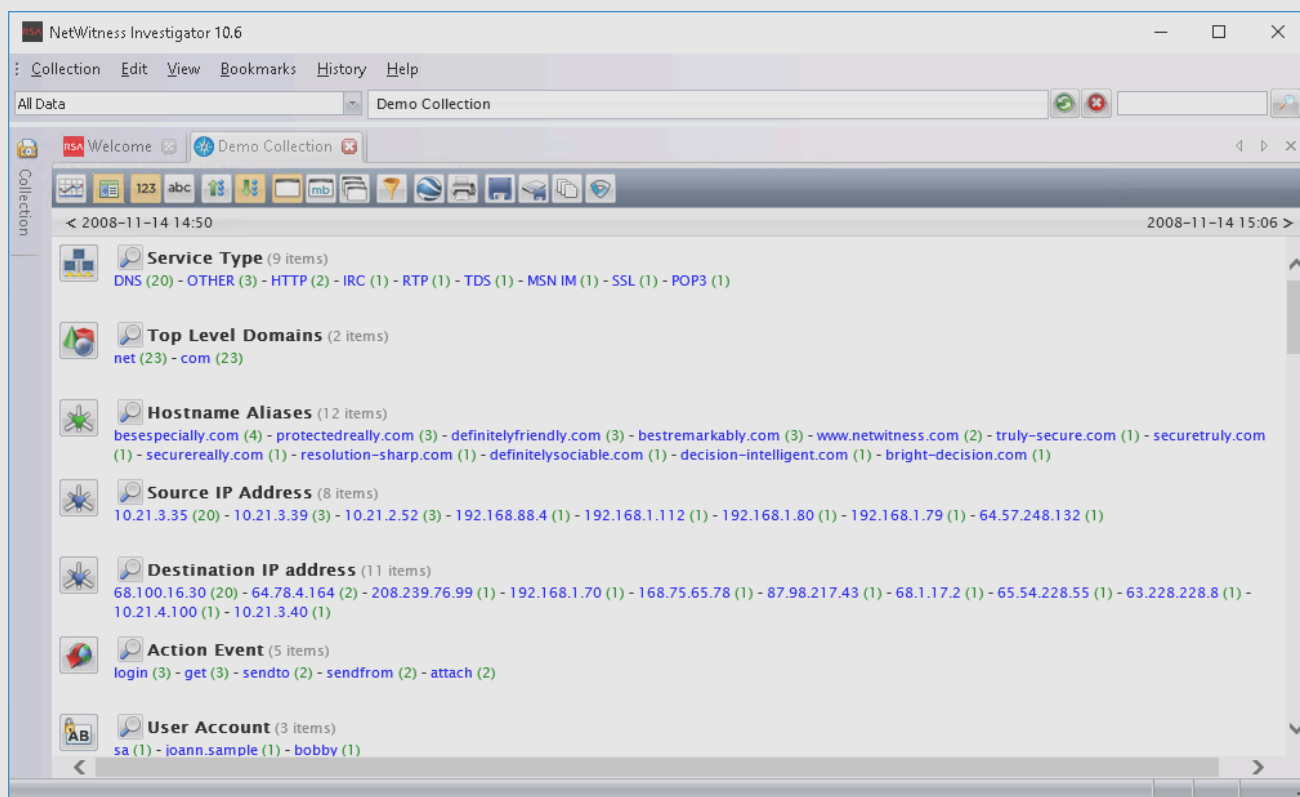
Wireshark.

Note: In the next steps, you will explore the RSA NetWitness Investigator application. NetWitness Investigator provides a high-level overview of all the traffic in a packet capture file. While Wireshark looks at every packet, NetWitness categorizes and organizes traffic so that anomalous patterns become more apparent.

10. **Open the NetWitness Investigator application.**

11. **Open the Demo Collection** and review the NetWitness Investigator report.

Notice that NetWitness Investigator has specified the source and destination IP addresses in this collection, identified the user accounts found in the collection, and even recognized attachments.



Demo Collection viewed in NetWitness Investigator

12. In the User Account category, **click the Joann.sample link** to learn more about that account's activity.
13. In the Attachment category, **click the (1) link** following the creditcards.txt link to view information specific to the file.
14. **Make a screen capture** showing the **creditcards.txt file details** and **paste** it into your Lab Report file.
15. **Close the NetWitness Investigator window.**

Note: In the next steps, you will explore the Nessus Web Client. Nessus performs remote scans and audits of Unix, Windows, and network infrastructures and can perform a network discovery of devices, operating systems, applications, databases, and services running on those devices.

16. **Open the Nessus Web Client.**

17. When prompted with a security certificate warning, **click Continue to this website (not recommended)** to continue.

This warning occurs when a website has either an expired certificate, mismatched certificate, or a self-signing certificate.

18. When prompted, **enter** the following credentials and **click Sign In** to open Nessus.

- Username: **Administrator**
- Password: **P@ssw0rd!**

If prompted to save your password, **click Not for this site.**

19. **Create** a new **Basic Network Scan** using the details provided below and **save** the new scan.

- Name: ***yourname_S2_BasicScan***
- Description: ***Current date and time***
- Folder: **My Scans**
- Targets: ***172.30.0.11***

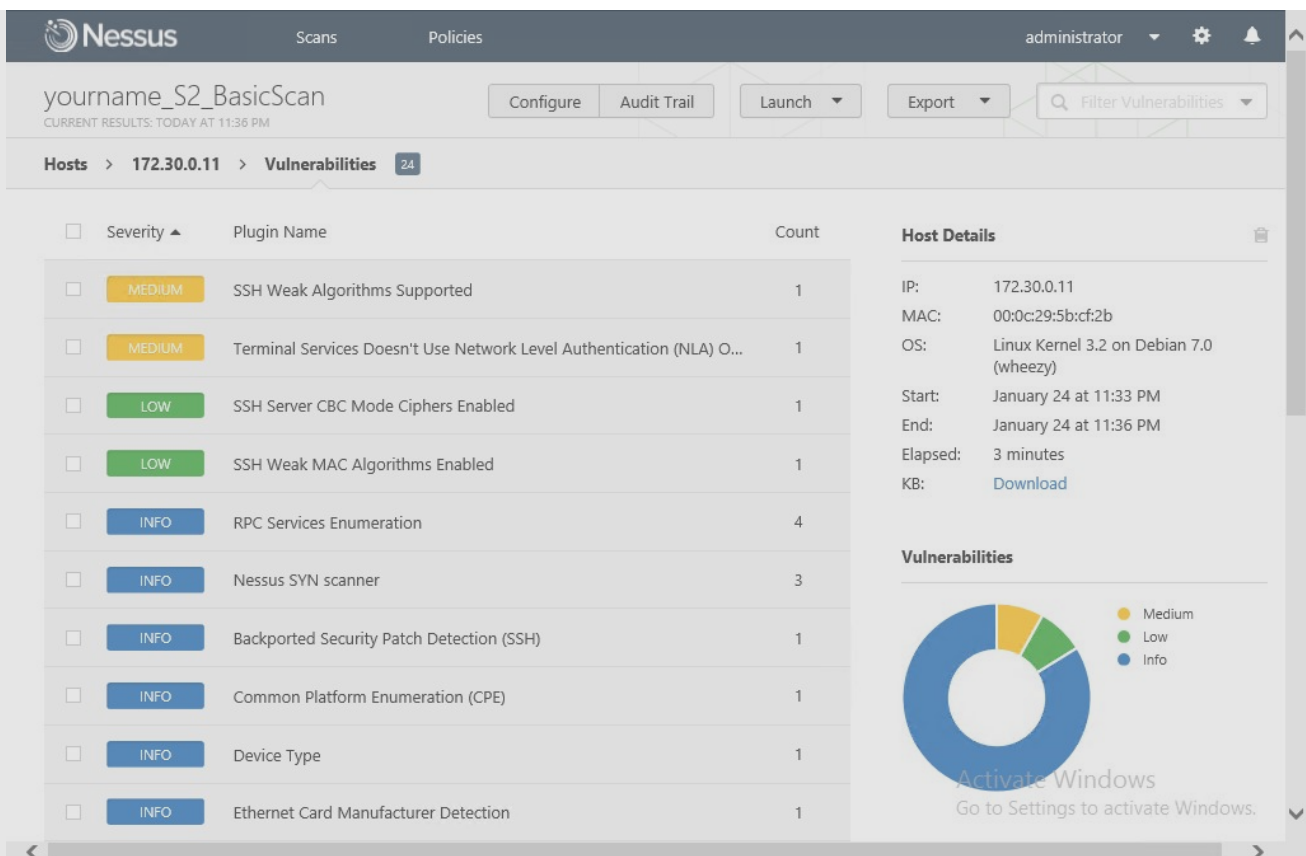
The Targets box defines the IP address for the target of the scan. It can be directed to one or more machines. It can also be populated by uploading a text file.

20. **Launch** the ***yourname_S2_BasicScan*** scan.

This scan may take 3-5 minutes to complete. When it is finished, the word *Completed* will be displayed in the Status column.

21. When the scan is completed, **review** the **security vulnerabilities** identified by Nessus.

Clicking on any vulnerability will enable you to drill down to gain additional information about the nature of the issue and possible solutions.



Vulnerability summary report

22. Click the **Terminal Services Doesn't Use Network Level Authentication** vulnerability to display additional details about this vulnerability.
23. **Make a screen capture** showing the **vulnerability detail screen** and **paste** it into the Lab Report file.
24. Under the Output section of the vulnerability detail page, **click** the **172.30.0.11** link to return to the Vulnerabilities list, filtered to show only vulnerabilities related to the TargetLinux01 host.

In this case, your scan only included one target, so the filtered list of vulnerabilities will be the same as the first vulnerabilities list. However, for scans that include multiple targets, you can use the filtered vulnerabilities list to review vulnerabilities by host.

25. **Export** the scan report as an HTML file and **save** the file to the TargetWindows02 desktop as *yourname_S2_BasicScan*, replacing *yourname* with your own name.

26. **Close** the **Nessus window**.

Note: In the next steps, you will explore the FileZilla application.

27. **Open** the **FileZilla Server application**.

28. **Minimize** the **remote TargetWindows02 connection** to return to the vWorkstation.

29. **Open** the **FileZilla Client application**.

30. Use the following details to **connect** to the **TargetWindows02** machine.

- Host: **172.30.0.10**
- Username: **Administrator**
- Password: **P@ssw0rd!**
- Port: **21**

31. **Close** the **FileZilla Client window** and **restore** the **remote TargetWindows02 connection** to view the connection activity in the FileZilla server logs.

32. **Close** the **FileZilla Server window**.

Note: In the next steps, you will explore Tftpd64, another file transfer application. This tool allows files to be shared without the overhead of FTP. Tftpd64 uses TFTP (Trivial File Transfer Protocol) to

send (put) or receive (get) files between computers.

33. **Open the Tftpd64 application.**

34. **Change the Current Directory** to the TargetWindows02 Administrator desktop, then **select 172.30.0.10** from the Server interfaces menu.

The local TFTP server will now listen on UDP port 69 on the 172.30.0.10 interface for a file transfer. In the next steps, you will transfer a file to the directory shown in the Current Directory box using TFTP.

35. **Minimize the remote TargetWindows02 connection.**

36. On the vWorkstation desktop, **create a new text document** (*yourname_S2_tftp*), replacing *yourname* with own name.

37. **Open a Command Prompt window.**

38. At the command prompt, **execute** `tftp 172.30.0.10 put c:\users\administrator\desktop\yourname_S2_tftp.txt` to transfer the file to the TargetWindows02 desktop, then **close the Command Prompt window.**

39. **Restore the remote TargetWindows02 connection**, then **click the Show Dir button** in the Tftpd64 application to confirm the file transfer.

40. **Make a screen capture** showing the **successful TFTP file transfer** and **paste** it into the Lab Report file.

41. Close the **Tftpd64** windows.

42. Minimize the remote **TargetWindows02** connection.

Part 2: Connecting to a Linux Machine

Note: Some tools are only available on Linux machines. Unlike Windows machines, most Linux interactions take place from the command line, rather than in an application GUI. The virtual environment offers two ways to connect to the Linux terminal: a Remote Desktop Connection and PuTTY. In the next steps, you will explore both options.

1. Open a remote connection to the **TargetLinux01** machine.

If prompted, **enter** the following credentials and **click OK** to open the remote connection.

- Username: **student**
- Password: **student**

2. From the **TargetLinux01** menu bar, open a **terminal window**.

3. At the command prompt, **execute top** to display all the systems' top processes.

4. Press **CTRL+ c** to stop the process.

5. At the command prompt, **execute su** to switch user accounts to the superuser.

Many Linux commands require elevated access and cannot be performed by the student account.

6. When prompted for a password, **type** **toor** and **press** **Enter**.

You are now logged into the Linux Debian machine with root level access. The command prompt has changed to `root@TargetLinux:/home/student#`.

7. **Close** the **terminal window**, then **close** the **remote TargetLinux01 connection** to return to the vWorkstation.

8. **Restore** the **remote TargetWindows02 connection**.

9. **Open** the **PuTTY application**.

PuTTY uses the Secure Shell (SSH) protocol to securely access to a remote computer. Once connected, PuTTY displays a terminal shell in which Linux commands can be executed.

10. In the Host Name (or IP address) box, **type** **172.16.8.5**, the IP address for LAN Switch 1.

11. If necessary, **click** the **SSH radio button**, then **click** **Open** to start the connection.

12. At the login prompt, **enter** the following credentials.

- Login: **cisco**
- Password: **cisco**

Once successfully logged in, the command prompt, `172.16.8.5/LanSwitch1>`, is displayed.

13. **Execute** the **Cisco command** that will list the vlans for LAN Switch 1.
14. **Make a screen capture** showing the **output from the Cisco command** and **paste** it into the Lab Report file.
15. **Execute** **quit** to close the PuTTY window.

Part 3: Using Zenmap to Perform Basic Reconnaissance

Note: In the next steps, you will use Zenmap to perform an Intense Scan on two IP addresses, which will identify the hosts, what services (application name and version) those hosts are offering, what operating systems (and OS versions) they are running, and what type of packet filters or firewalls are in use.

1. **Open** the **Zenmap application**.
2. **Run** an **Intense scan** on **172.30.0.3** and **172.30.0.11**.

When listing multiple targets, each IP address should be separated by a single space. This scan will take about 2 minutes. The scan is completed when the final line of the output reads *Nmap done*.

3. When the scan has completed, **examine each Nmap tab** and look for the information in the following table.

Nmap Tab	Information to Look For and Review
Nmap Output	Raw output data
Ports/Hosts	IP hosts and open ports
Topology	Fisheye bubble chart of IP hosts

Host Details	IP host OS fingerprint details
Scans	Completed scans performed

4. Create a **Fisheye Bubble chart** for the scan results.

5. **Make a screen capture** showing the Fisheye Bubble chart and **paste** it into your Lab Report file.

6. In the Command box, **type `nmap -T4 -F 172.16.8.5`** and **press Enter** to scan the target.

7. **Make a screen capture** showing the **results of the Zenmap scan** and **paste** it into your Lab Report file.

8. In your Lab Report file, **identify the type of scan that uses the command `-T4 -F`** (hint: use the Profile dropdown menu).

9. **Close Zenmap** without saving changes.

Note: This completes Section 2 of this lab. In the next steps, you will use the File Transfer folder to move any files from the vWorkstation to your local system that are to be submitted as part of your lab deliverables. Refer to the instructions in the Common Lab Tasks document for more information on how to use this function.

10. **Select any deliverable files** you saved in the course of this lab and **copy** them to the Windows clipboard.

- *yourname_S2_wireshark_capture.pcap*
- *yourname_S2_BasicScan.txt*

11. **Minimize** the remote **TargetWindows02** connection.

12. On the vWorkstation desktop, **paste** the copied files to the Desktop.

13. On the vWorkstation desktop, **drag** the deliverables files into the File Transfer folder to complete the download to your local computer.

Section 3: Lab Challenge and Analysis

Note: The following questions are provided to allow you the opportunity for independent, unguided research, similar to what you will encounter in a real situation. Some questions will challenge you to find command line syntax for tasks you performed in the lab, others may ask you to extend your learning from the lab. Use screen captures where possible to illustrate your answers.

Part 1: Analysis and Discussion

In the lab, NetWitness Investigator identified two email addresses found in the Demo Collection. What were they?

Part 2: Tools and Commands

In the lab, you used the filter box in Wireshark to remove traffic from port 3389. What is that port used for? What filter syntax could you use to show only the Ping traffic that was generated in the lab?

Part 3: Challenge Exercise

Repeat a Nessus Basic Scan on the TargetWindows02 machine. Make a screen capture of both Medium Risk vulnerabilities and using the links provided in the vulnerability detail page, give a brief description of the problem and next steps for each.

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