

File Sharing Practice: Windows <-> Parrot OS

Method 1: SMB Share (Windows to Parrot)

1. On Windows:

- Create a folder (e.g., C:\Shared)
- Right-click > Properties > Sharing > Advanced Sharing...
- Enable "Share this folder"

2. Find Windows IP:

- Run: ipconfig (note IPv4 address, e.g., 192.168.1.10)

3. On Parrot OS:

- List shares: `smbclient -L //192.168.1.10 -U your_username`
- Connect: `smbclient //192.168.1.10/Shared -U your_username`
- Use: `get <file>`, `put <file>`, `exit`

Method 2: Python HTTP Server (Parrot to Windows)

1. On Parrot OS:

- `cd /home/user/Desktop`
- `python3 -m http.server 8000`

2. On Windows:

- Browser: `http://<parrot-ip>:8000`
- Or CMD: `curl http://<parrot-ip>:8000/file.txt -o file.txt`

Method 3: Python HTTP Server (Windows to Parrot)

1. On Windows (CMD):

- `cd C:\Users\YourName\Desktop\Shared`
- `python -m http.server 8000`

2. On Parrot OS:

- `wget http://192.168.1.10:8000/file.txt`

Important Notes

- Use Bridged Networking or ensure both VMs are on the same subnet.
- Temporarily disable Windows Firewall or allow SMB/HTTP traffic.
- Test file transfers in both directions.
- Commands are exam-relevant and quick for CEH Practical scenarios.