Why do I need a pen test lab?

- Hacking and or scanning machines without consent is against the law in most countries
- To become an effective penetration tester or ethical hacker you need to practice to enhance your skills
- Freedom to install, run, and configure any tool you like

Requirements

- Hard Disk - 50GB of disk space or more depending on the number of guest operating systems you plan on installing.
- CPU - I recommend the latest technology but any of the I3/I5/I7 families are ok. The more processing power you have the better
- Memory - I recommend 8GB or 16GB. Memory is critical. The more memory you have the more virtual systems you will be able to have running at one time
- Virtualization software – I recommend using open source software to start using either VirtualBox or VMPlayer. Eventually you might want to pay for the commercial software such as VMworkstation of if you have a Mac VMfusion

Virtual Machine Downloads

- **Kali Linux 2 -Pentesting Environment**
  - Osboxes.org
  - https://www.offensive-security.com/kali-linux-vmware-arm-image-download/
- **Metasploitable 2 – Vulnerable Machine**
  - http://sourceforge.net/projects/metasploitable/files/Metasploitable2/
- **Bee-Box – Vulnerable Machine**
  - http://sourceforge.net/projects/bwapp/files/bee-box/bee-box_v1.6.7z/download
- **OWASP Brocken Web Applications Project – Vulnerable Machine**
  - http://sourceforge.net/projects/owaspbwa/files/

Virtualization Software

- For this class I will be using **VirtualBox**
  - https://www.virtualbox.org/wiki/Downloads
  - Install the software based on your host operating system
    - Windows, OSX, Linux, or Solaris

Folder Structure

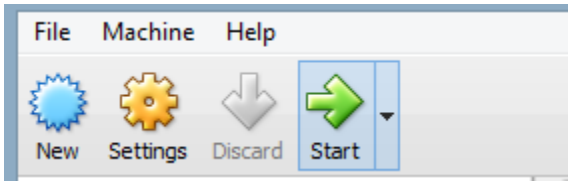
- I recommend creating 2 folders for this work
  - A folder for the compressed files so that if need be you can recreate the vms in case you end up with a corrupted VM
  - A folder for the uncompressed Virtual Machines

Extracting Files

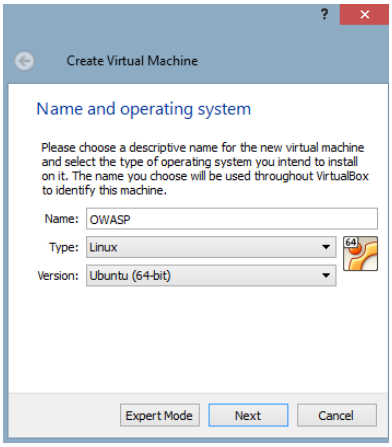
- I recommend downloading 7-zip if you don't already have winzip. 7-zip is open source software which can decompress a large number of compressed file types.
  - http://www.7-zip.org/

Creating Virtual Machines

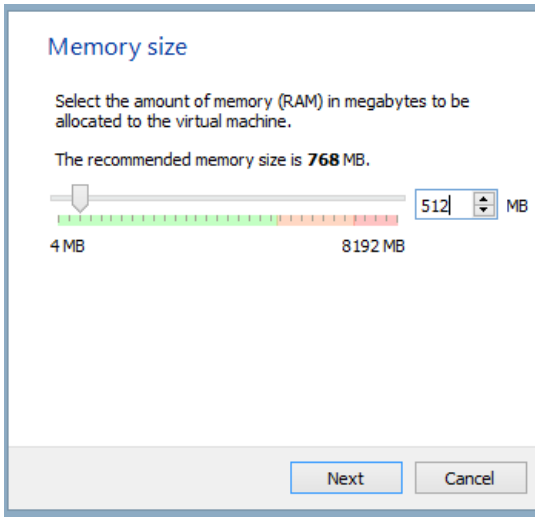
- Open Virtual Box
- Click New



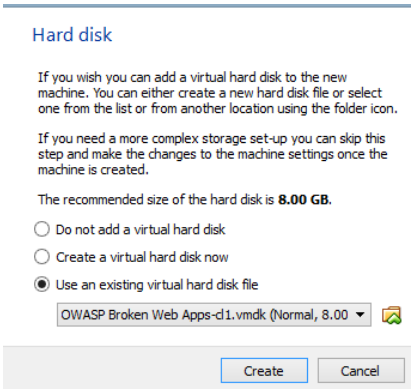
- Enter the Name and Operating System and Click Next



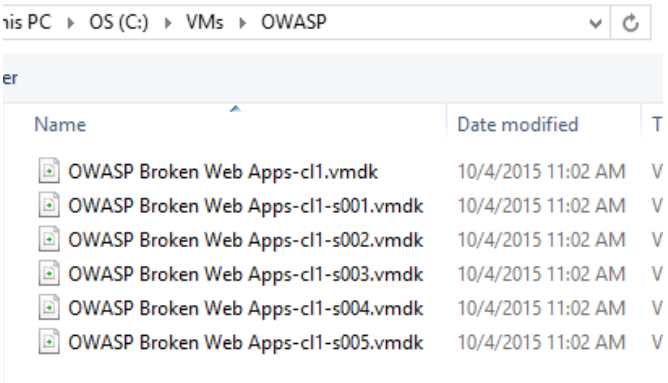
- Change the memory size to 512



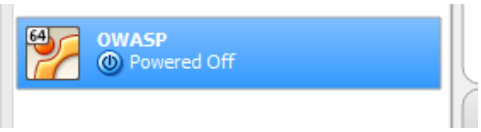
- Use and existing virtual hard disk



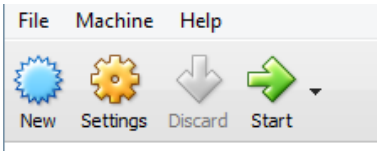
- Click on the folder icon above cancel and select the folder and file that you want to use. Click Open. Then click Create. Select the first file cl1.vmdk…



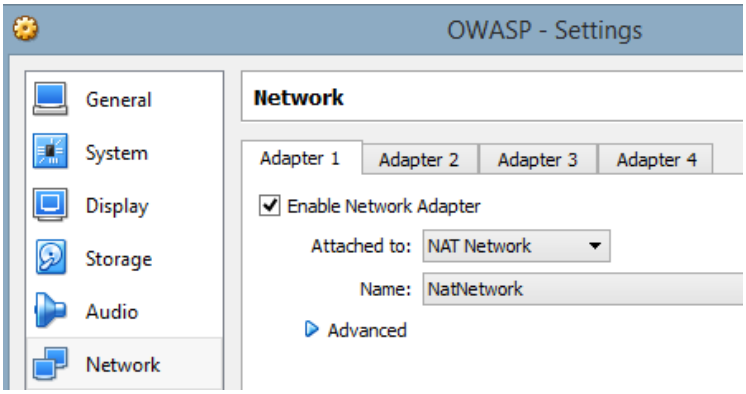
- Now you will see your virtual machine on the vm list'



- Click on Settings



- Click on Network. Change Attached to to Nat Network. Name NatNetwork and click OK

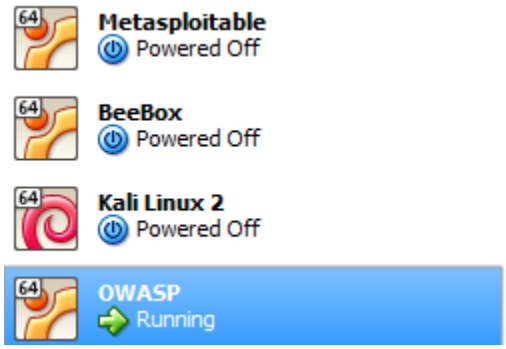


- Click on Start
  - Wait for the machine to run. You will then be at the login screen. Enter the password of root and the password of owaspbwa

```
Welcome to the OWASP Broken Web Apps VM

!!! This VM has many serious security issues. We strongly recommend that you run
    it only on the "host only" or "NAT" network in the VM settings !!!

You can access the web apps at http://10.0.2.12/

You can administer / configure this machine through the console here, by SSHing
to 10.0.2.12, via Samba at \\10.0.2.12\, or via phpmyadmin at
http://10.0.2.12/phpmyadmin.

In all these cases, you can use username "root" and password "owaspbwa".

OWASP Broken Web Applications VM Version 1.2
Log in with username = root and password = owaspbwa

owaspbwa login:
```

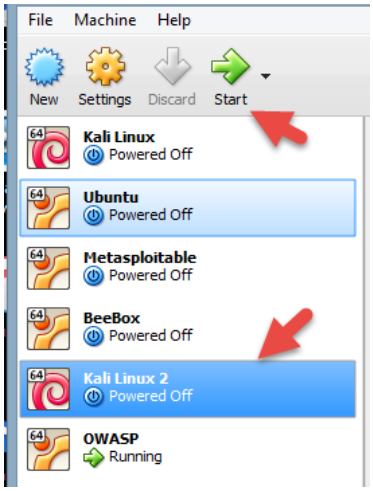
- You will now be logged in as root and be at the # prompt. This is all you need to do with this VM. Write down the ip address as in this case it is 10.0.2.12 so you can use it later.

Create the other VMS just as you did with this one. When you are done you should have a virtual machine list that looks like this:



Kali Linux

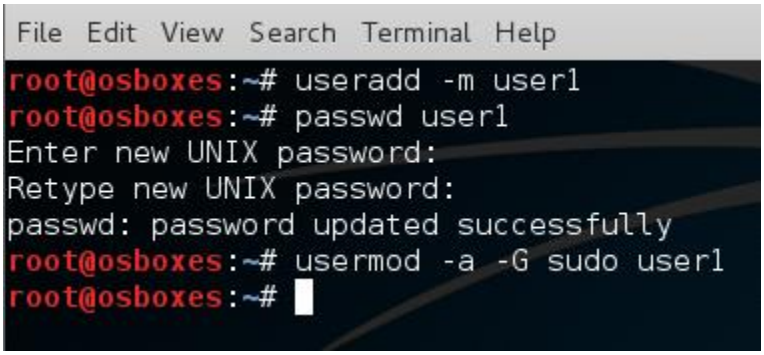
- Video 1 https://www.youtube.com/watch?v=HQYcgvISi9Y
- Video 2 https://www.offensive-security.com/kali-linux-vmware-arm-image-download/
- Start Kali Linux VM



- Login with the username of **root**
- Enter the password of **toor** if you downloaded the Vm from offensive security
- Enter the password of **osboxes.org** if you downloaded the VM from osboxes.org
- Open up a terminal session

- Create a new user called user1
  - Type **useradd –m user1**
- Create a password for user1
  - Type **passwd user1**
  - Type **root**
  - Retype **root**

- Add user1 to the sudo group
  - Type **usermod –a –G sudo user1**

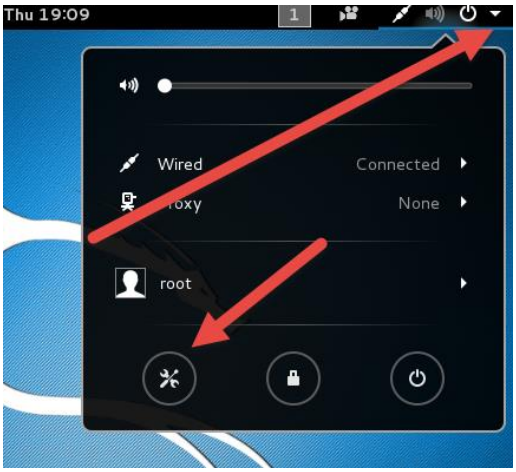


Update Kali Distribution

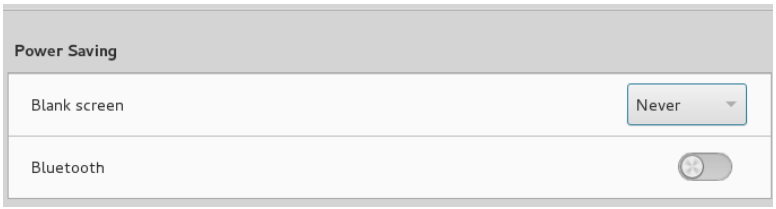
- Now let's **update our Kali Distribution**
  - Type **apt-get update**
  - Once complete and you are back at the # prompt
  - Type **apt-get dist-upgrade**
  - Type **y** and hit **enter**
  - When done type **exit**

Power Settings

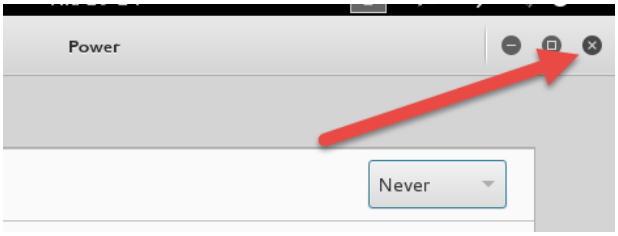
- Now let's **turn off power saving**
- Click on the down arrow in the top right of screen then click on settings



- Click on **Power**
- Change Blank screen to **Never**

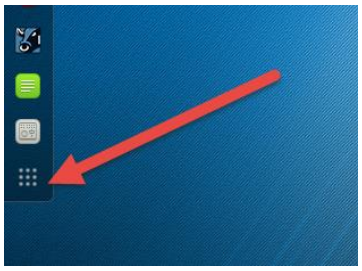


- Close out of Power Settings

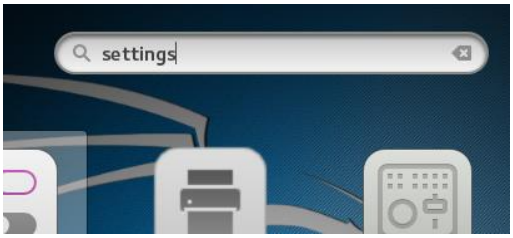


Privacy Settings

- Change Privacy Settings
- Click on Show Applications

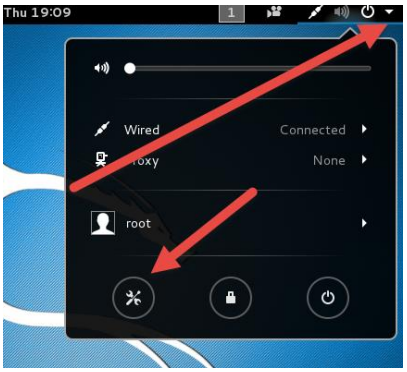


- Type **settings** in the search bar and hit **enter**



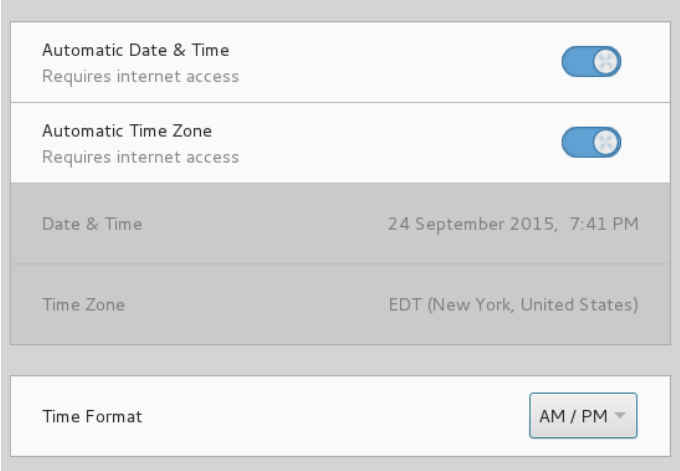
- Click **Privacy**
- Change Screen Lock by turning off **Automatic Screen Lock**

  - Close out of screenlock
- Now let's set our system data and time. Click on **settings** again



Date & Time

- Click on **Date & Time**
  - Turn on Automatic Date & Time
  - Turn on Automatic Time Zone
  - Change Time Format to AM/PM



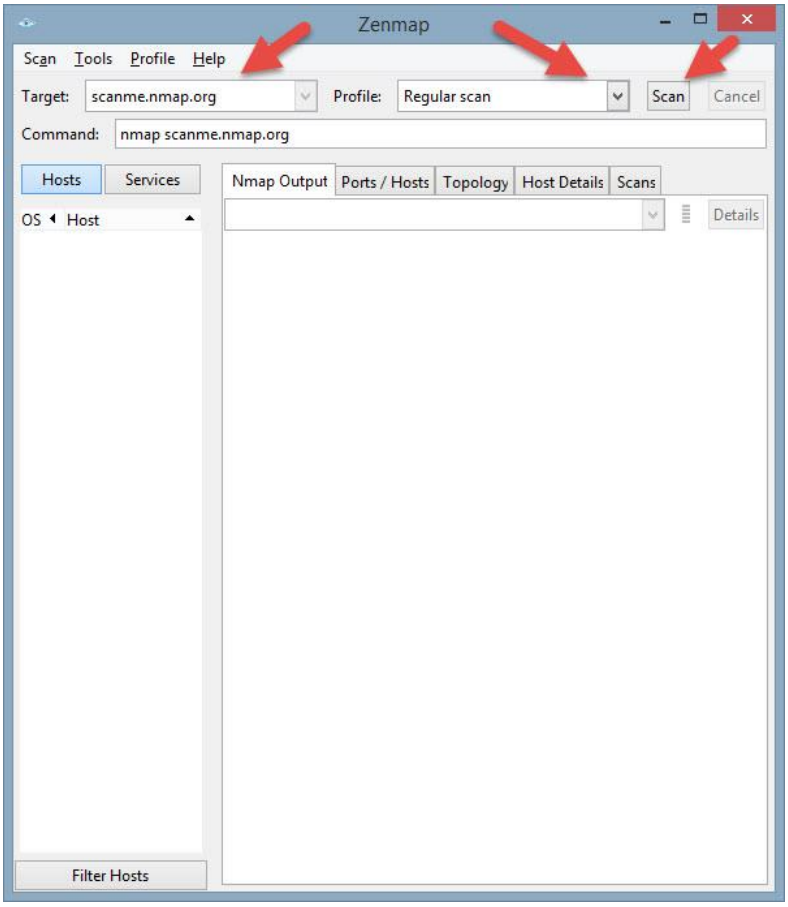
- Close out of Date & Time

Nmap

- Open a terminal session
- Test your network connectivity and make sure nmap is working
- Type **nmap scanme.nmap.org**
- Review the results to see the open ports and services found

Zenmap

- At the command line type Zenmap
- Enter scanme.nmap.org as the target
- Select the profile of Regular scan and hit the scan button



Nmap Scans

Run the following scans against scanme.nmap.org

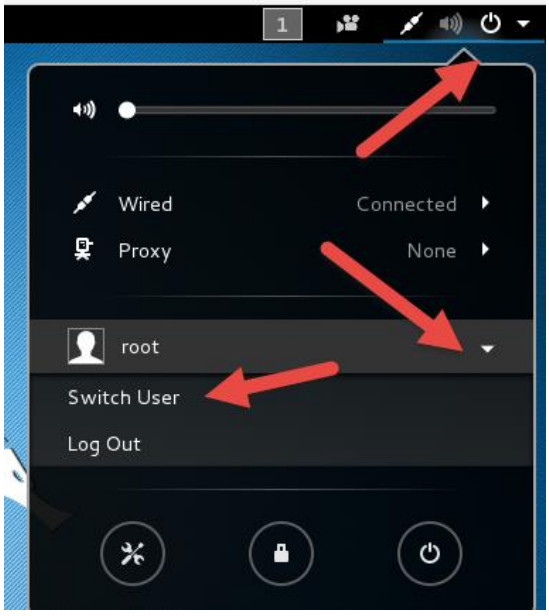
- **Nmap –sn scanme.nmap.org** (just a ping)
- **Nmap –Pn scanme.nmap.org** (without a ping stealthy)
- **Nmap –A scanme.nmap.org** (aggressive scan)
- **Nmap –p 80 scanme.nmap.org –** Nmap can select what ports to scan by simply adding –p port,port2,port 3… In this case we will only scan port 80.
- **Nmap –p- scanme.nmap.org** – Scans all ports from port 1-65535. It can also be accomplished by **nmap –p 1-65535 scanme.nmap.org**.

Zenmap Scans

Enter the target of scanme.nmap.org and select the following profiles and hit the scan button. Look at the commands.

- **Regular Scan**
- **Quick traceroute**
- **Quick scan**
- **Intense scan, all TCP ports**

- Switch user to user1

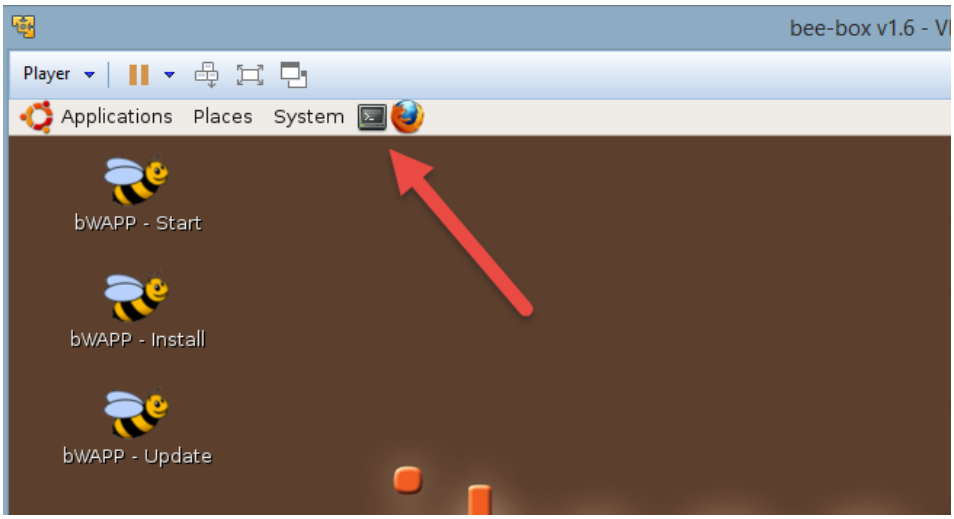


- Login with the username of **user1**
- Enter the password of **root**
- Open up a terminal session and notice that now you have a $ prompt as opposed to a # prompt. You are no longer logged in as root so the # is replaced with a $.
- Now when you run your nmap commands you are going to have to enter sudo before the nmap command

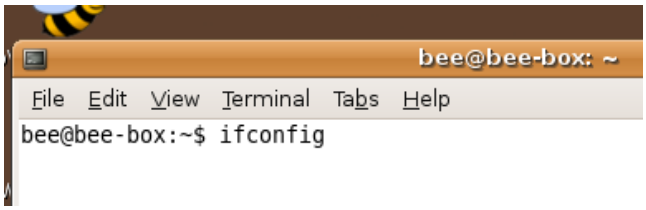
Scanning Vulnerable Virtual Machines

Bee-Box

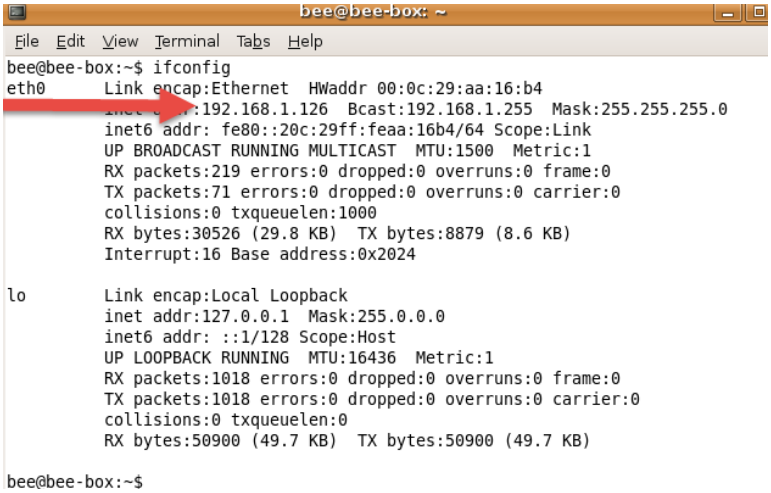
- Start Bee-Box
- Open up a terminal session



- Type ifconfig and hit enter



- You should get an IP address

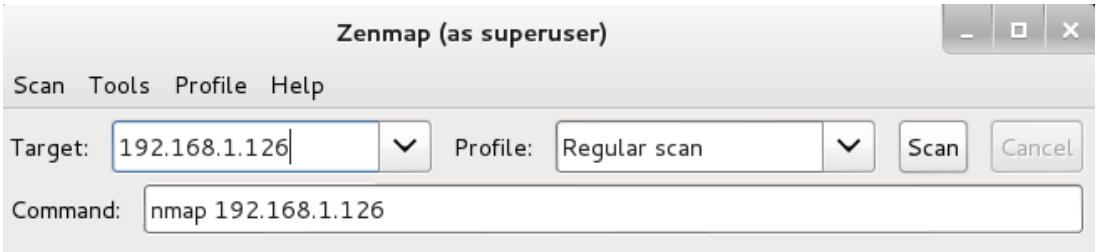


- Write down the ip address as you are going to use it throughout the nmap and Zenmap exercises. Mine is 192.168.1.126. Yours will be different
- Go back to Kali Linux and open up a terminal session
- Type **sudo nmap –sn x.x.x.x** (ip address from bee-box)
- Enter the password of user1 - **root**
- Type **sudo Nmap ip address**
- Type **sudo nmap –Pn IP address**
- Type **sudo nmap –F IP Address** This scan will scan the top 100 ports.
- Type **sudo Nmap --top-ports 10 ip address** This will only scan the top 10 ports.

- Type **sudo nmap –open ip address** This scan will only display the open ports
- Type **sudo nmap –p 80 ip address** This will only scan port 80.
- Type **sudo nmap –p 80,445 IP Address** This will only scan ports 80 and 445.
- Type **sudo nmap –p 20-500** This will scan ports 20 through 600.
- Type **sudo nmap –p- ip** address This will scan all the TCP ports 1-65535. You can also achieve the same thing by typing **sudo nmap –p 1-65535 ip address**
- Type **sudo nmap –sV ip address** This will scan the top 1000 ports and provide details about the services.
- Type **sudo nmap – O ip address** in order to scan the top 1000 ports but also scan for the operating system. Nmap has a database of operating systems it uses to compare to the system…
- Type **sudo nmap – A ip address** in order to perform an aggressive scan which includes, open ports, OS, Services, traceroute, and mac address. This is not a stealthy scan by any means… It will take much longer than any of the other scans.
- Type **sudo nmap –T5 ip address** to run an insane fast scan. The other options are -T4 (aggressive), -T3 (normal), -T2 (polite), -T1 (Sneaky), -T0 (paranoid)

Zenmap

- Enter the target IP address, Profile select regular scan, and hit the scan button

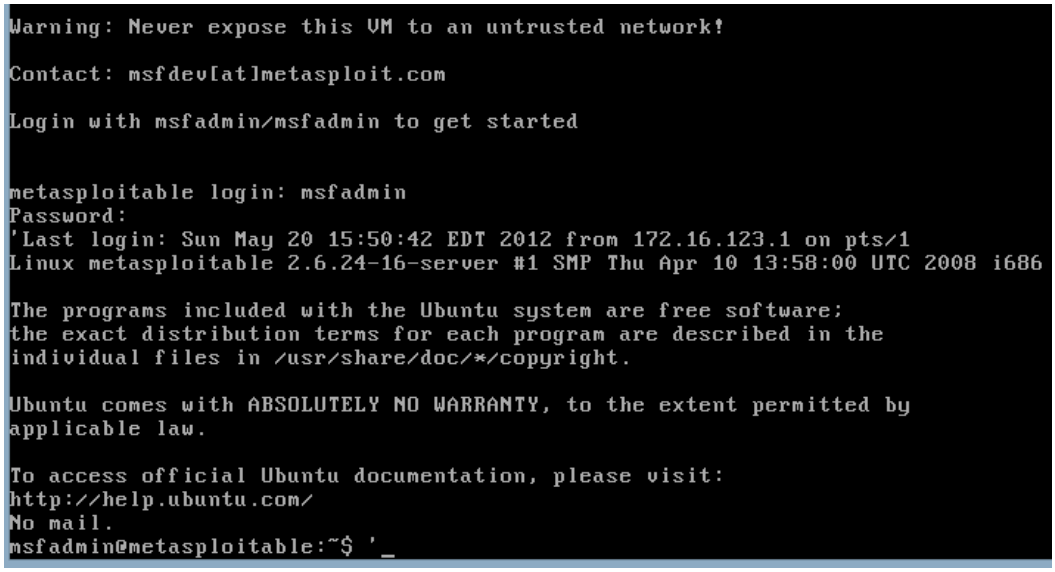


- Now let's perform a **Quick scan** by changing the profile to **quick scan** and hitting the **scan button**

Metasploitable

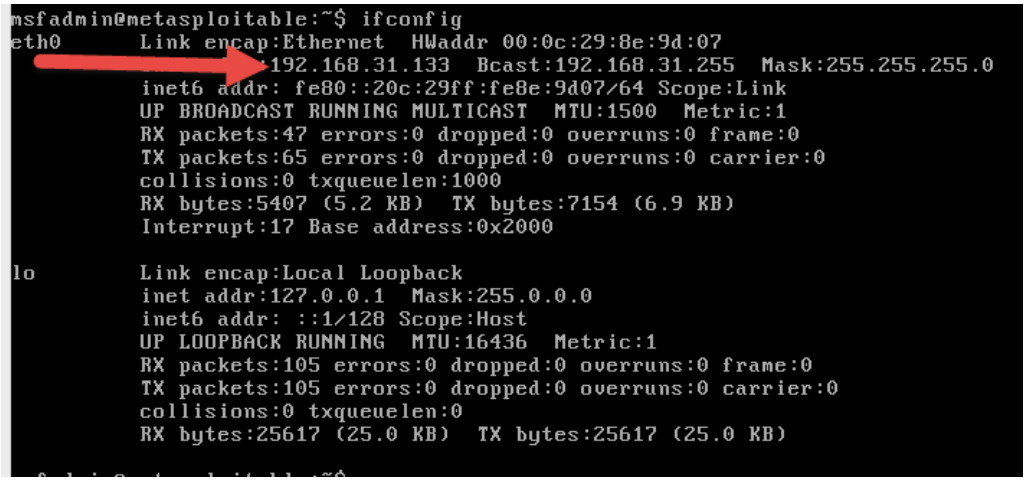
Metasploitable

- Start Metasploitable
- Login as msfadmin/msfadmin



- Type **Ifconfig**

- You should get an IP address



- Write down the ip address as you are going to use it throughout the nmap and Zenmap exercises. Mine is 192.168.31.133. Yours will be different
- Go back to Kali Linux and open up a terminal session
- Type **sudo nmap –sn x.x.x.x** (ip address from metasploitable)
- Type **sudo Nmap ip address**
- Type **sudo nmap –Pn IP address**
- Type **sudo nmap –F IP Address** This scan will scan the top 100 ports.
- Type **sudo Nmap --top-ports 10 ip address** This will only scan the top 10 ports.
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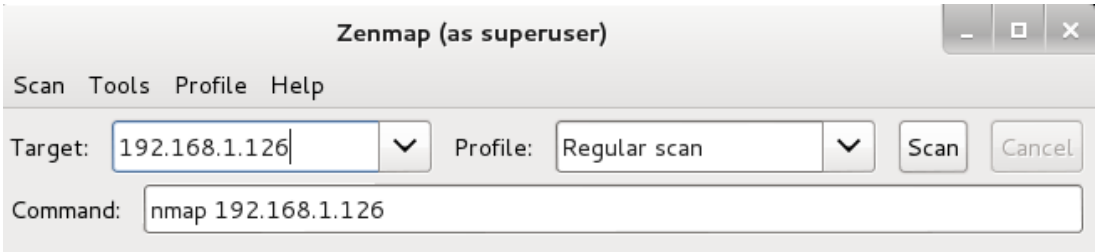
Zenmap

- Enter the tar
- Enter the target IP address, Profile select regular scan, and hit the scan button



- Now let's perform a **Quick scan** by changing the profile to **quick scan** and hitting the **scan button**

OWASP

- Your OWASP machine should already be running. You logged in s root with a password of owaspbwa. You should have already written down the ipaddress from earlier
- Go back to Kali Linux and open up a terminal session
- Type **sudo nmap –sn x.x.x.x** (ip address from Owasp)
- Type **sudo Nmap ip address**
- Type **sudo nmap –Pn IP address**
- Type **sudo nmap –F IP Address** This scan will scan the top 100 ports.
- Type **sudo Nmap --top-ports 10 ip address** This will only scan the top 10 ports.
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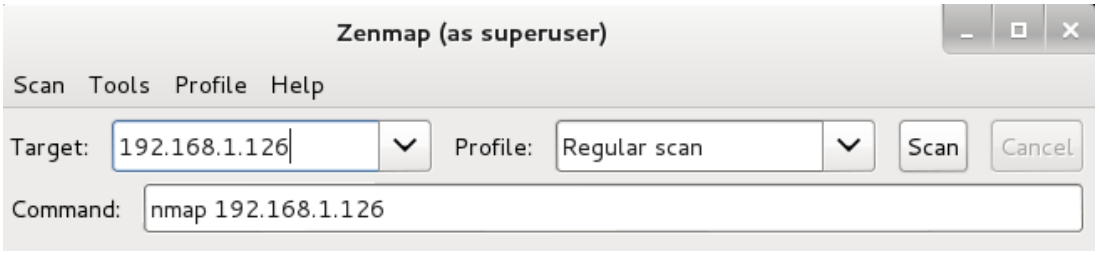
Zenmap

- Enter the tar
- Enter the target IP address, Profile select regular scan, and hit the scan button



- Now let's perform a **Quick scan** by changing the profile to **quick scan** and hitting the **scan button**

Scanning all Vulnerable VMs at once

- Type **sudo nmap –sn ip 192.168.31.133 192.168.1.126, 192.168.1.135 (use your ip addresses not mine)**
- Type **sudo nmap ip 192.168.31.133 192.168.1.126, 192.168.1.135 (use your ip addresses not mine)**
- Type **sudo nmap –F 192.168.31.133 192.168.1.126 192.168.1.135 (use your ip addresses not mine)**
- Type **sudo nmap --top-ports 10 192.168.31.133 192.168.1.126 (use your ip addresses not mine)**

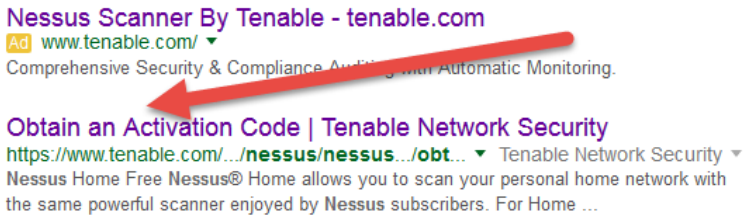
Zenmap Scanning of Vulnerable VMs

- Type sudo zenmap at the command line
- Enter the ip address of bee-box as the target. Select regular scan and hit the scan button
- Enter the ip address of metasploitable as the target. Select regular scan and hit the scan button
- Enter the ip address of OWASP as the target. Select regular scan and hit the scan button
- Exit Zenmap

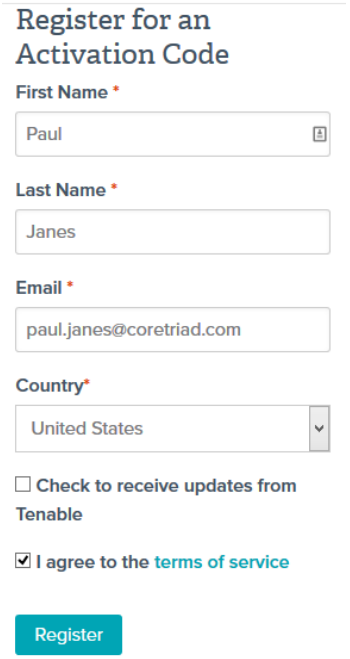
Nessus

Activation Code

- Open google and search for **nessus obtain an activation code**
- Click on **Obtain an Activation Code | Tenable Network Security**



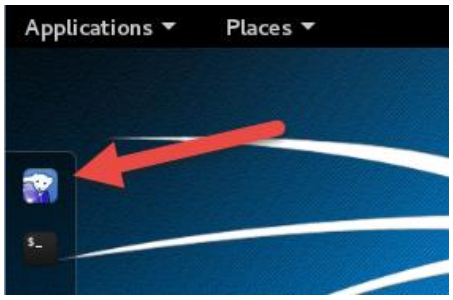
- Under Nessus Home Click **Register Now**
- Enter your information and hit **Registe**r



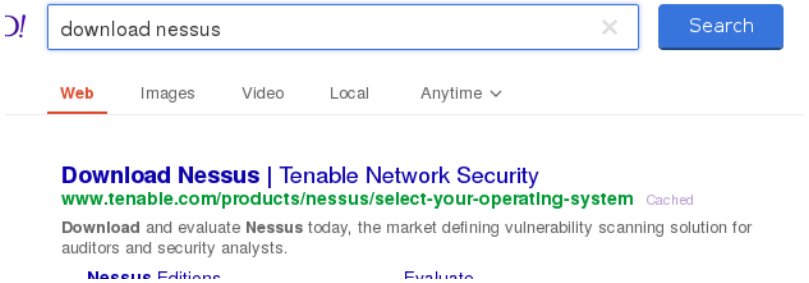
- Wait a few minutes and check your email

Nessus Download

- Open up the Iceweasel web browser

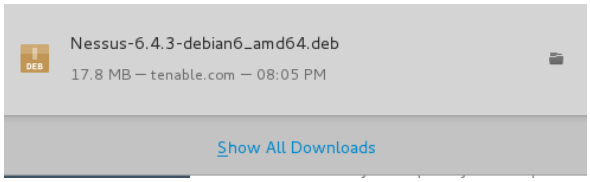


- Search for **download nessus** and hit search



- Click **Download Nessus**
- Scroll down and **Download Nessus Home**
- Select your Operation System – **Linux**

- Select the file for your operating system **32 or 64 bit**.
- Agree to the Subscription Agreement
- Click on Save File
- When the file has downloaded you should see the following:

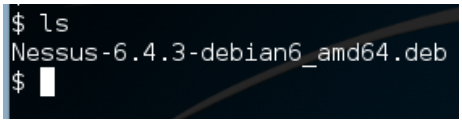


Nessus Installation

- Close your browser and open a terminal session

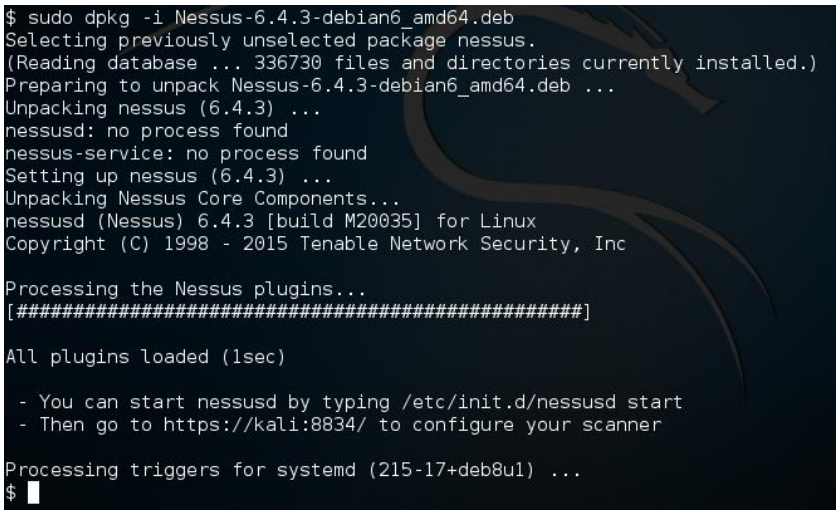
- Type **ls**

- Change the directory to Downloads. Type **cd Downloads** (remember Linux is case sensitive so be sure to type the capital D)
- Type **ls** again and you should see the file you just downloaded (**Nessus-6.4.3-debian6_amd64.deb**. If you have a 32 bit operating system the file will be **Nessus-6.4.3-debian6_i386.deb**.



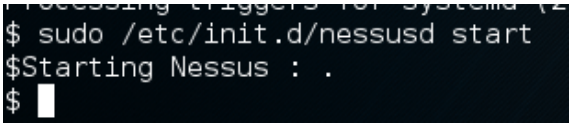
- Type **sudo dpkg –i Nessus-6.4.3-debian6_amd64.deb** (64 bit) (will be a different file if you have a 32 bit OS. In that case type **sudo dpkg –i Nessus-6.4.3-debian6_i386.deb**

- Enter the password for user1 – **root**
- You should see the following



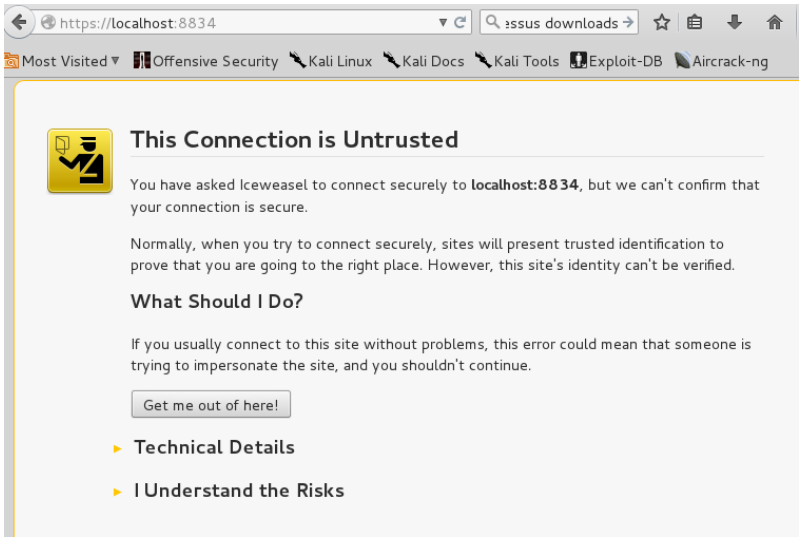
Start Nessus

- Follow the directions and start nessusd by typing **sudo /etc/init.d/nessusd start** and hit **enter.** You should see **Starting Nessus: .**

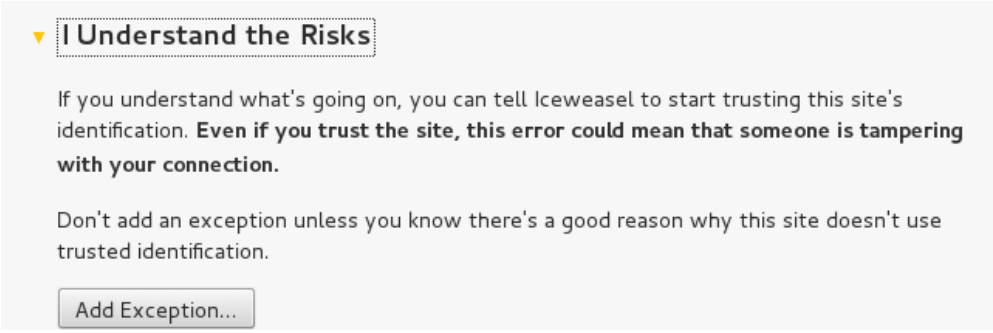


Nessus Connection and Configuration

- Now Open **Iceweasel** and enter **https://localhost:8834** and hit **enter**
- You should see an error **This Connection is Untrusted**

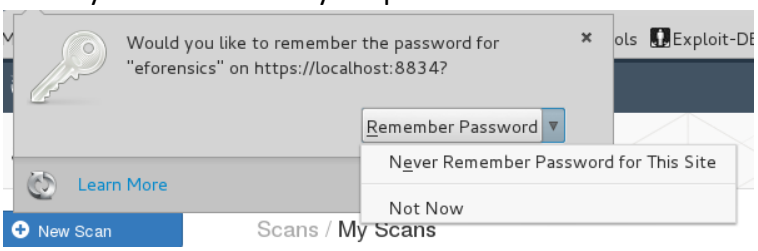


- Click **I Understand the Risks**
- Click **Add Exception**



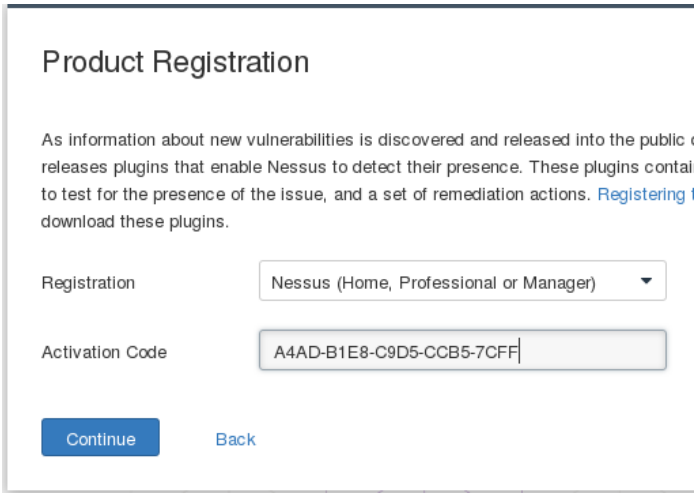
- Click **Get Certificate** and **Confirm Security Exception**

- You will be presented with the Nessus welcome screen, Click **Continue**
- **Initial Account Setup**
  - Username – **user1**
  - Password – **root**
  - Confirm Password – **root**
- If you are asked if you want to save your password select **Never…**

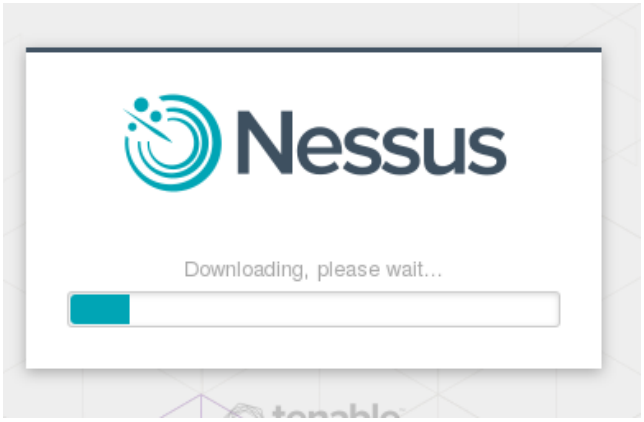


Activation and Plugins Download

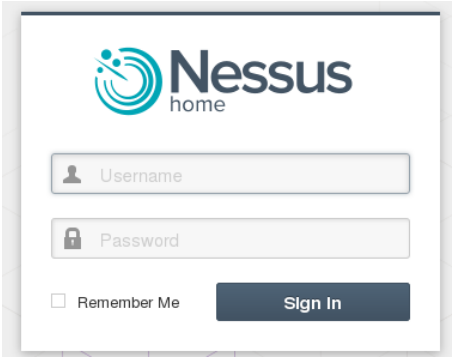
- Enter you activation code from your nessus.txt file and Click Continue



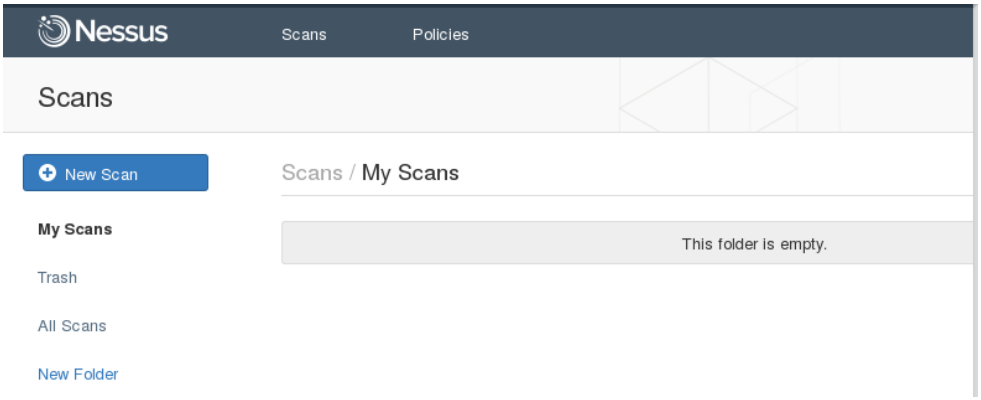
- Wait for the plugins to download



- When the update is complete you will be at the logon screen
- Enter the username of **user1** and a password of **root** then Click **Sign In**



- You will now be at the Nessus Main Screen



- Let's create a new folder for our scans called **user1.**
- Click on **New Folder,** enter **user1,** and Click on **Create**
- You will now see the user1 folder under My scans
- Now we are ready for scanning

Nessus Scan

- Click on **New Scan**
- Select **Basic Network Scan**
- Enter the following Information
    - Name – **Basic Scan Bee-box**
    - Description Basic Scan bee-box
    - Folder – user1
    - Scanner – Local Scanner
    - Targets enter the ip addresses from Bee-Box that you wrote down earlier.

- Click on **Save** and Nessus will conduct a scan of the most common ports
- Wait for the scan to finish and the green circle will be replaced with a gray checkmark.
- Click on the completed scan and review the results

- Click on **New Scan**
- Select **Basic Network Scan**
- Enter the following Information
    - Name – **Basic Scan OWASP**
    - Description Basic Scan OWASP
    - Folder – user1
    - Scanner – Local Scanner
    - Targets enter the ip addresses from OWASP that you wrote down earlier.

- Click on **Save** and Nessus will conduct a scan of the most common ports

- Wait for the scan to finish and the green circle will be replaced with a gray checkmark.
- Click on the completed scan and review the results

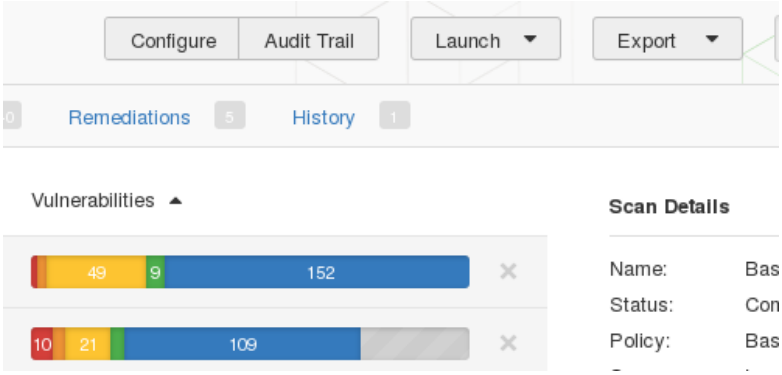
Nessus Scan Two Hosts

- Click on **New Scan**
- Select **Basic Network Scan**
- Enter the following Information
    - Name – **Basic Scan 2hosts**
    - Description Basic Scan 2hosts
    - Folder – user1
    - Scanner – Local Scanner
    - Targets enter the ip addresses from OWASP and Bee-Box that you wrote down earlier.

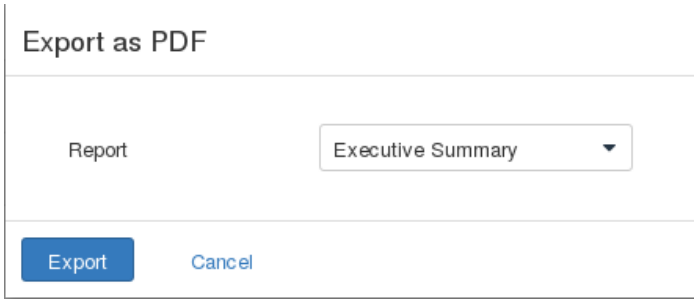
- Click on **Save** and Nessus will conduct a scan of the most common ports
- Wait for the scan to finish and the green circle will be replaced with a gray checkmark. This will take a while as it is scanning 2 hosts.
- Click on the completed scan and review the results

Report Executive Summary

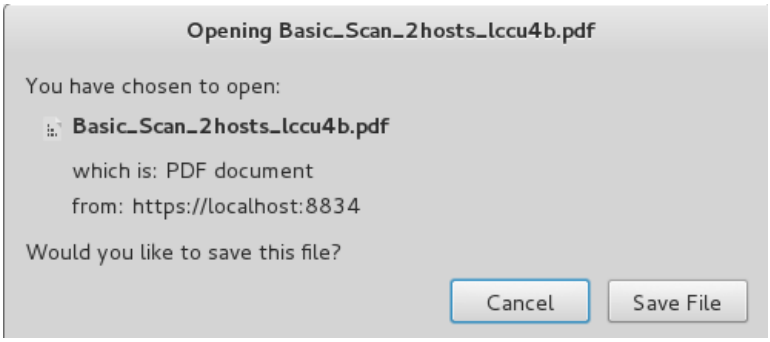
- Click on **Export**



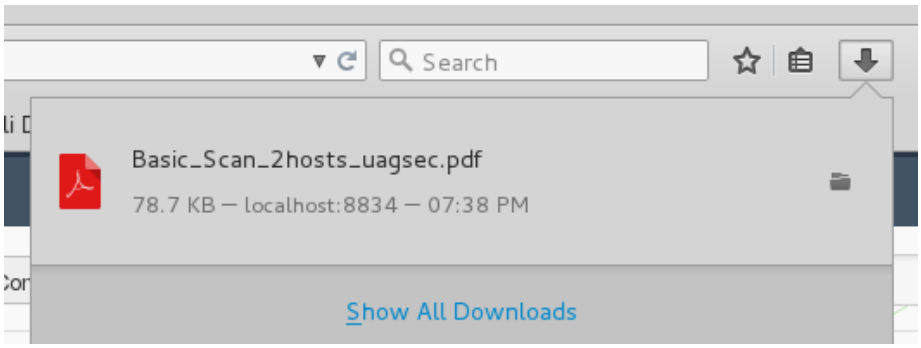
- Select **PDF**
- Accept **Executive Summary** and Click on **Export**



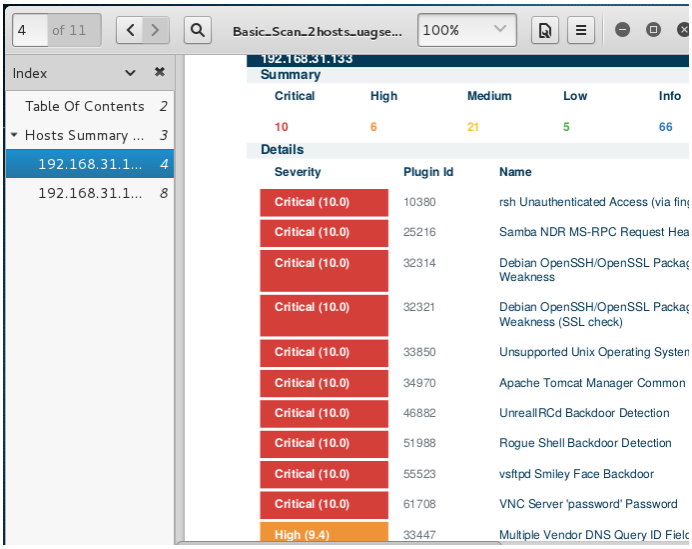
- You will now be asked if you want to save the file. Click **Save File**



- Now click on the down arrow and you will see the pdf file. Click on the pdf file to open it



- The Nessus Report will now display on your screen
- The executive summary provides the vulnerability information for each host in order of severity.
- Change the view to be 100% and then click on the first ip address



- At the top of the screen you will notice the summary of each severity by number

- Go through the report and look at all the detail it provides. This is an executive summary you can provide to show vulnerabilities by severity so that the client knows what issues they need to address in order of importance.
- Select the **next IP address** and look at the detail for that host
- When you are done looking at the report **Close it**

Thanks for your attention I hope this course has helped you on your way to become an ethical hacker…