Lab Setup

1 VIRTUAL BOX

Lab computers at D201 should already have VirtualBox installed.

If you are setting up VirtualBox on your own machine, Download and Install VirtualBox.

2 DOWNLOADING REQUIRED VIRTUAL MACHINES

There are primarily two pre-built Virtual Machines we will be using.

SEED Labs VM - Ubuntu 16.04 (32 bit)

Metasploitable 2 - Intentionally vulnerable Linux machine (64 bit)

Download both ZIP archives and extract their contents to a directory. These archives contains large VMDK files. These files are virtual machine disks that have preconfigured operating systems installed on them.

3 SETTING UP VIRTUAL MACHINES

Open VirtualBox, Click New.



For SEED Labs VM select type as Linux and Version as Ubuntu 32 Bit.

For Metasploitable VM select type Linux and Version as Ubuntu 64 Bit.



For SEED Labs VM allocate more than 1500+ MB for RAM.

For Metasploitable VM 512 MB RAM should be enough.



For Hard disk, select the VMDK files you extracted from archives and hit create.

This should create a new VM almost ready for use.

4 SETTING UP NETWORK

Select the newly created VM and open **Settings**, in Settings navigate to **Network** settings.

🥝 SEED Labs - Settings	ŝ	?	×
E General	Network		
🛒 System	Adapter 1 Adapter 2 Adapter 3 Adapter 4		
📃 Display	Enable Network Adapter		
😥 Storage	Attached to: Bridged Adapter 🔻		_
Audio	Name: Realtek PCIe GBE Family Controller		•
Network			
Serial Ports			
🏈 USB			
Shared Folders			
User Interface			
	ОК	Cano	:el

If you are using D201 Lab computer, or your own machine on your home network select **Bridged Adapter**.

If you are using your own machine but on UHCL wifi, select **NAT Network**.

Before you can select NAT Network you have to create **NAT Network**.

Go to **File** > **Preferences** (Ctrl + G)

🌽 Vi	rtualBox - Pre	ferences					?	×
	General	Network						
	Input	NAT Netv	vorks					
G	Undate	Active	Name					1
	opuate		NatNetwork					
	Language							10
	Display							
₽	Network							
	Extensions							
	Proxy							
						OK	Cano	el

Add a Network using a button with Green + sign on right.

Now newly created NAT Network should be available to use. For NAT Network to work, you'll need all VMs to be on same NAT Network.

🤪 SEED Labs - Settings	;	?	×
E General	Network		
🛒 System	Adapter 1 Adapter 2 Adapter 3 Adapter 4		
📃 Display	Enable Network Adapter		
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Serial Ports			
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Shared Folders			
User Interface			
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Important: Machines using NAT Network can not connect to host or external entities on networks. That is only possible with Bridged Adapters.

5 VM INFO

5.1 SEED LABS

Username: seed

Password: dees

5.2 METASPLOITABLE

Username: msfadmin

Password: msfadmin