

# Sniffing

- **Introduction**
- **Lab Topology**
- **Exercise 1 - Sniffing Techniques and Analysis**
- **Exercise 2 - Sniffing Prevention Techniques**
- **Review**

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## Introduction

MAC Address

MAC Address Changer

SMAC

Wireshark

PromqryUI

Cain and Abel

Sniff-O-Matic

Ethical Hacking

Welcome to the **Sniffing** Practice Lab. In this module, you will be provided with the instructions and devices needed to develop your hands-on skills.

## Learning Outcomes

In this module, you will complete the following exercises:

- **Exercise 1 - Sniffing Techniques and Analysis**
- **Exercise 2 - Sniffing Prevention Techniques**

After completing this lab, you will be able to:

- Use MAC Address Changer: Change MAC Address
- Use SMAC 2.0
- Install Wireshark
- Use Wireshark
- Use Sniff-O-Matic
- Use XArp Utility

## Exam Objectives

The following exam objectives are covered in this lab:

- **3.2** Information Security Attack Detection
- **3.3** Information Security Attack Prevention

**Note:** Our main focus is to cover the practical, hands-on aspects of the exam objectives. We recommend referring to course material or a search engine to research theoretical topics in more detail.

## Lab Duration

It will take approximately **1 hour** to complete this lab.

## Help and Support

For more information on using Practice Labs, please see our **Help and Support** page. You can also raise a technical support ticket from this page.

Click **Next** to view the Lab topology used in this module.

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## Lab Topology

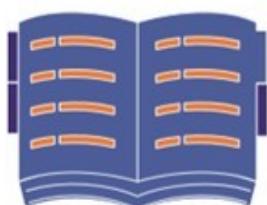
During your session, you will have access to the following lab configuration.

**PLABDC01**

**Domain Server**

**Windows Server 2019**

**192.168.0.1**

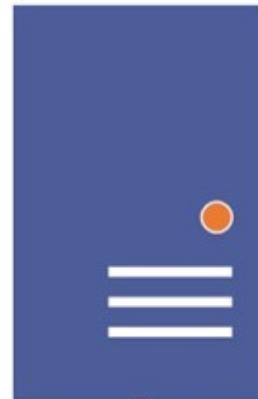


**PLABDM01**

**Domain Member**

**Windows Server 2019**

**192.168.0.2**

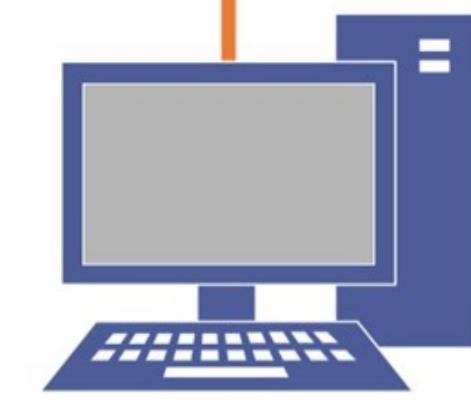


**PLABWIN10**

**Domain Member**

**Windows 10**

**192.168.0.3**



**PLABKALI01**

**Kali Workstation**

**2019.2**

**192.168.0.4**

Depending on the exercises, you may or may not use all of the devices, but they are shown here in the layout to get an overall understanding of the topology of the lab.

- **PLABDC01** - (Windows Server 2019 - Domain Server)
- **PLABDM01** - (Windows Server 2019 - Domain Member)
- **PLABWIN10** - (Windows 10 - Workstation)
- **PLABKALI01** - (Kali 2019.2 - Linux Kali Workstation)

Click **Next** to proceed to the first exercise.

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## Exercise 1 - Sniffing Techniques and Analysis

Sniffing refers to the process in which data packets traveling over a network are captured, and a network adapter that is configured to promiscuous mode can capture packets in transit. Sniffed packets can then be reviewed using a tool, such as Wireshark.

In this exercise, you will learn to perform various types of sniffing.

## Learning Outcomes

After completing this exercise, you will be able to:

- Use MAC Address Changer: Change MAC Address
- Use SMAC 2.0
- Install Wireshark
- Use Wireshark
- Use Sniff-O-Matic

## Your Devices

You will be using the following devices in this lab. Please power these on now.

- **PLABDC01** - (Windows Server 2019 - Domain Server)
- **PLABDM01** - (Windows Server 2019 - Domain Member)
- **PLABWIN10** - (Windows 10 - Workstation)

- **PLABKALI01** - (Kali 2019.2 - Linux Kali Workstation)



## Task 1 - Use MAC Address Changer: Change MAC Address

Using **Change MAC Address**, you can change the **MAC** address of your system. You can also configure it to use the **MAC** address of random **Network Interface Card (NIC)** manufacturers.

In this task, you will learn to use **Change MAC Address**. To do this, perform the following steps:

### Step 1

Ensure you have powered on all the devices listed in the introduction and connect to **PLABWIN10**.

In the **Type here to search** text box, type the following:

Internet Explorer

From the search results, select **Internet Explorer**.

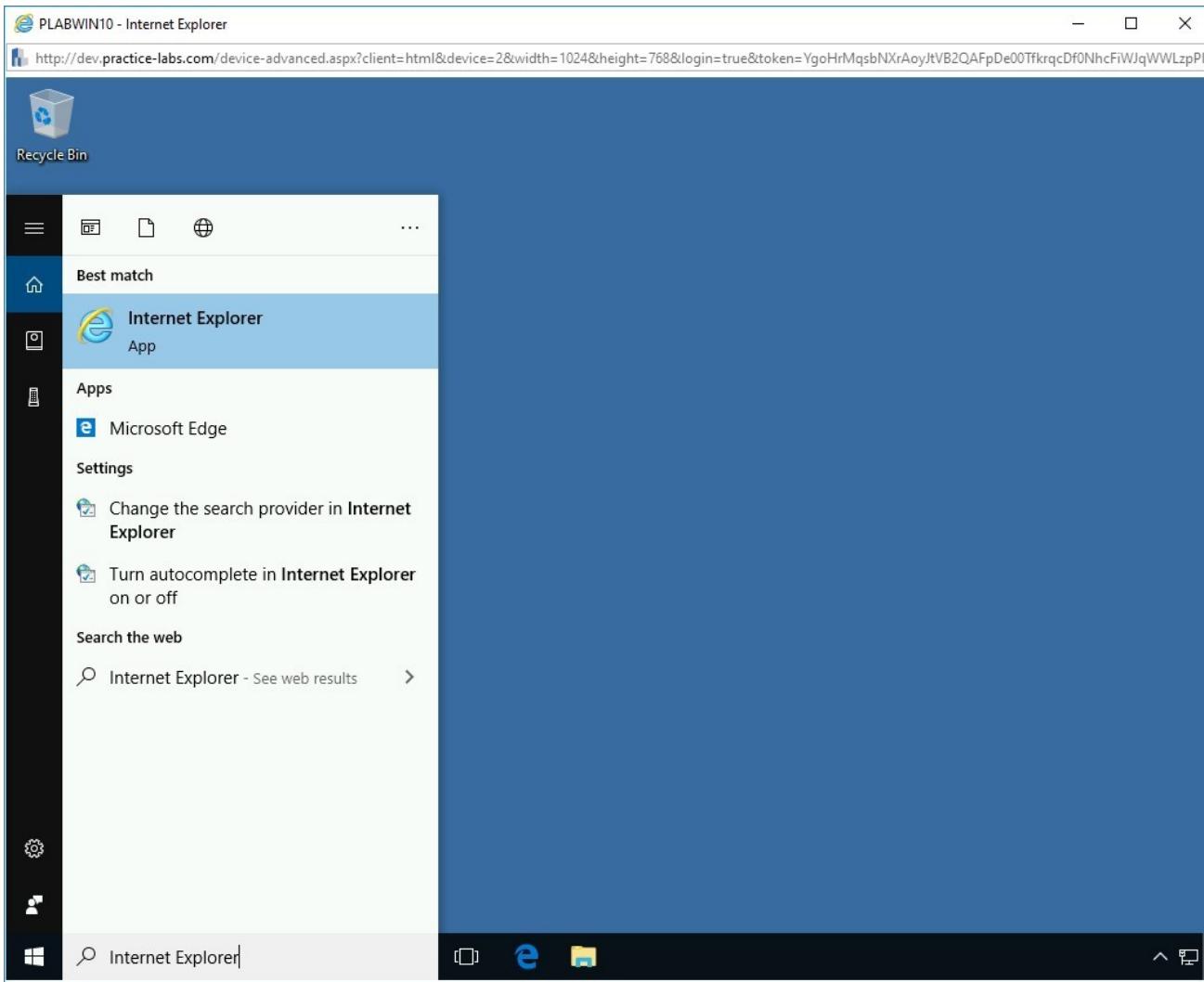


Figure 1.1 Screenshot of PLABWIN10: Selecting Internet Explorer from the search results.

## Step 2

Internet Explorer opens the **Tools and resources** Webpage.

Click **Tools**.

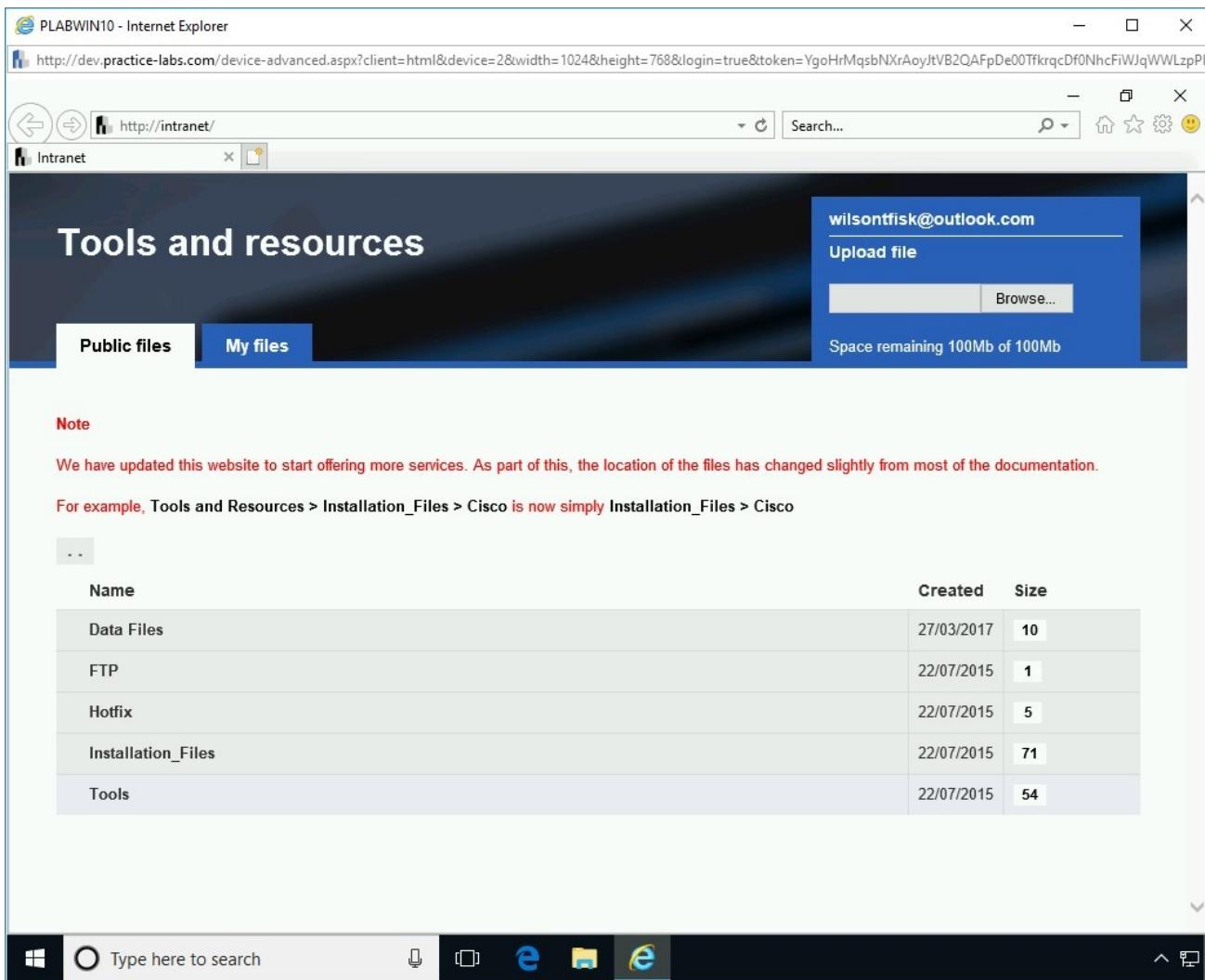


Figure 1.2 Screenshot of PLABWIN10: Internet Explorer Intranet page is displayed. Clicking the Tools option on the Tools and resources page.

## Step 3

You will be directed to **[..] > Tools**.

Scroll down a bit and locate **Hacking Tools**.

Click **Hacking Tools**.

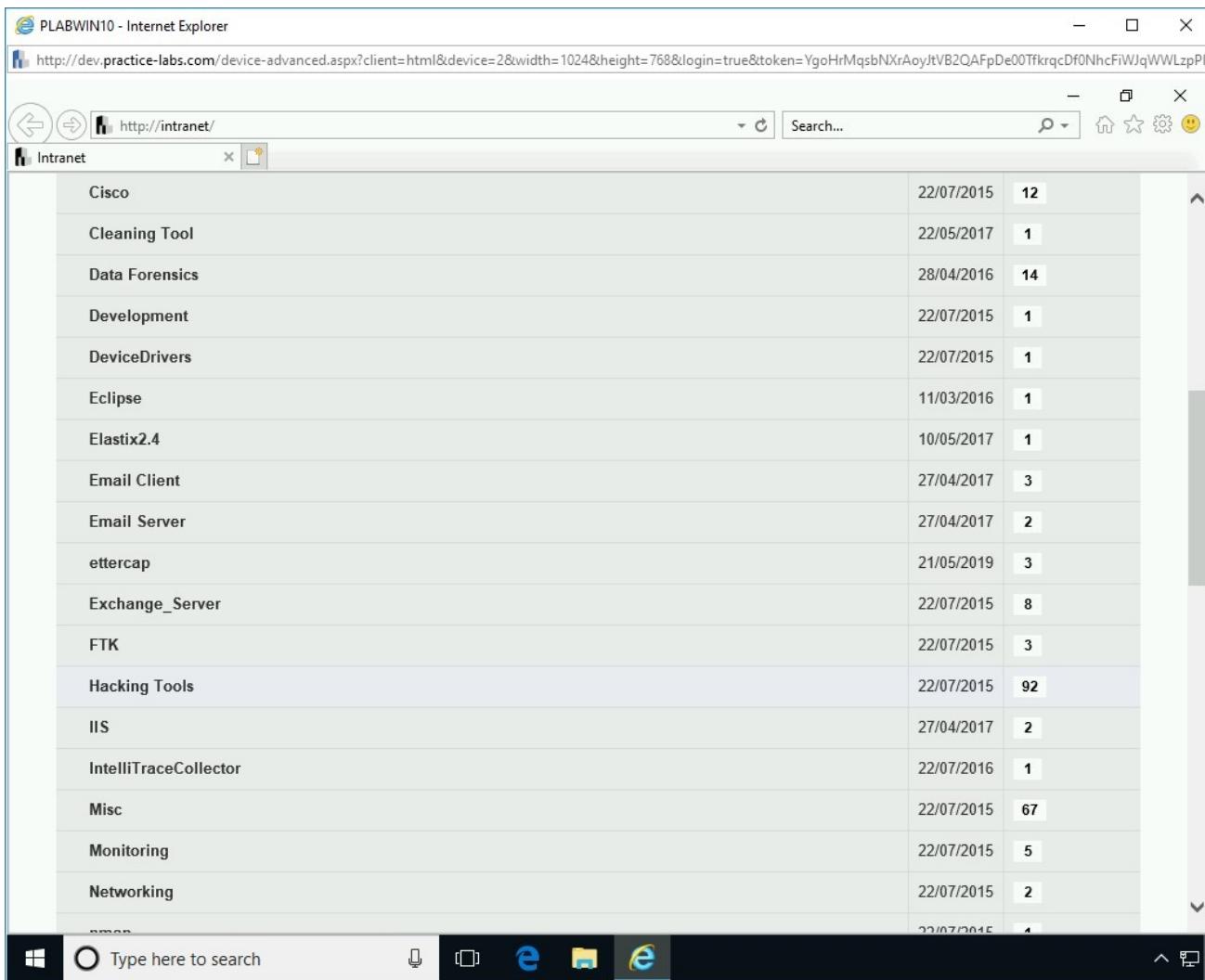


Figure 1.3 Screenshot of PLABWIN10: Clicking the Hacking Tools option.

## Step 4

On the [...] > Tools > Hacking Tools page, locate the **changemac\_setup.exe** and click on it.

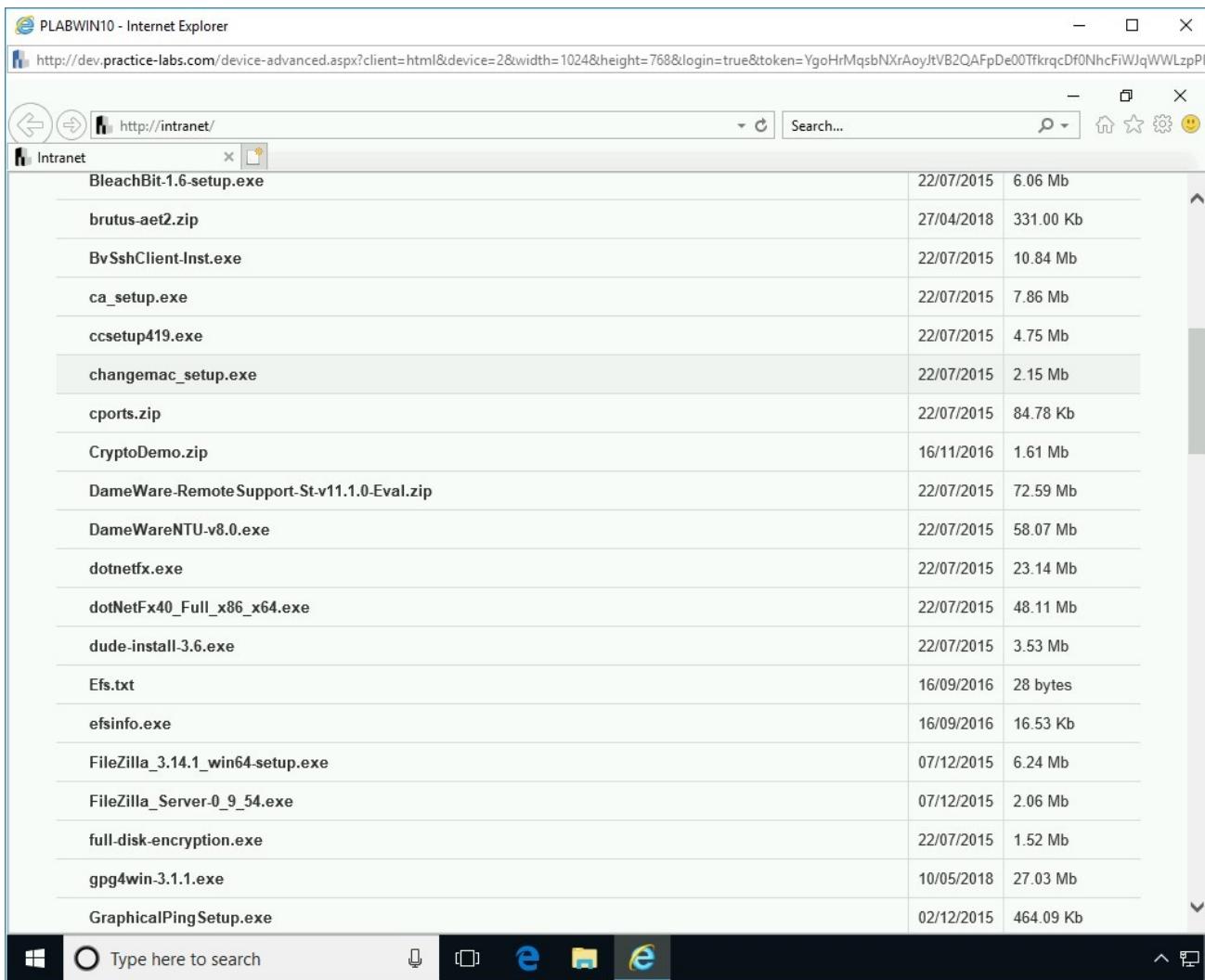


Figure 1.4 Screenshot of PLABWIN10: Clicking the changemac\_setup.exe file.

## Step 5

In the notification bar, click **Run**.

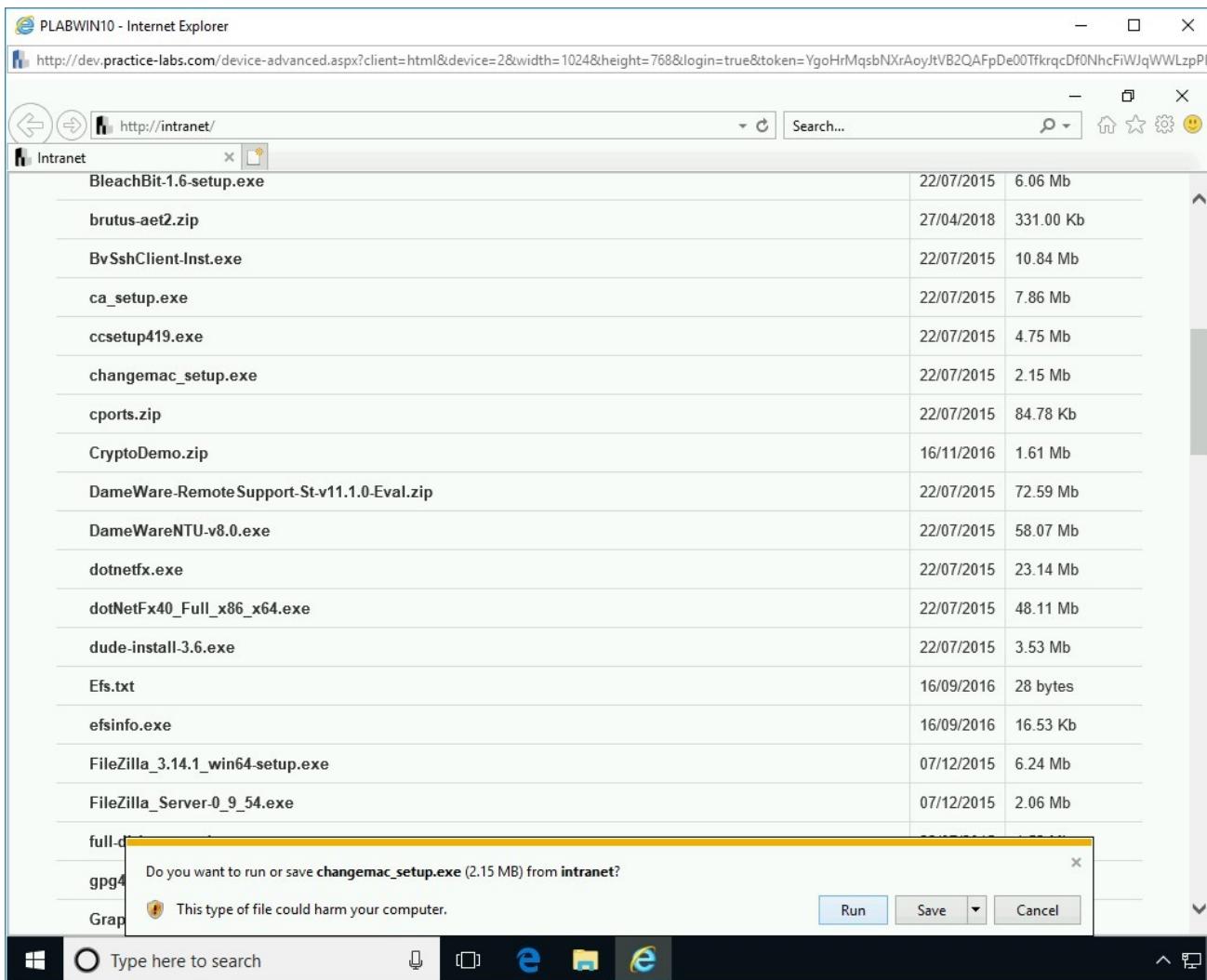


Figure 1.5 Screenshot of PLABWIN10: Clicking Run on the notification bar.

## Step 6

The **Setup - Change MAC Address** wizard appears. On the **Welcome to the Change MAC Address Setup Wizard** page, click **Next**.

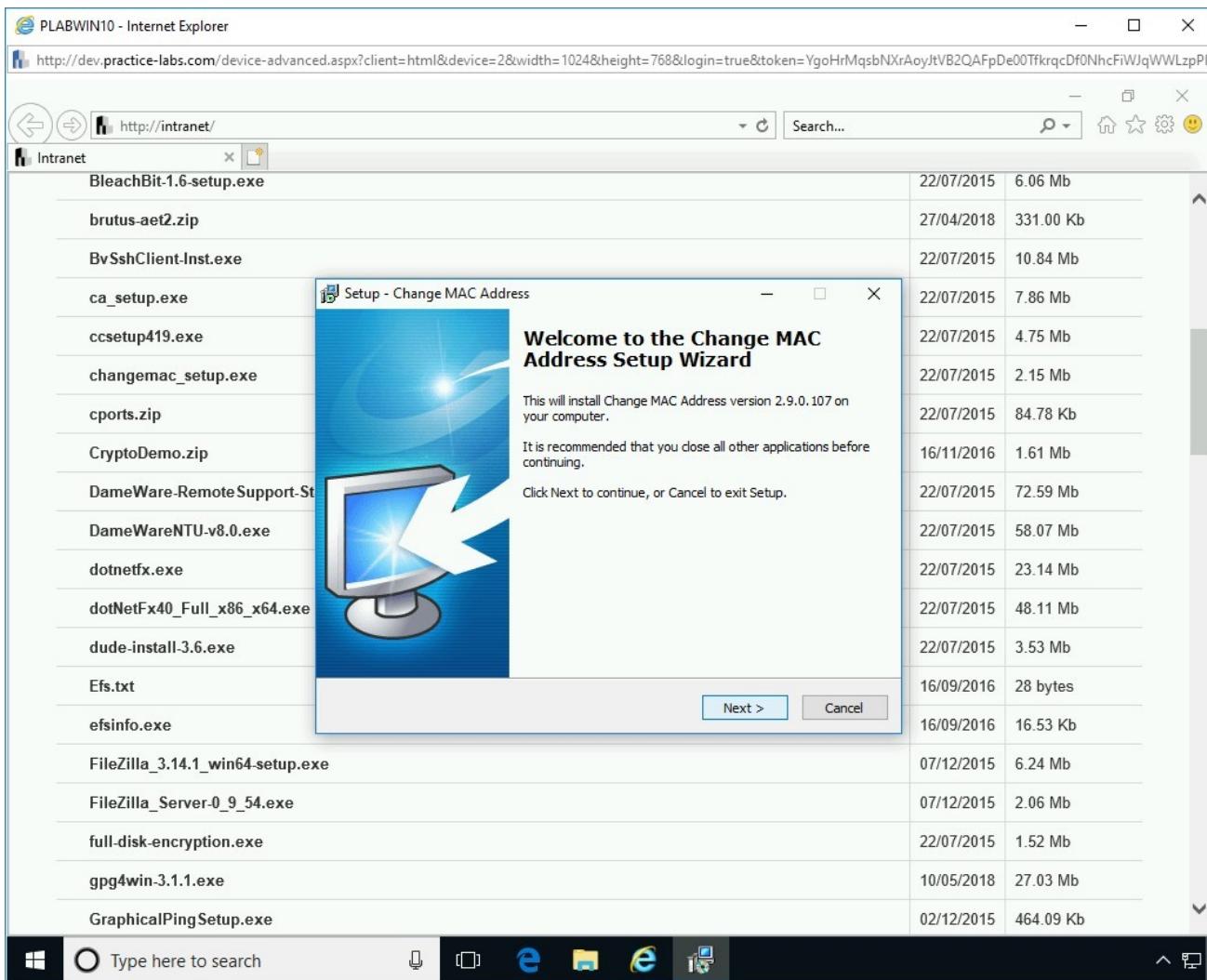


Figure 1.6 Screenshot of PLABWIN10: Clicking Next on the welcome page of the installation wizard.

## Step 7

On the **License Agreement** page, select **I accept the agreement** and click **Next**.

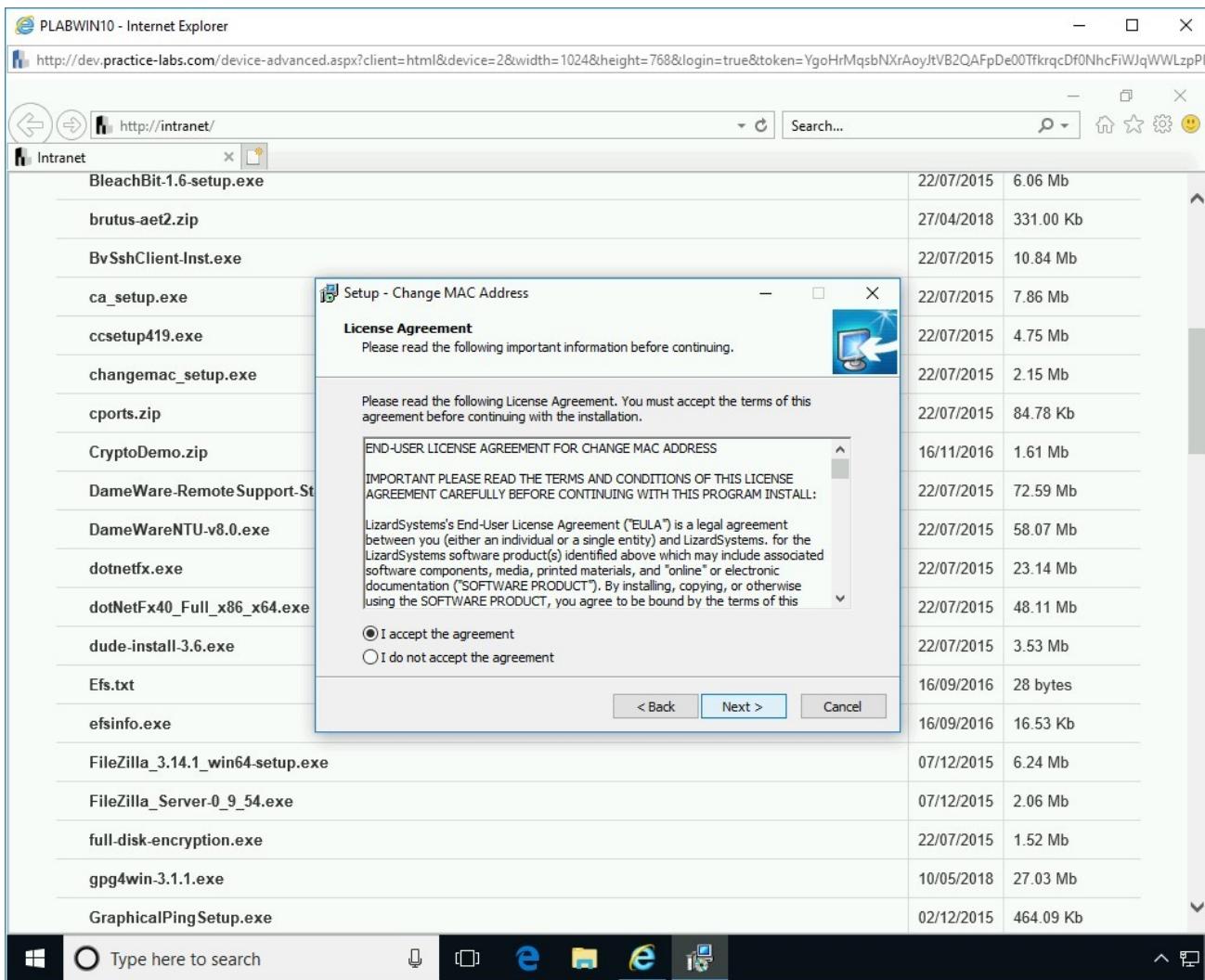


Figure 1.7 Screenshot of PLABWIN10: Selecting I accept the agreement on the license agreement dialog box and clicking Next.

## Step 8

On the **Select Destination Location** page, keep the default location and click **Next**.

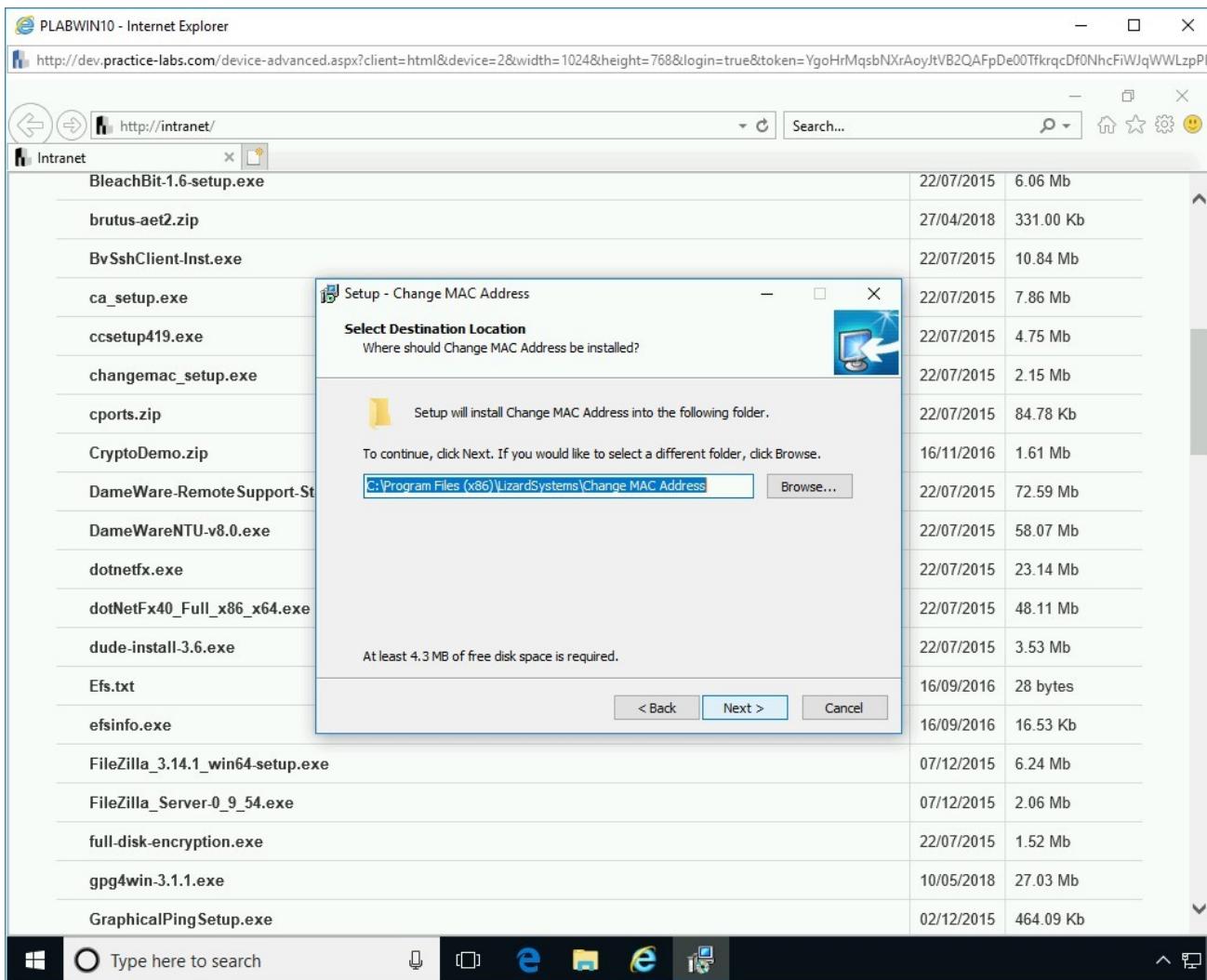


Figure 1.8 Screenshot of PLABWIN10: Keeping the default installation path and clicking Next on the Select Destination Location page.

## Step 9

On the **Select Start Menu Folder** page, keep the default menu name and click **Next**.

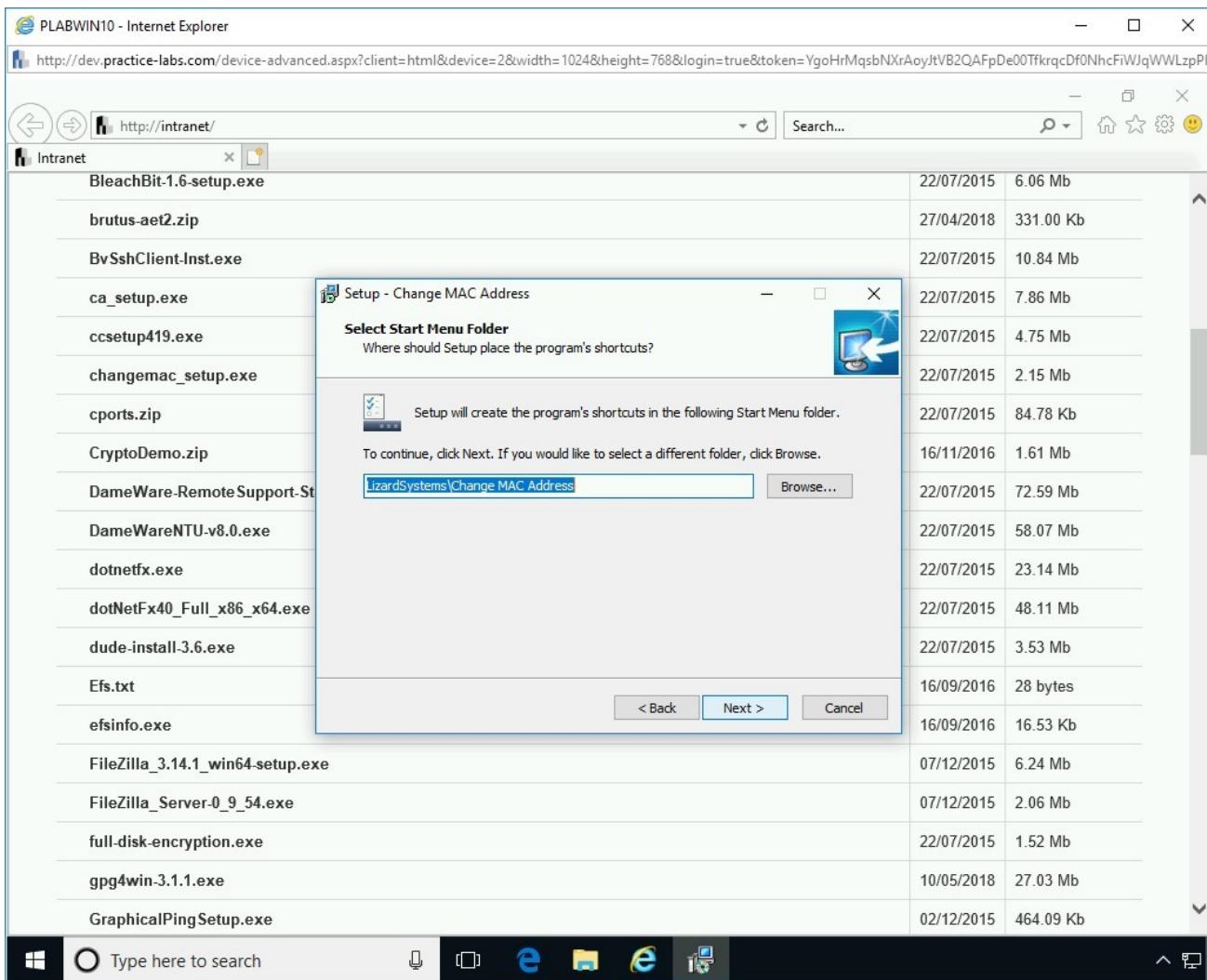


Figure 1.9 Screenshot of PLABWIN10: Keeping the default menu option name and clicking Next on the Select Start Menu Folder page.

## Step 10

On the **Select Additional Tasks** page, keep the default selection and click **Next**.

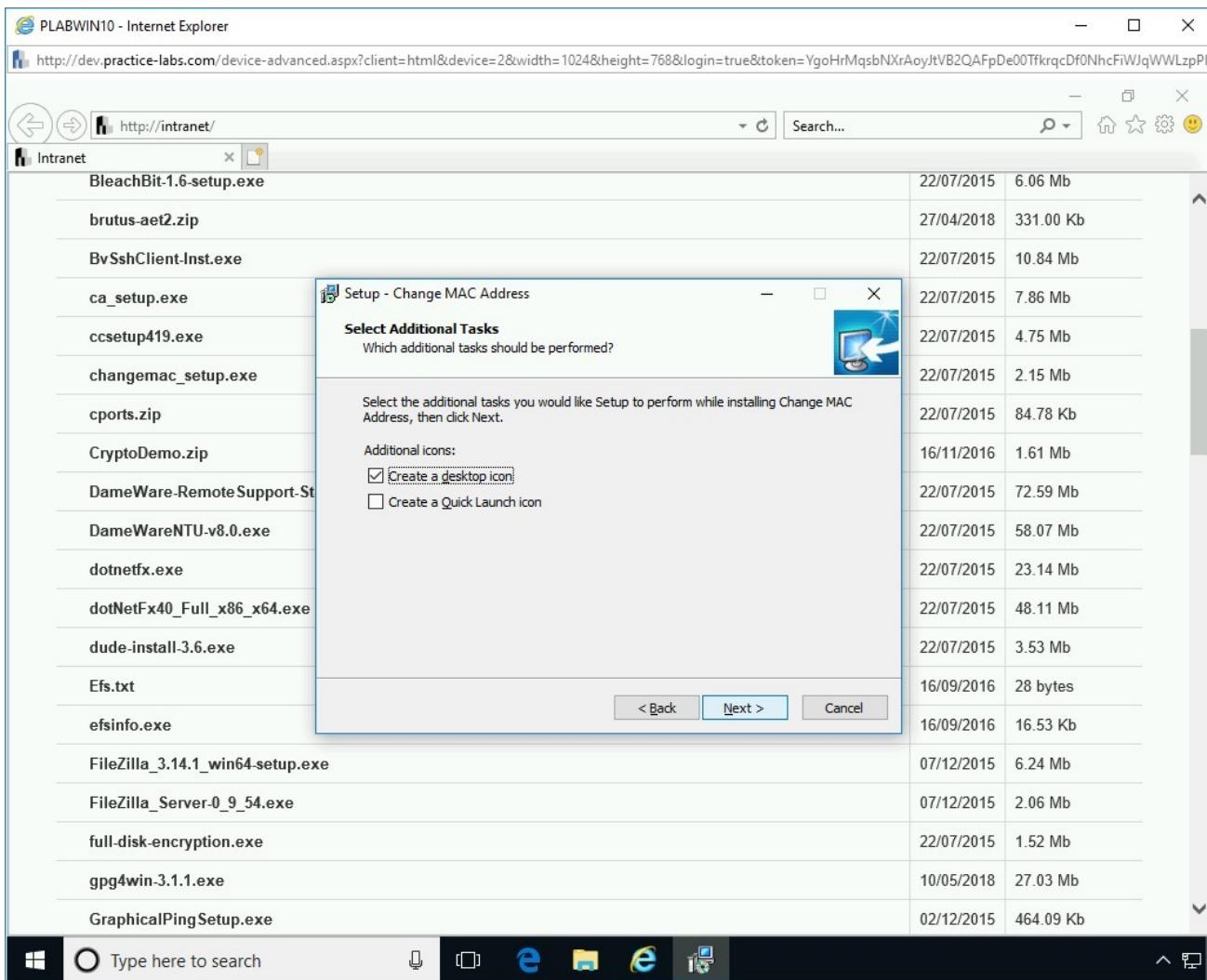


Figure 1.10 Screenshot of PLABWIN10: Keeping the default options and clicking Next on the Select Additional Tasks page.

## Step 11

On the **Ready to Install** page, review the installation settings, and click **Install**.

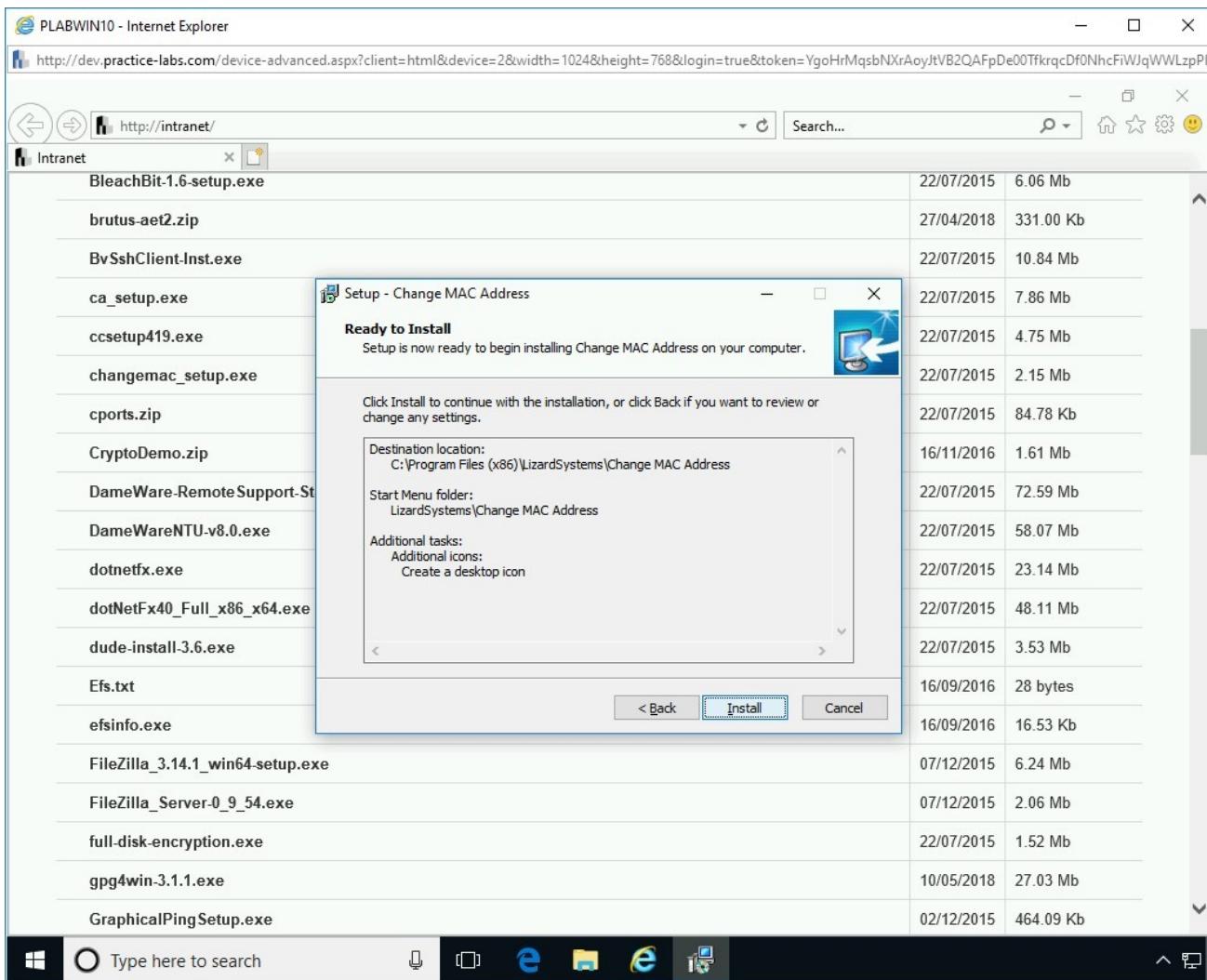


Figure 1.11 Screenshot of PLABWIN10: Clicking Install to start the installation on the Ready to Install page.

## Step 12

The installation completes quickly. On the **Completing the Change MAC Address Setup Wizard** page, deselect **Visit Homepage** and click **Finish**.

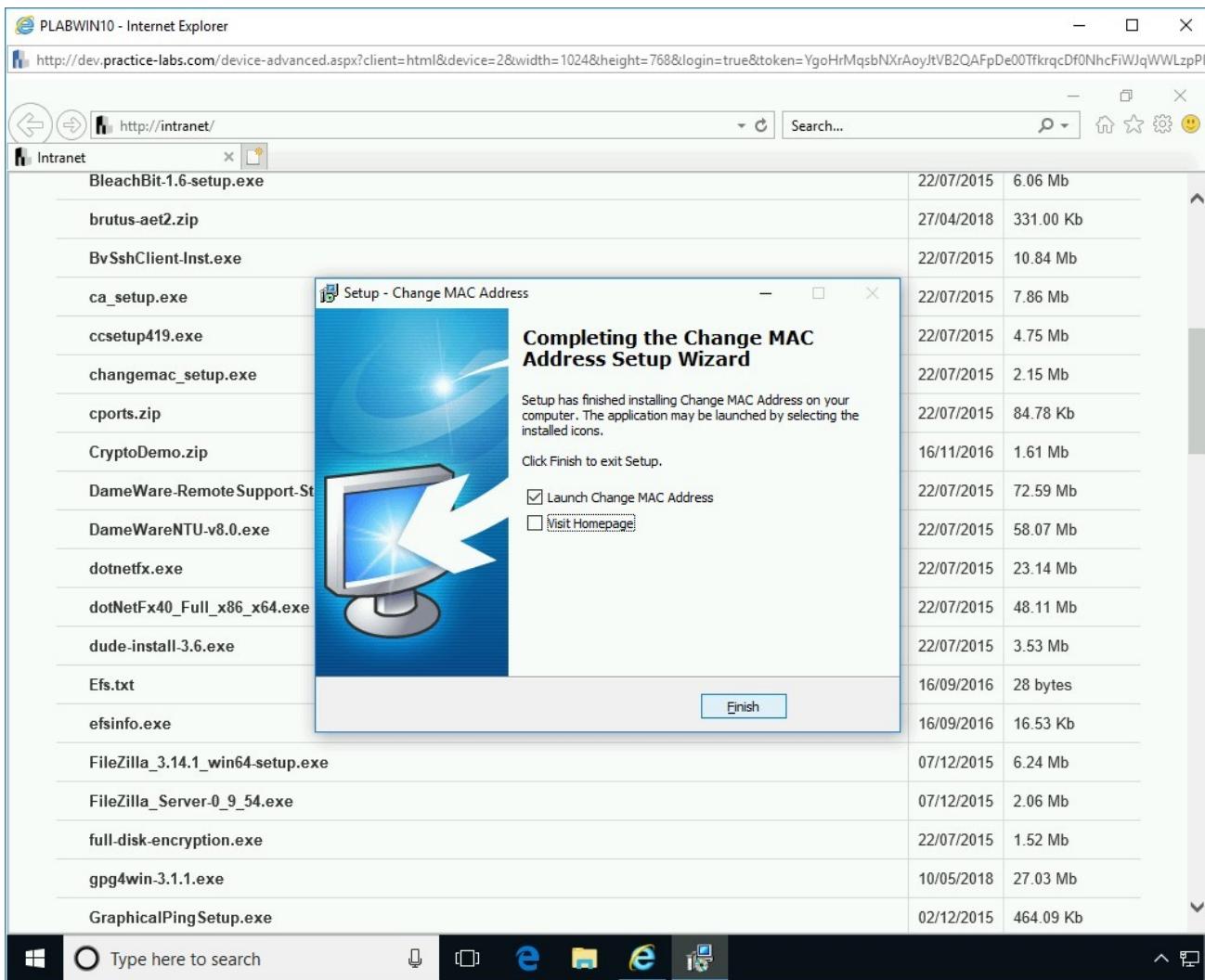


Figure 1.12 Screenshot of PLABWIN10: Clicking Finish on the installation completion page.

## Step 13

**Change MAC Address** automatically opens after installation.

Minimize **Internet Explorer** and maximize the **Change MAC Address - UNREGISTERED EVALUATION VERSION** window.

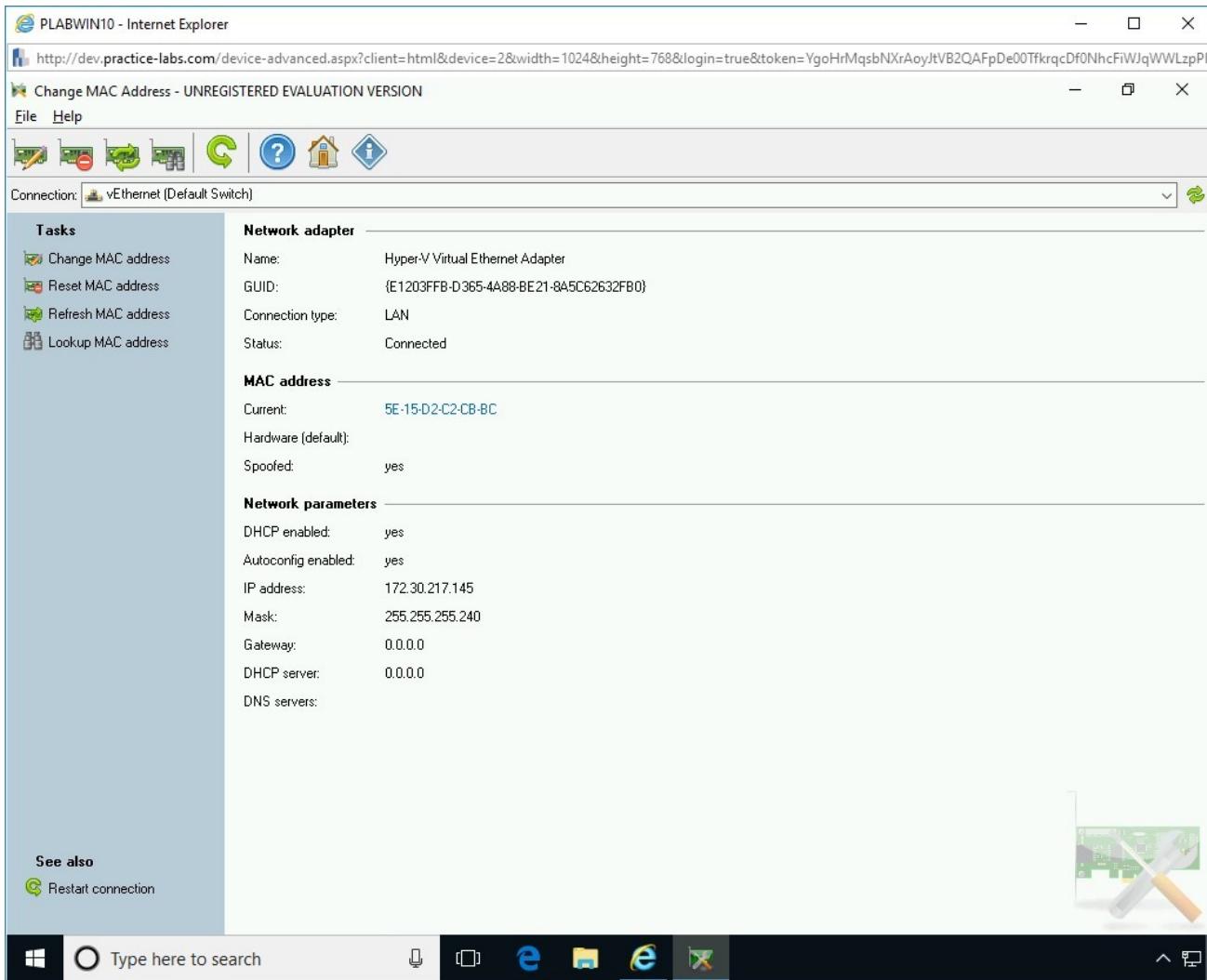


Figure 1.13 Screenshot of PLABWIN10: Showing the Change MAC Address window.

## Step 14

From the left-hand pane, click **Change MAC address**.

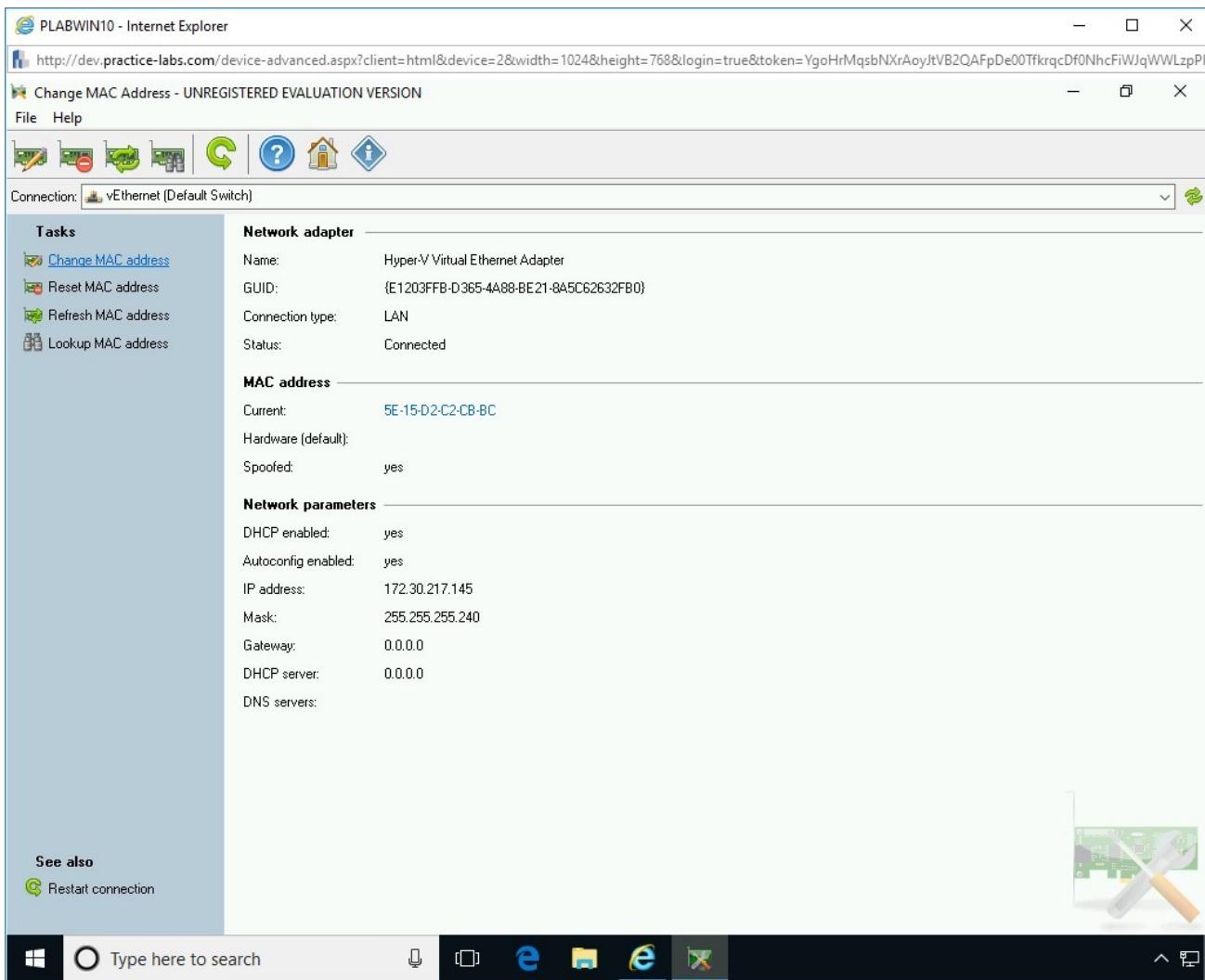


Figure 1.14 Screenshot of PLABWIN10: Clicking Change MAC address in the left-hand pane.

## Step 15

The **Change MAC Address 2.9** dialog box is displayed.

**Note:** This dialog box appears if you are using a trial version. If you enter the registration code for the first time when you open Change MAC Address, this dialog box will no longer appear.

Click **Continue**.

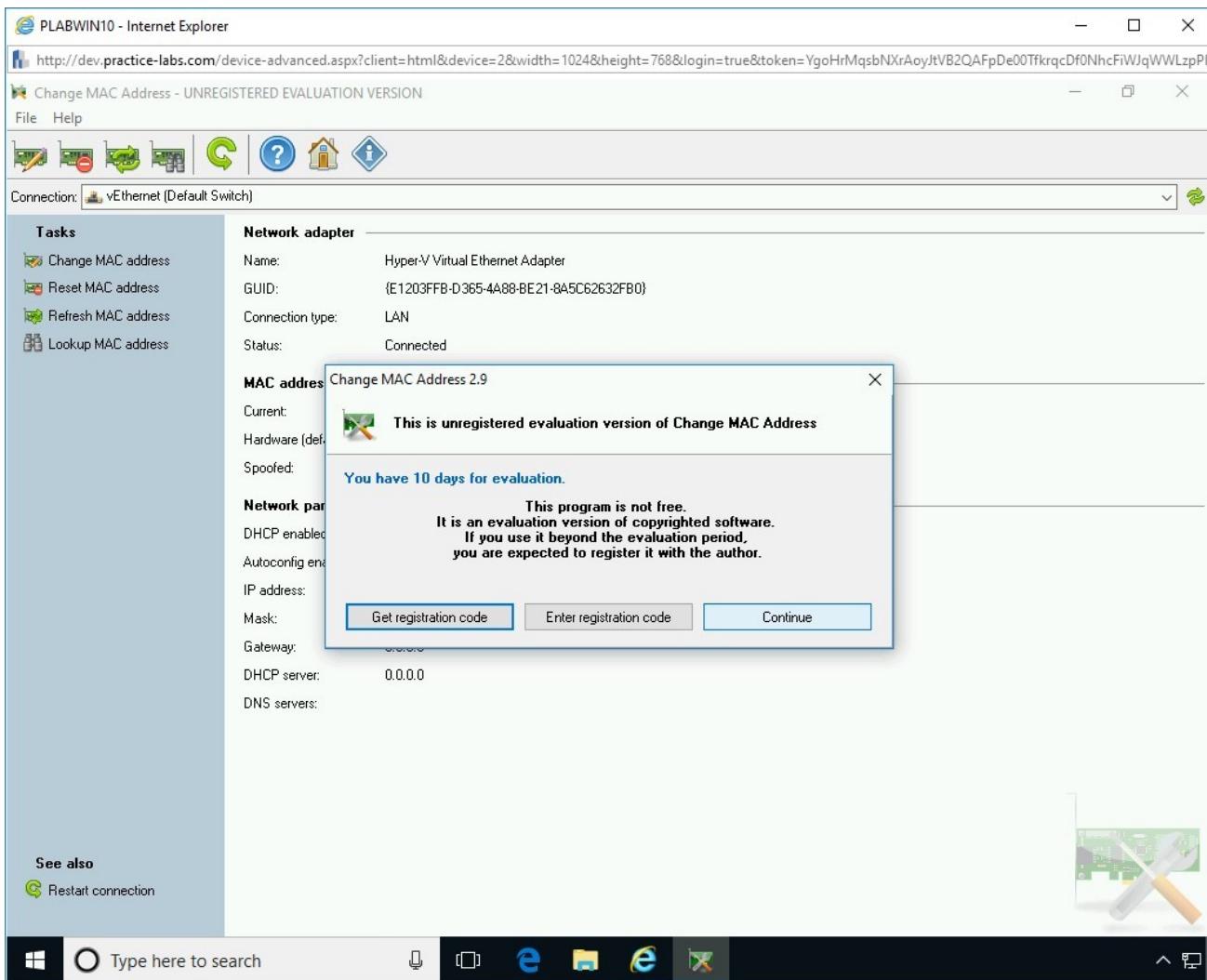


Figure 1.15 Screenshot of PLABWIN10: Showing the Change MAC Address 2.9 dialog box and clicking Continue.

## Step 16

The **Change MAC Address** dialog box is displayed.

Note that the MAC address is displayed.

You have multiple options. You can choose to change it randomly, change it with the randomly selected manufacturer, change random device ID, or change with a randomly selected manufacturer with random device ID.

Click **Fill** and select **Fully random**.

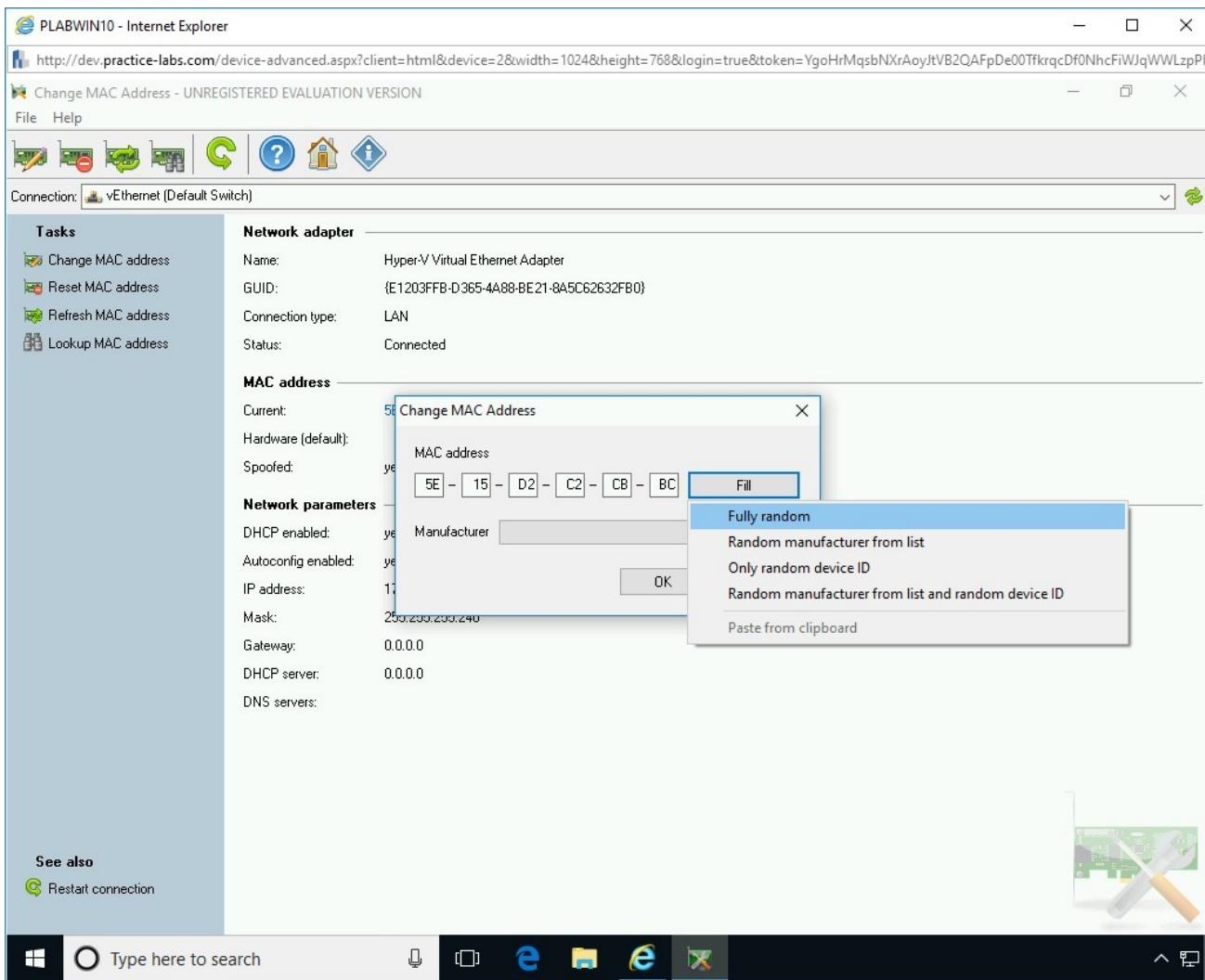


Figure 1.16 Screenshot of PLABWIN10: Clicking Fill on the Change MAC Address dialog box and selecting Fully random.

## Step 17

The **MAC** address has now changed.

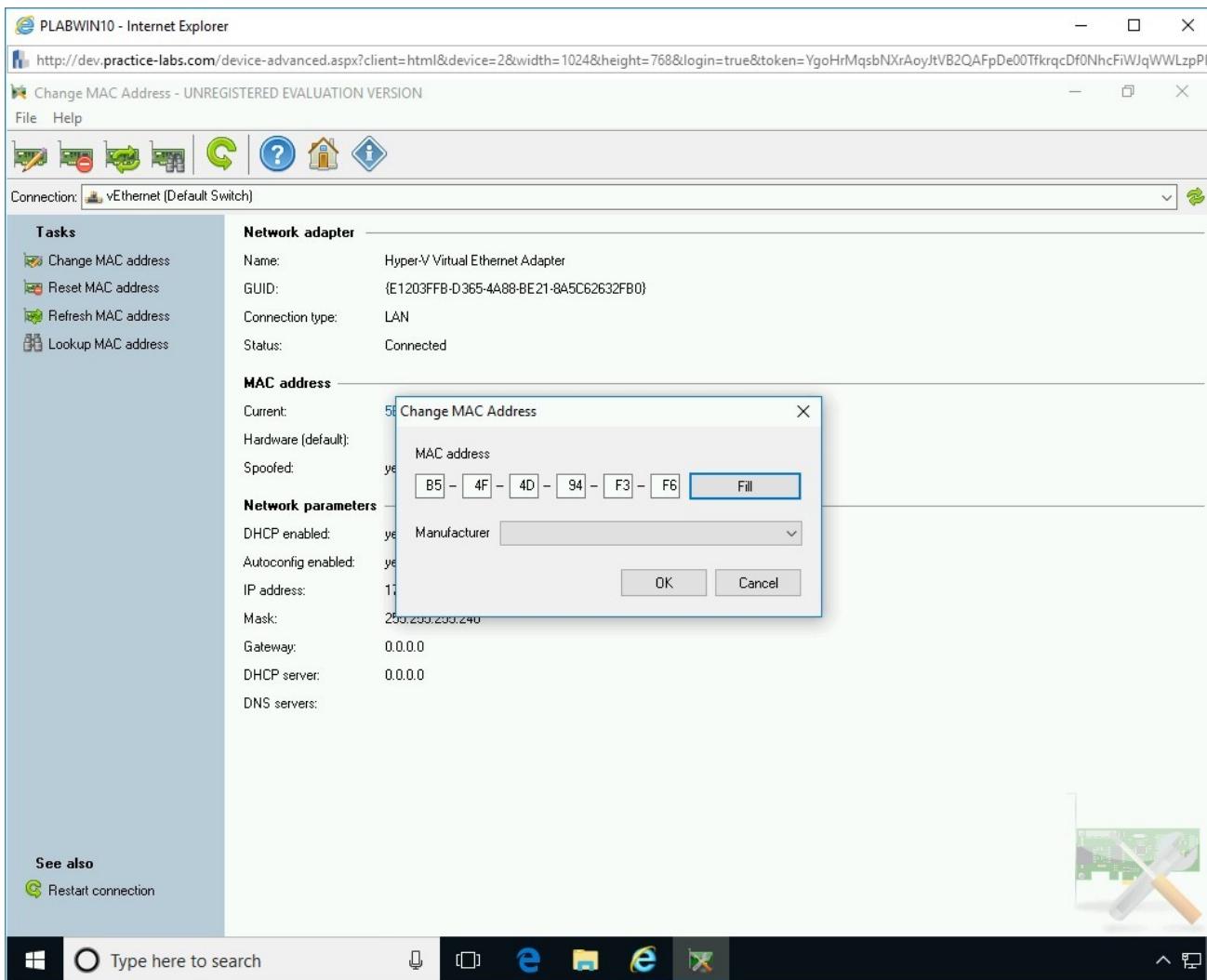


Figure 1.17 Screenshot of PLABWIN10: Showing the changed MAC address in the Change MAC Address dialog box.

## Step 18

Click **Fill** and select **Random manufacturer** from list.

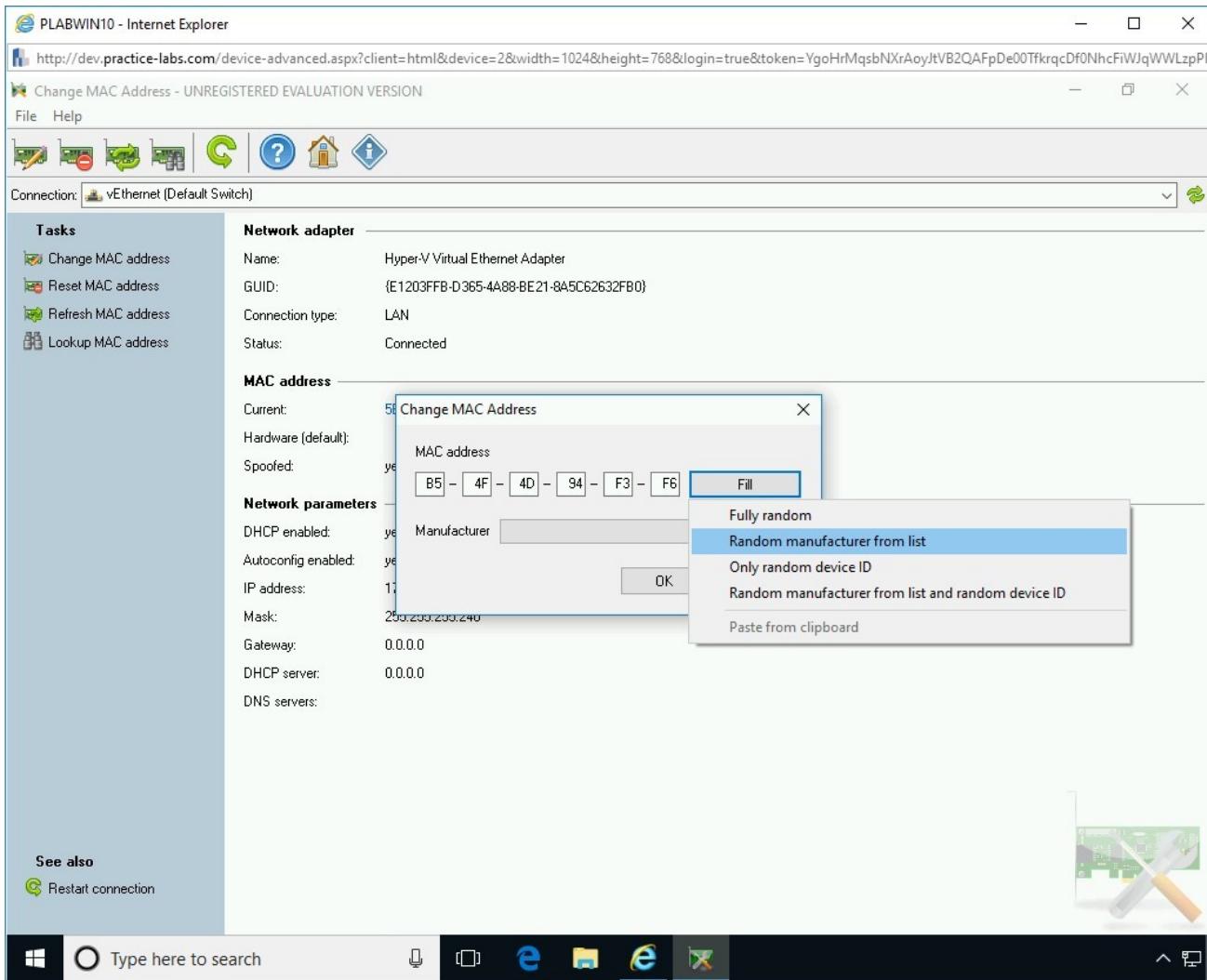


Figure 1.18 Screenshot of PLABWIN10: Clicking Fill and selecting Random manufacturer from the drop-down list on the Change MAC Address dialog box.

## Step 19

Note that both the **MAC address** and **Manufacturer** are changed.

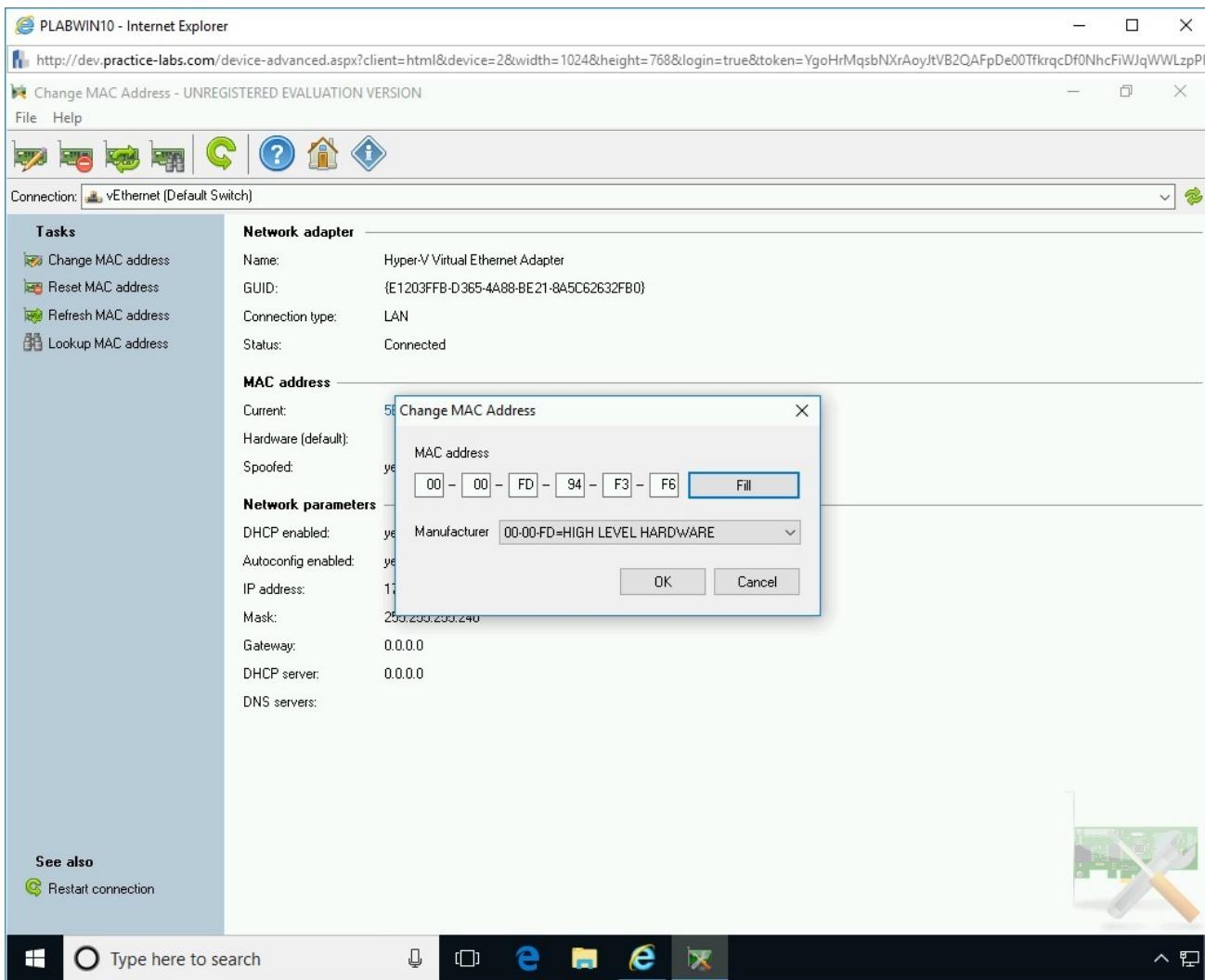


Figure 1.19 Screenshot of PLABWIN10: Showing the changed MAC address and manufacturer in the Change MAC Address dialog box.

## Step 10

Click **Fill** and select **Only random device ID**.

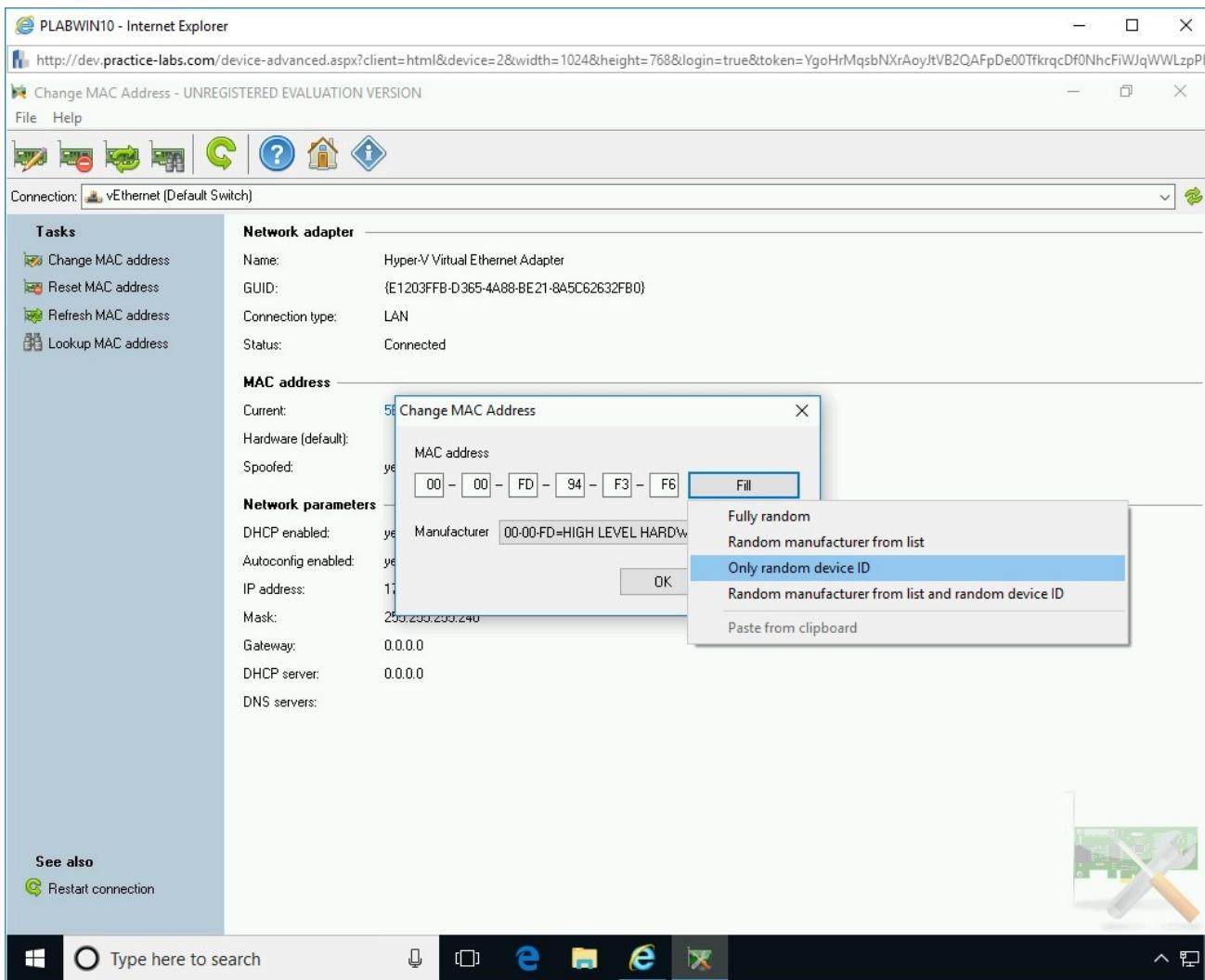


Figure 1.20 Screenshot of PLABWIN10: Clicking Fill and selecting Only random device ID on the drop-down list on the Change MAC Address dialog box.

## Step 21

Note that the **MAC address** is changed.

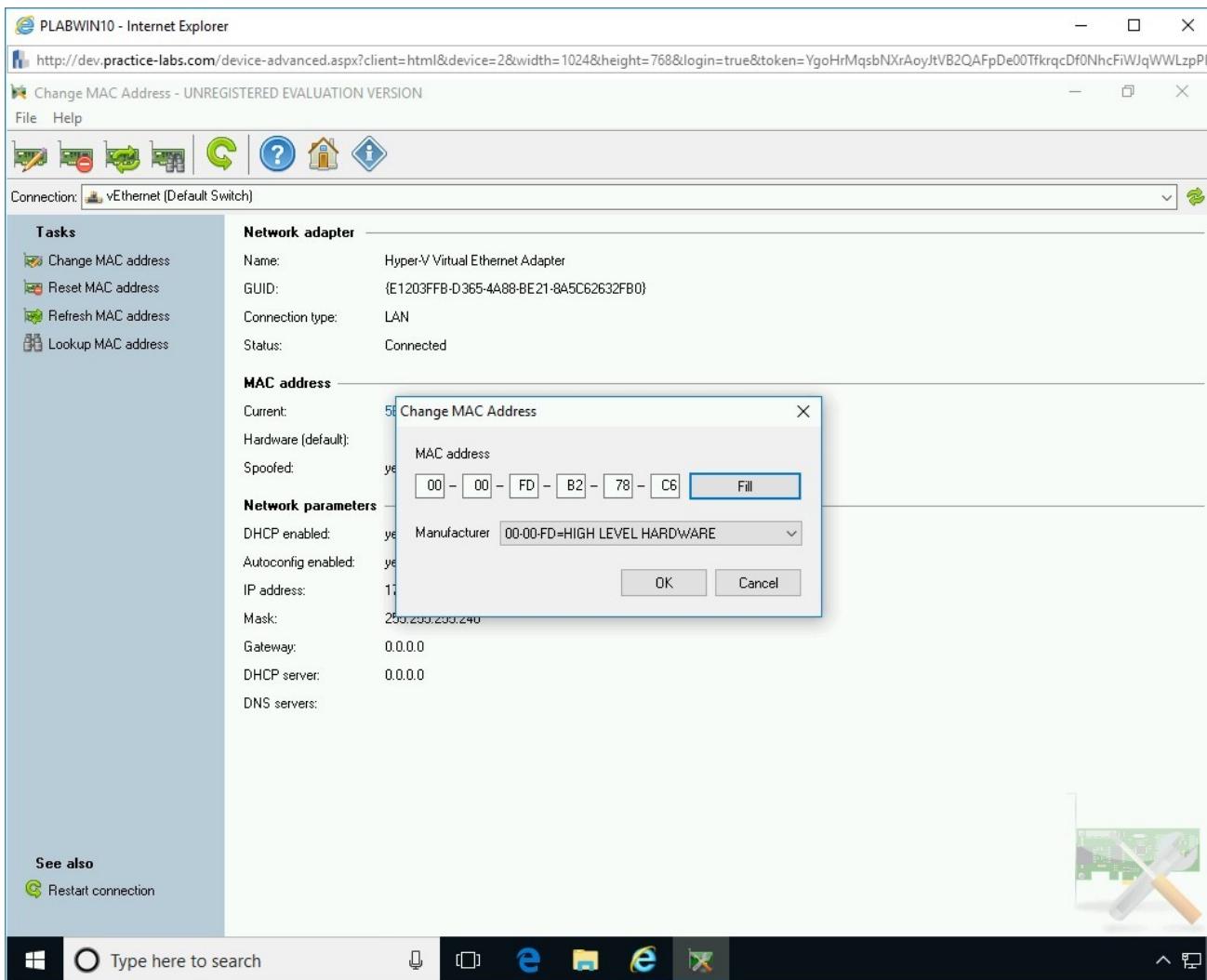


Figure 1.21 Screenshot of PLABWIN10: Showing the changed MAC address in the Change MAC Address dialog box

## Step 22

Click **Fill** and select **Random manufacturer from list and random device ID**.

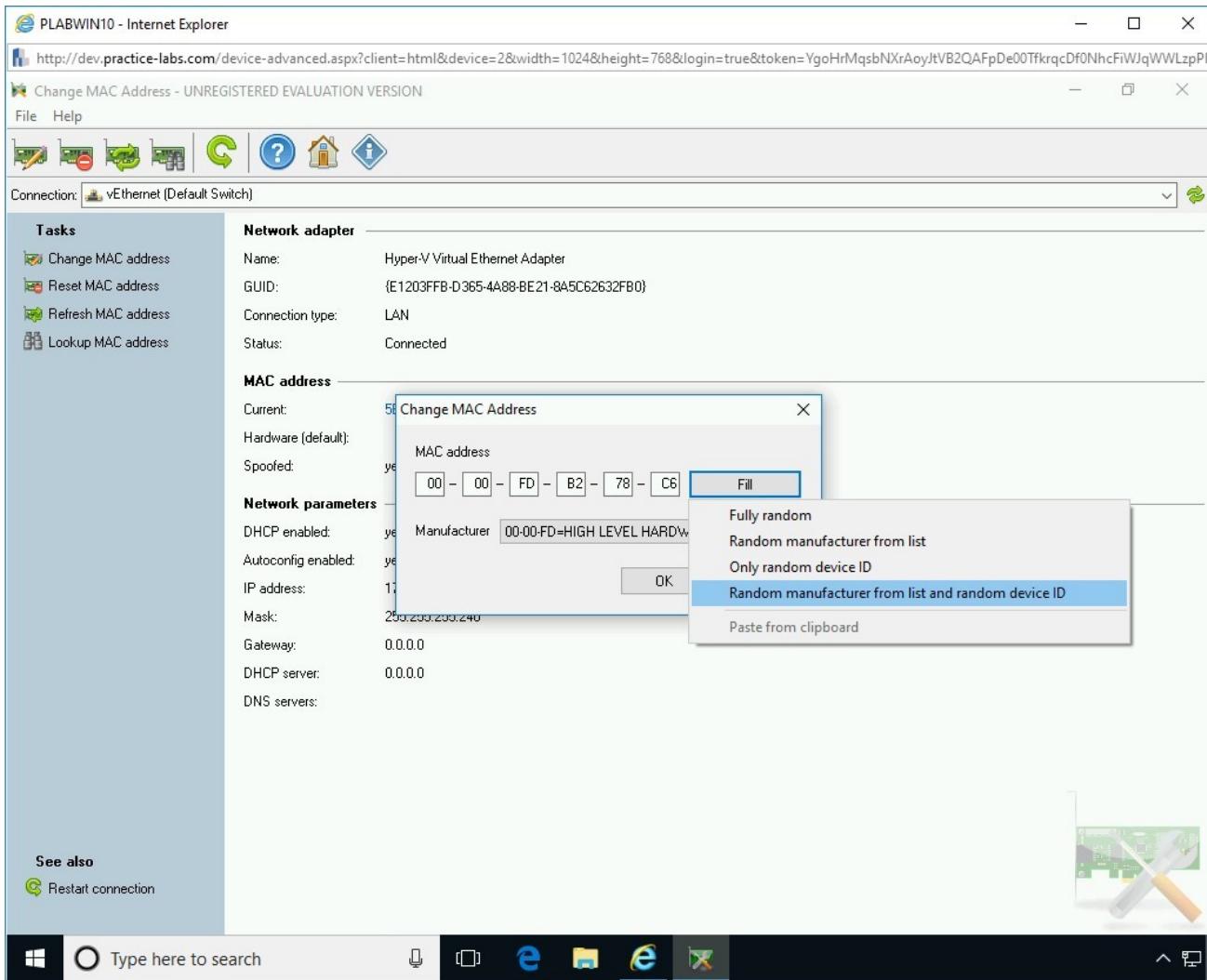


Figure 1.22 Screenshot of PLABWIN10: Clicking Fill and selecting Random manufacturer from list and random device ID on the Change MAC Address dialog box.

## Step 23

Note that both have changed.

Click **OK**.

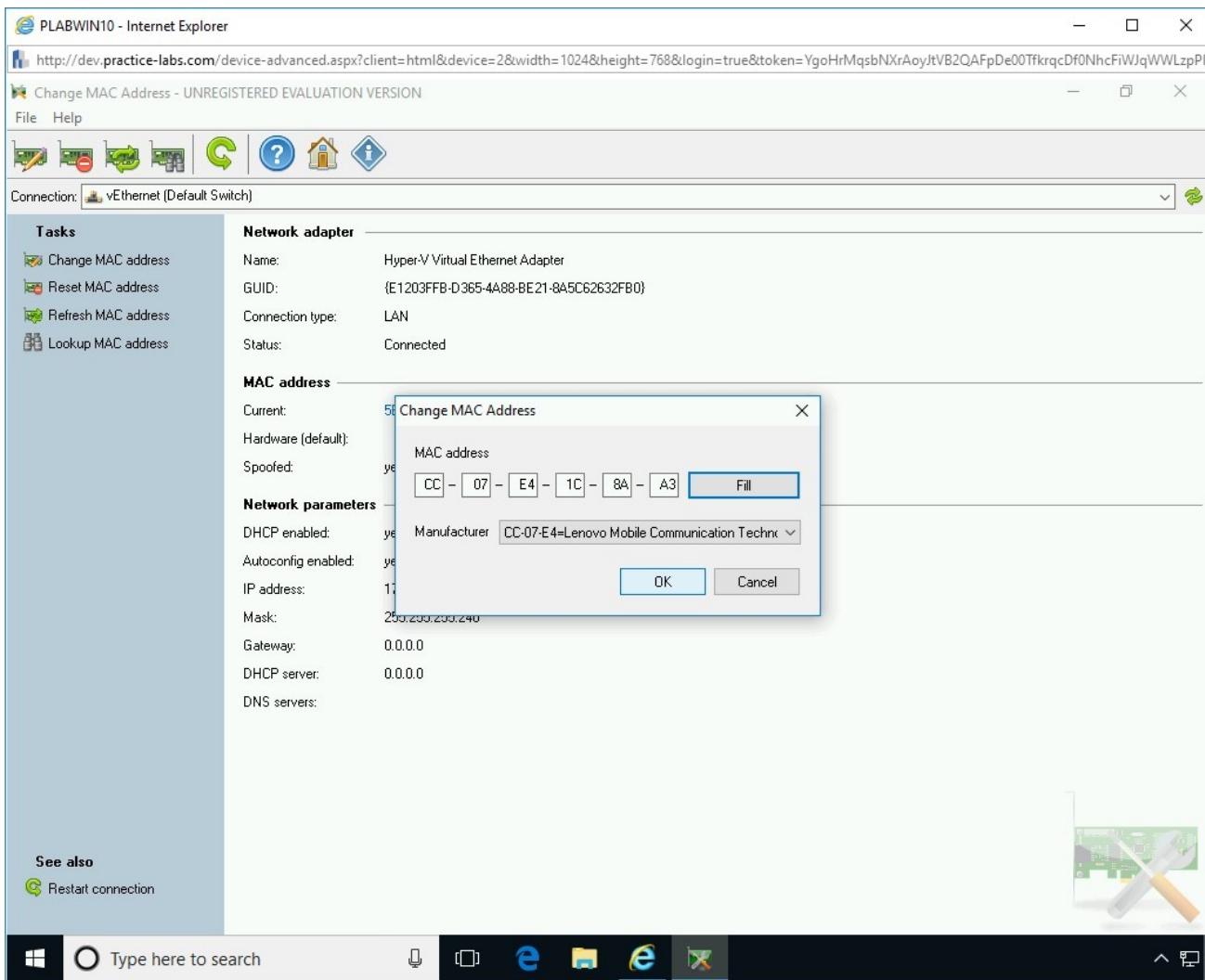


Figure 1.23 Screenshot of PLABWIN10: Showing the changed MAC address and manufacturer on the Change MAC Address dialog box and clicking OK.

## Step 24

The **Restart Connection** dialog box is displayed. It prompts you to restart the connection to allow the new MAC address to change effect.

Click **Yes**.

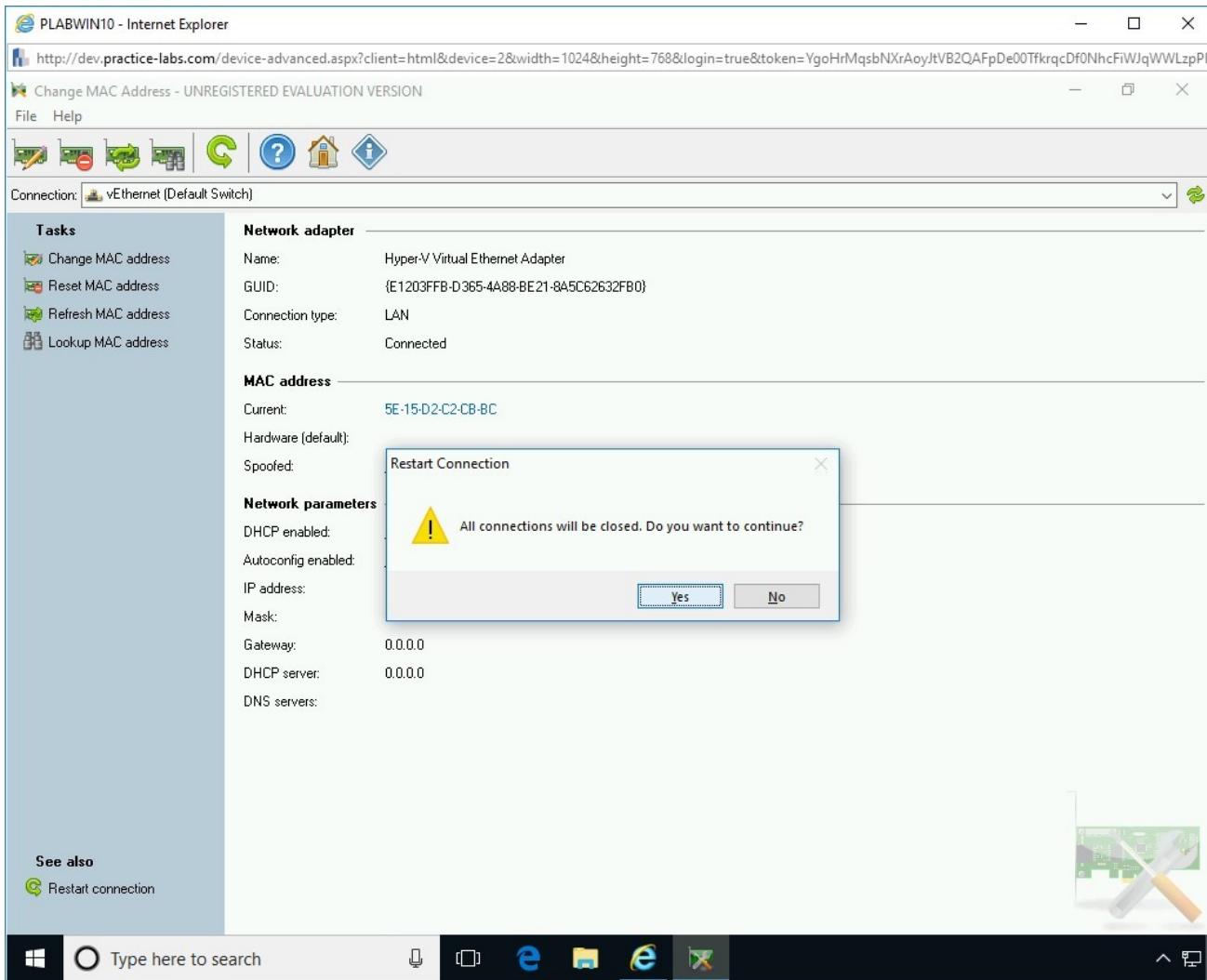


Figure 1.24 Screenshot of PLABWIN10: Clicking Yes to restart the system.

## Step 25

The **Configuration Interface** dialog box is displayed.

It shows that the disconnecting is in process.

In the left-hand pane, click **Refresh MAC address**.

Note that the right-hand pane now displays the updated address along with the manufacturer.

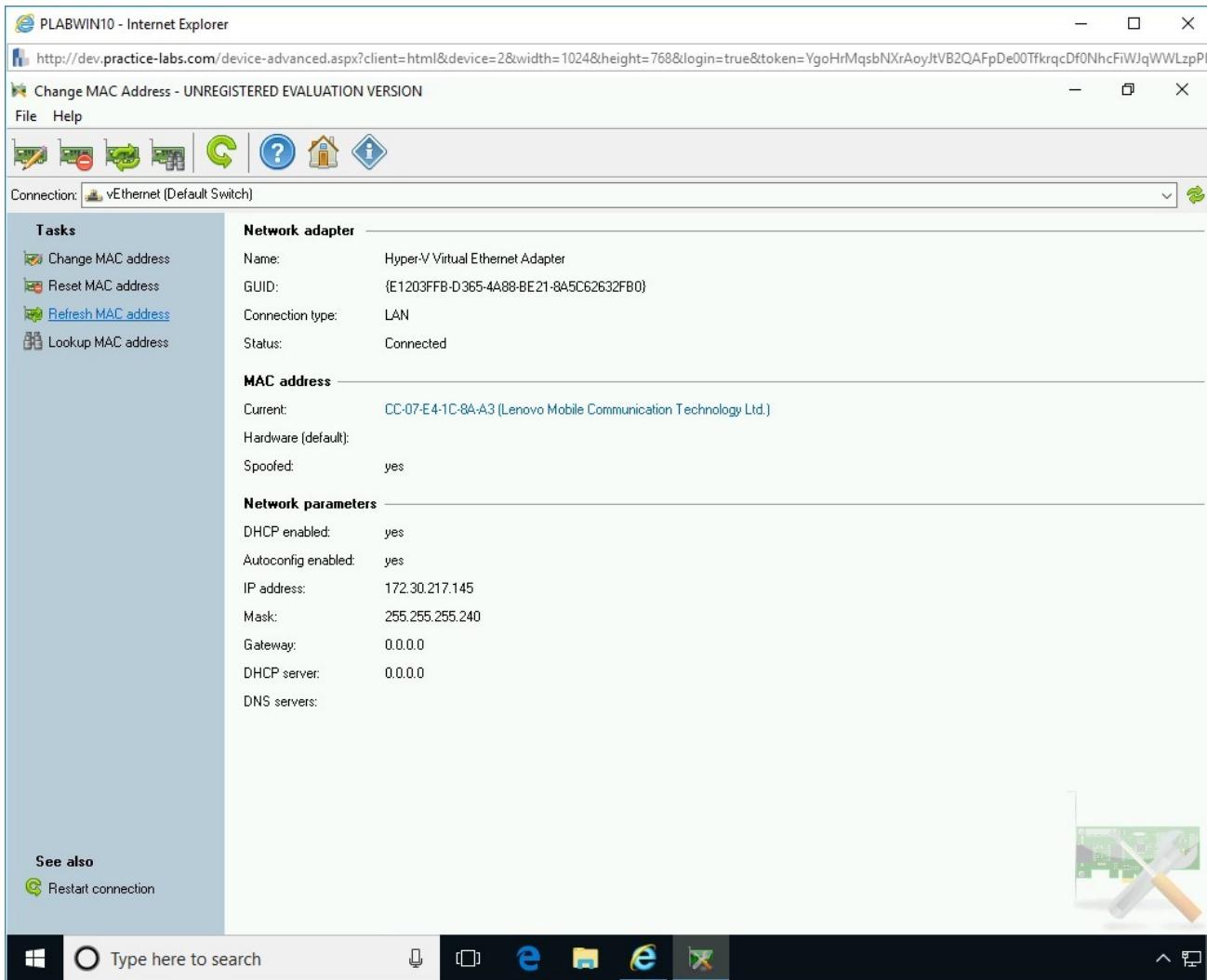


Figure 1.25 Screenshot of PLABWIN10: Clicking Refresh MAC address in the left-hand pane.

## Step 26

You can also identify the manufacturer based on an identified **MAC address**.

From the left-hand pane, click **Lookup MAC address**.

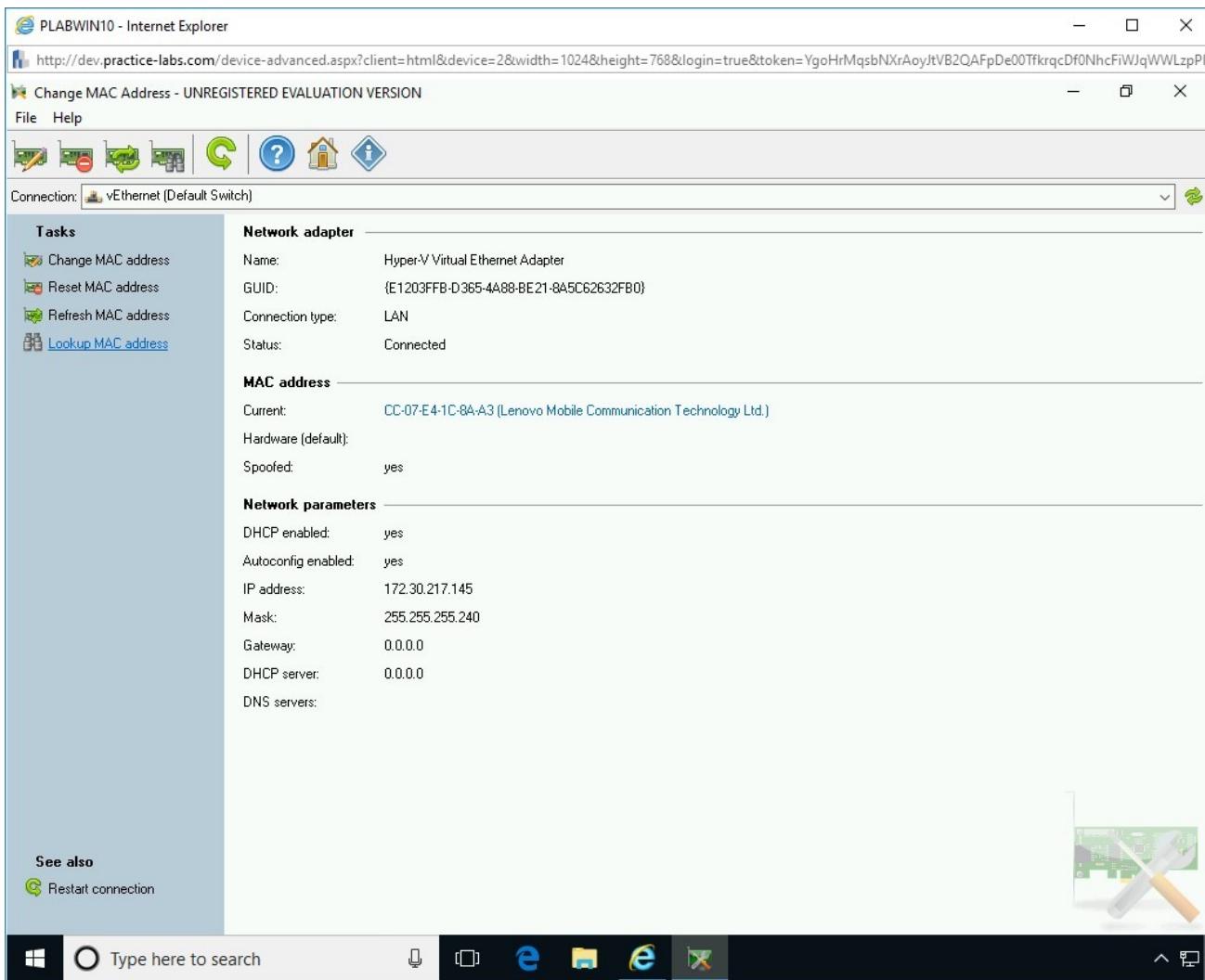


Figure 1.26 Screenshot of PLABWIN10: Clicking Lookup MAC address in the left-hand pane.

## Step 27

The **MAC Address Manufacturer Lookup** dialog box is displayed.

**Note:** You may get different values compared to the screenshot.

In the **MAC address** textbox, change the MAC address generated in the previous step to a new MAC address.

Click **Lookup**.

**Note:** The **Lookup** option works if the Manufacturer's name does not appear in the Manufacturer drop-down. In the lab, the manufacturer's name is already visible, and therefore, there will be no change in the name.

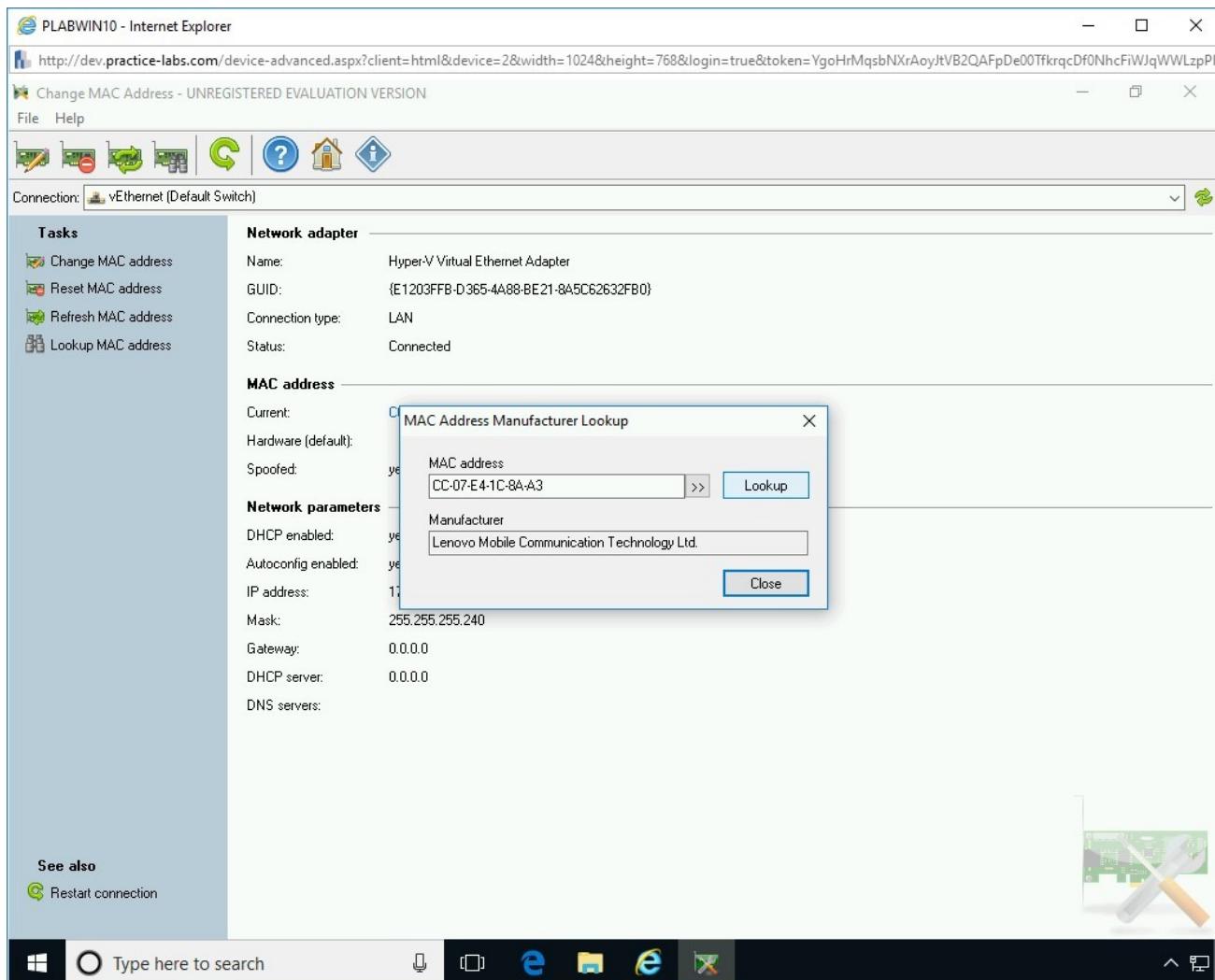


Figure 1.27 Screenshot of PLABWIN10: Clicking **Lookup** on the MAC Address Manufacturer Lookup dialog box.

## Step 28

Note that the name of the manufacturer does not change in the **Manufacturer** textbox.

Click **Close** & exit from the **Change MAC Address** tool.

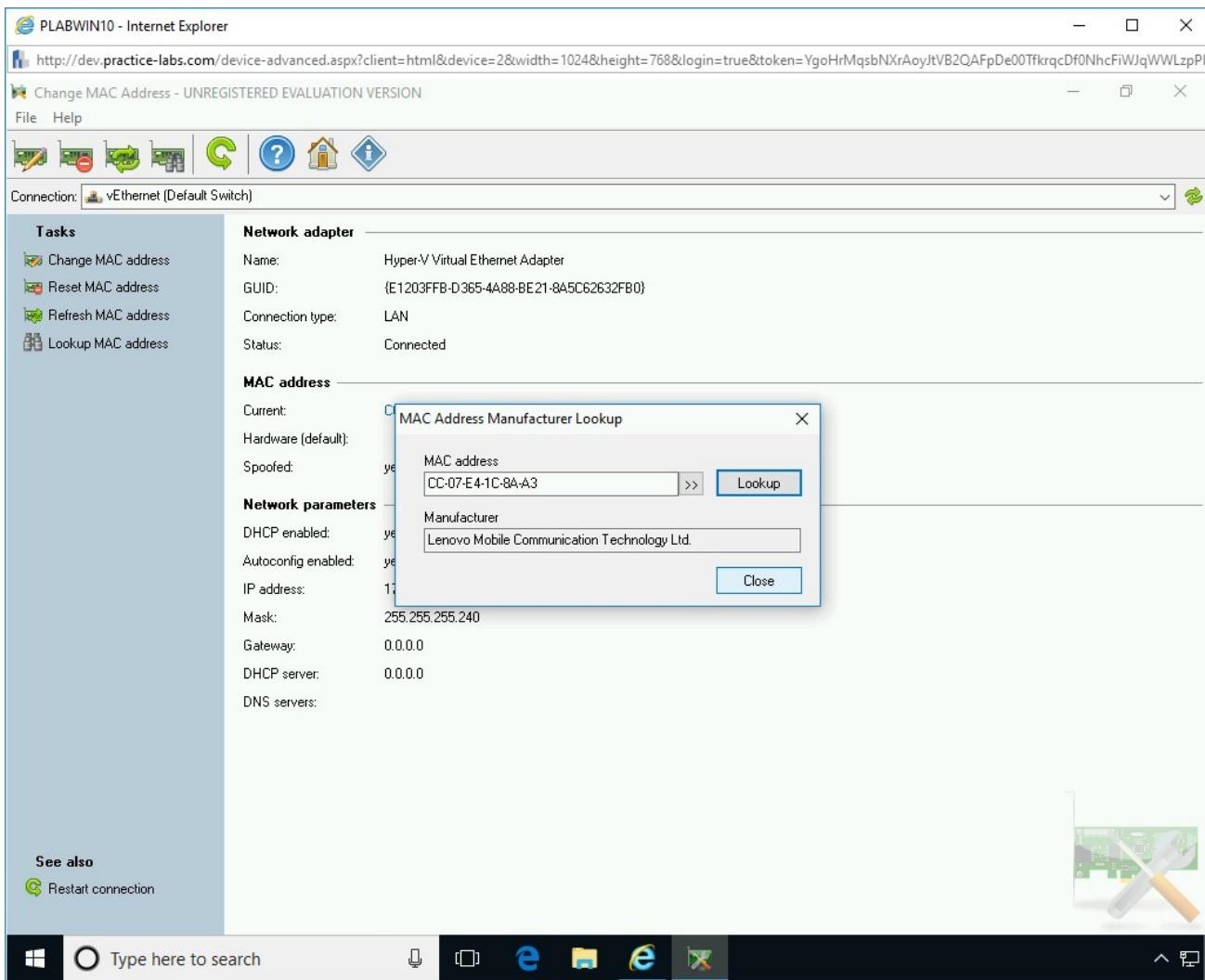


Figure 1.28 Screenshot of PLABWIN10: Clicking Close on the MAC Address Manufacturer Lookup dialog box.

## Task 2 - Use SMAC 2.0

**SMAC** is a **MAC** spoofing application, which means that it can change the **MAC** address.

In this task, you will learn to use **SMAC**. To use **SMAC**, perform the following steps:

### Step 1

Ensure you have powered on all the devices listed in the introduction and connect to **PLABWIN10**. Restore Internet Explorer from the taskbar. You should be on the Hacking Tools page. Locate **smac2o\_setup.exe**, and then click on it.

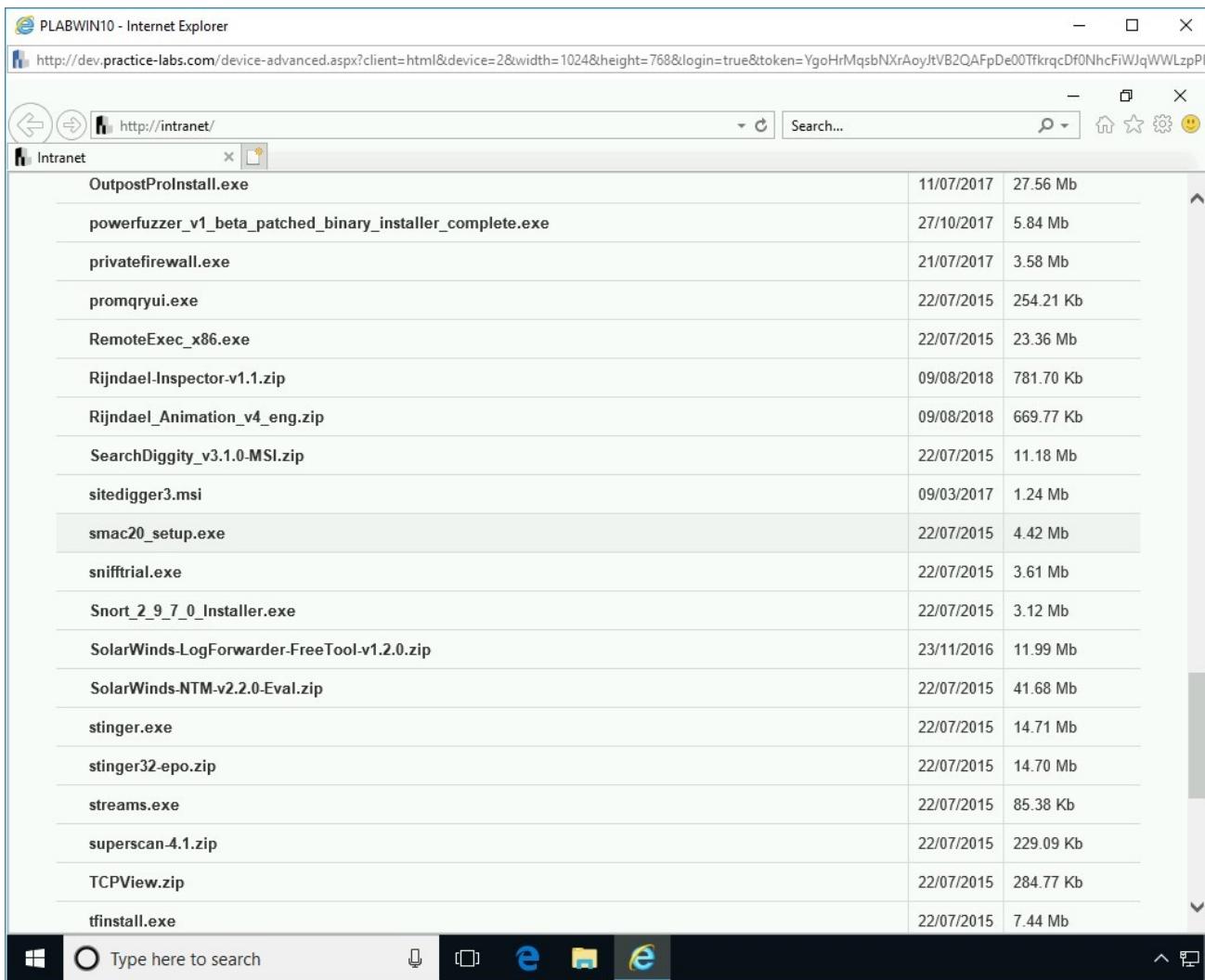


Figure 1.29 Screenshot of PLABWIN10: Internet Explorer Intranet page displayed. Clicking smac20\_setup.exe to download it.

## Step 2

In the notification bar, click **Run**.

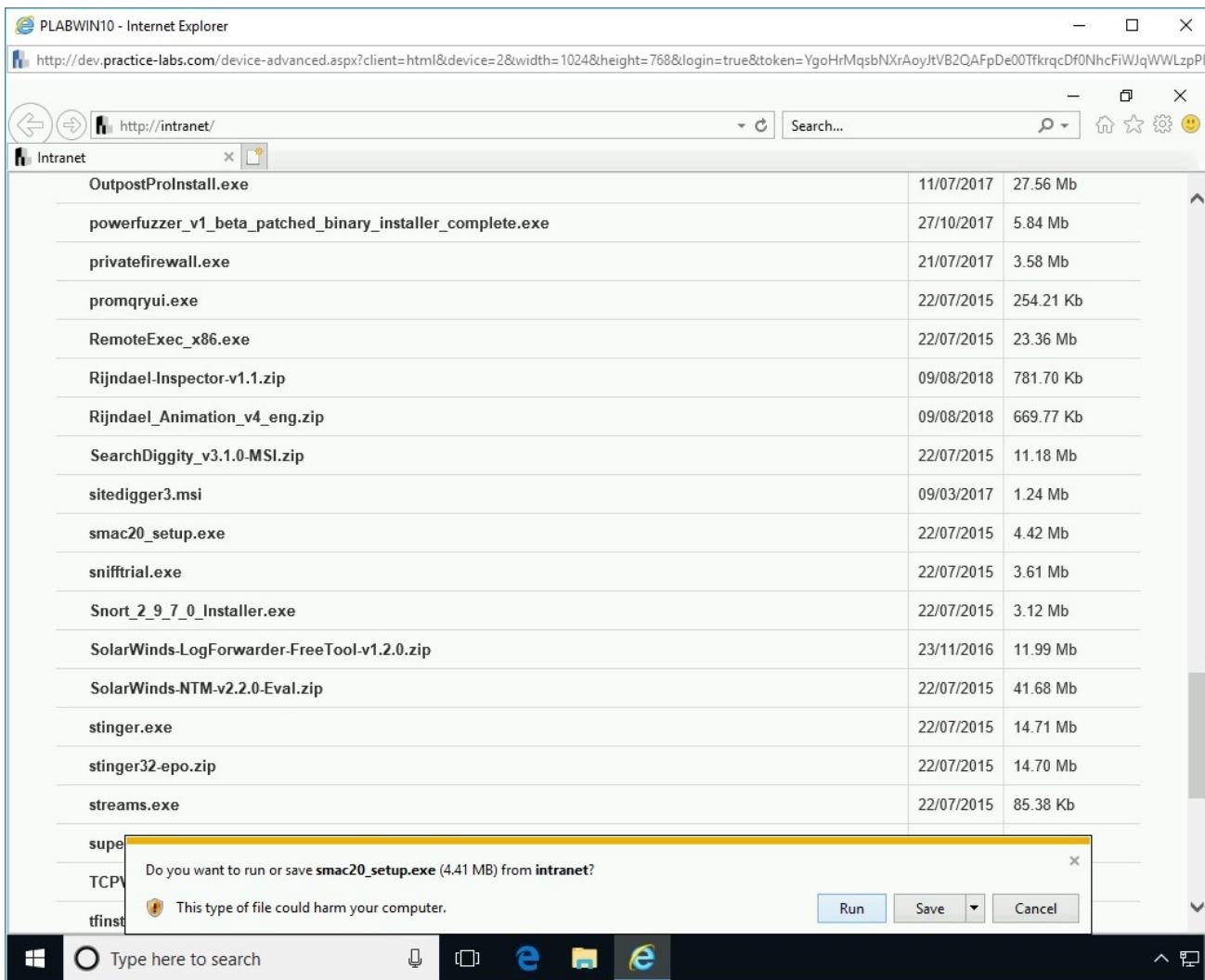


Figure 1.30 Screenshot of PLABWIN10: Clicking Run on the notification bar.

## Step 3

The **SMAC 2.04 Installation** wizard appears. On the welcome page, click **Next**.

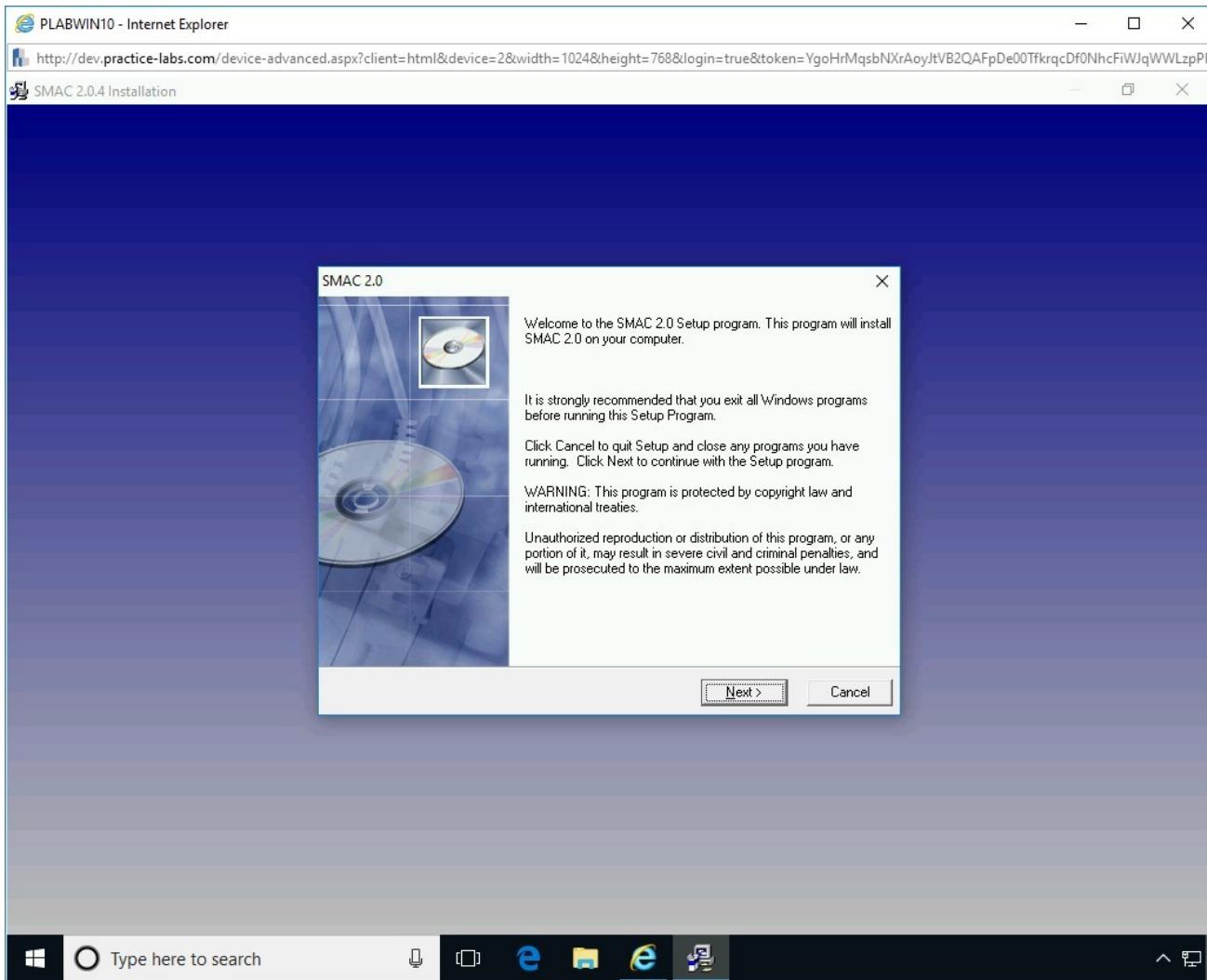


Figure 1.31 Screenshot of PLABWIN10: Showing the welcome page of the installation wizard. Clicking Next.

## Step 4

On the **License Agreement** page, click **I Accept**.

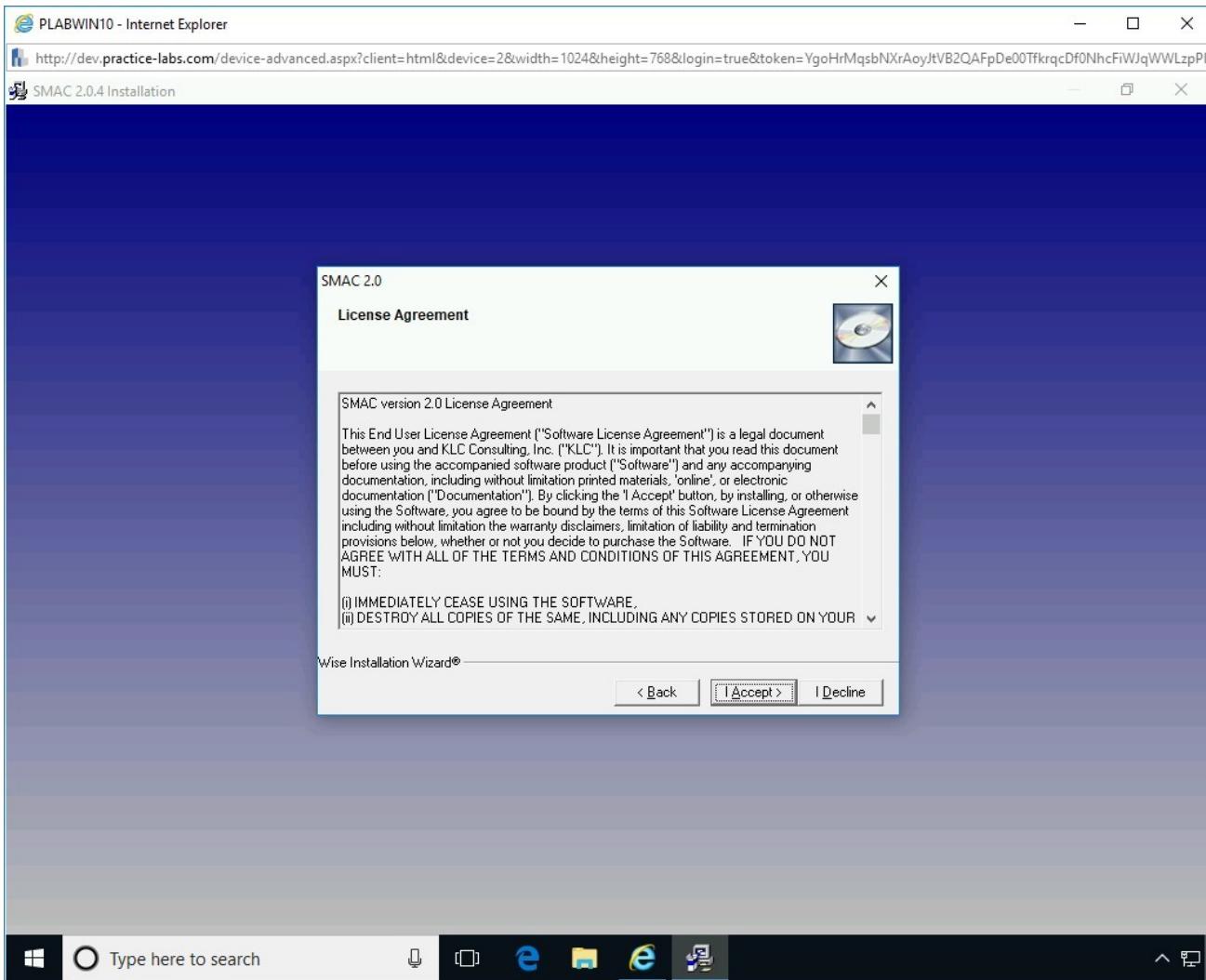


Figure 1.32 Screenshot of PLABWIN10: Clicking I Accept on the License Agreement page and clicking Next.

## Step 5

On the **Destination Location** page, keep the default location and click **Next**.

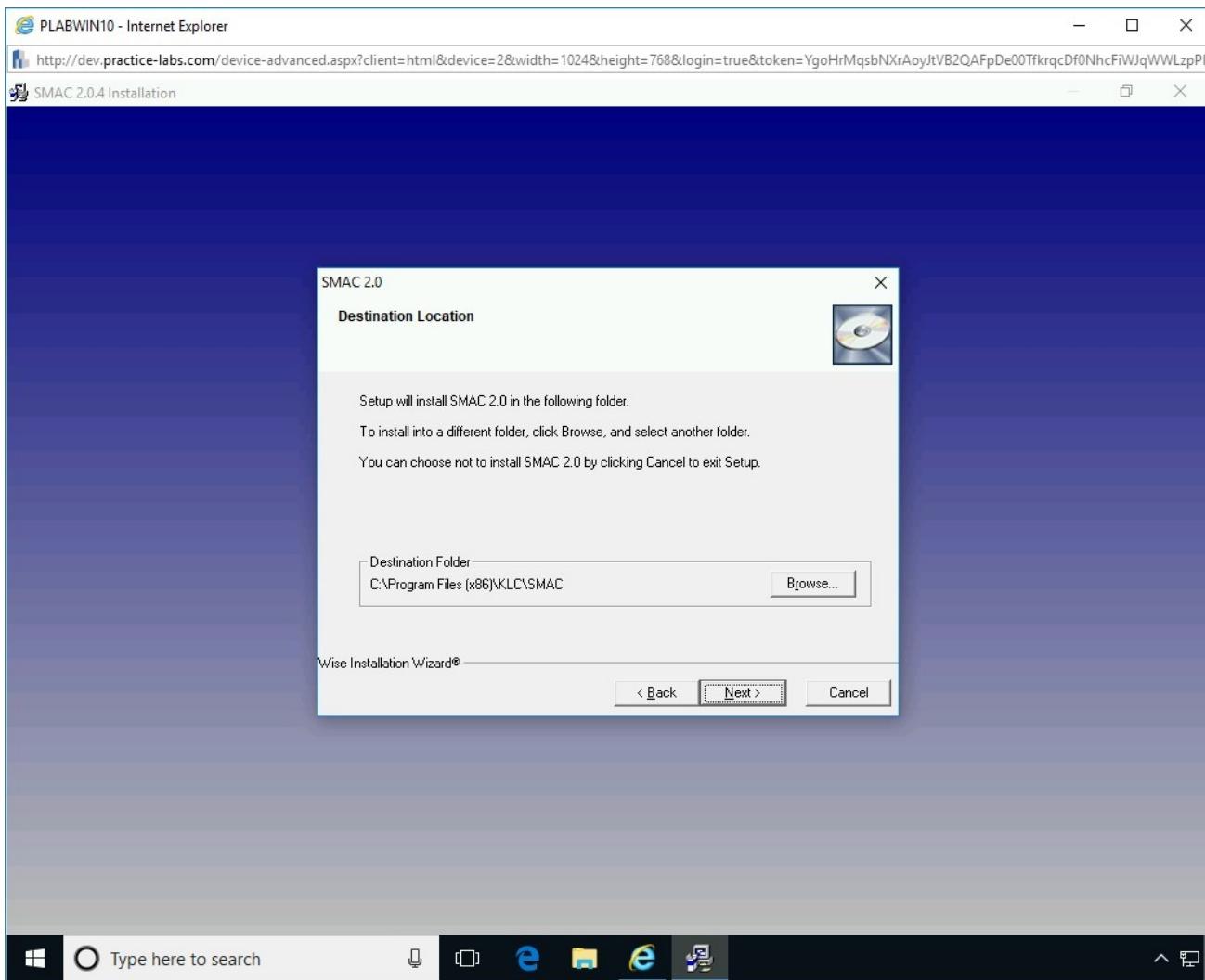


Figure 1.33 Screenshot of PLABWIN10: Clicking Next on the Destination Location page.

## Step 6

On the **Create Shortcuts** page, keep the default selection and click **Next**.

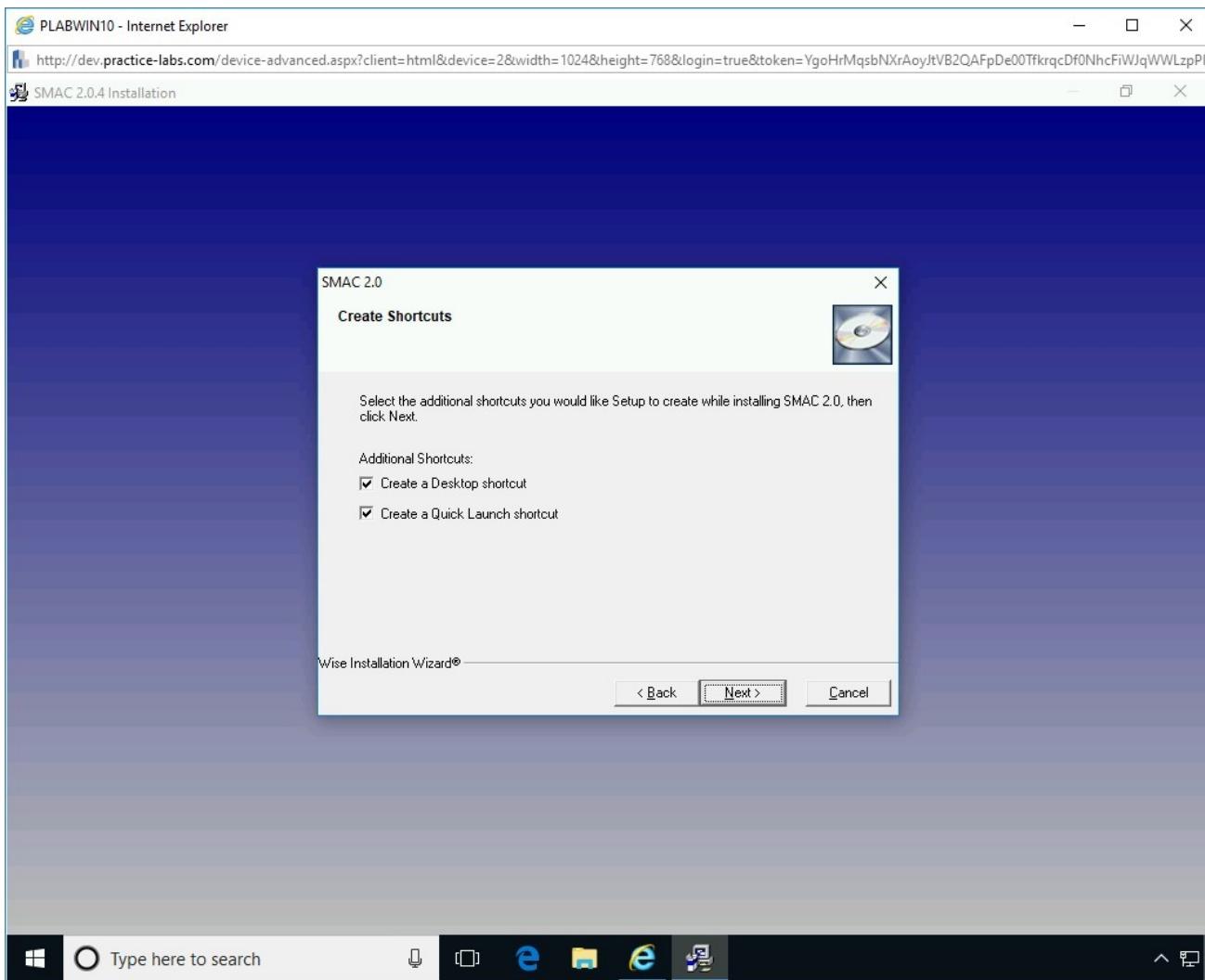


Figure 1.34 Screenshot of PLABWIN10: Keeping the default options and clicking Next on the Create Shortcuts page.

## Step 7

On the **Start Installation** page, click **Next**.

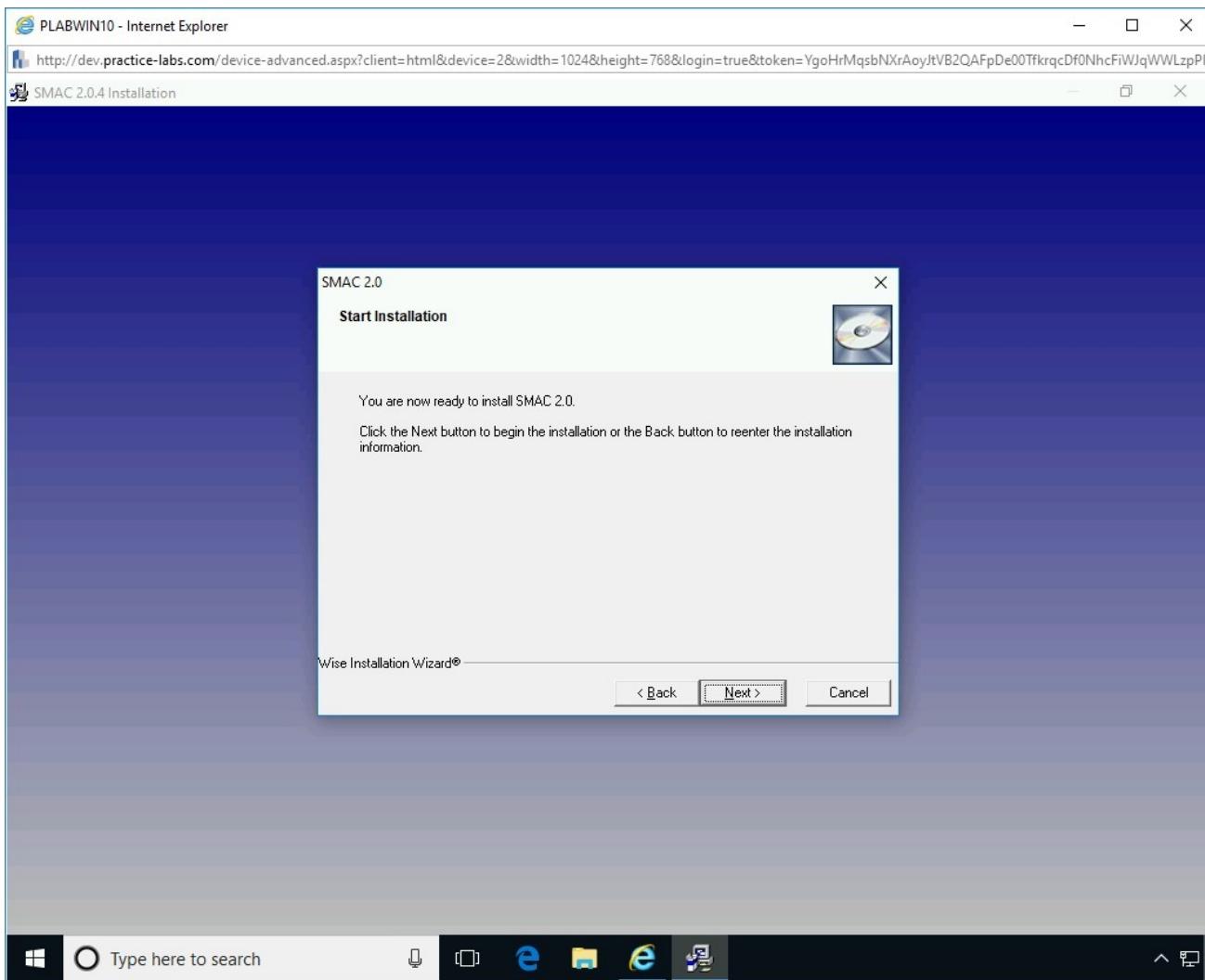


Figure 1.35 Screenshot of PLABWIN10: Clicking Next on the Start Installation page.

## Step 8

The installation of SMAC will complete quickly. On the final page of the SMAC 2.0 wizard, keep the default selection, and click **Finish**.

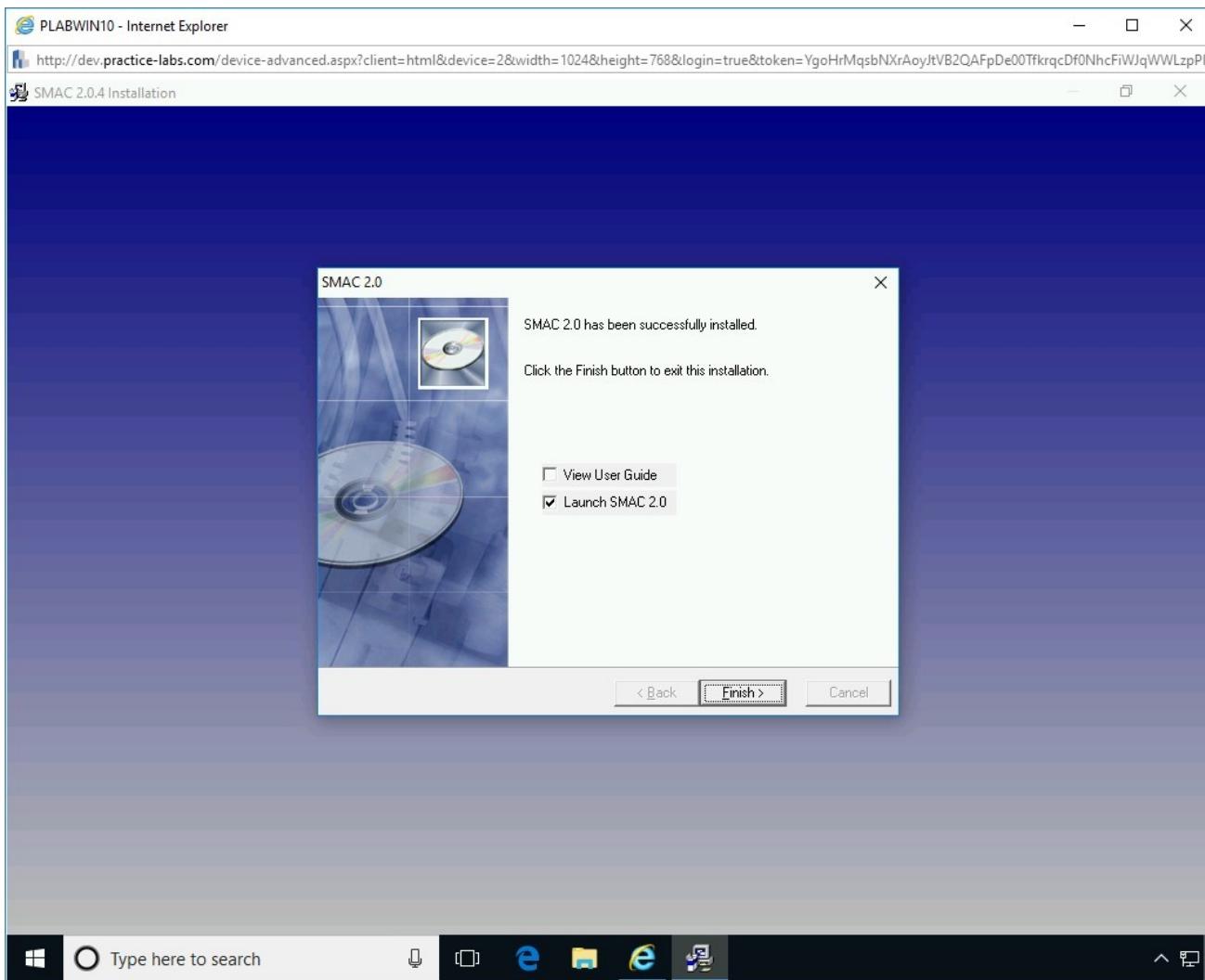


Figure 1.36 Screenshot of PLABWIN10: Keeping the default option and clicking Finish.

## Step 9

The **SMAC 2.0.5 License Agreement** is displayed. Click **I Accept**.

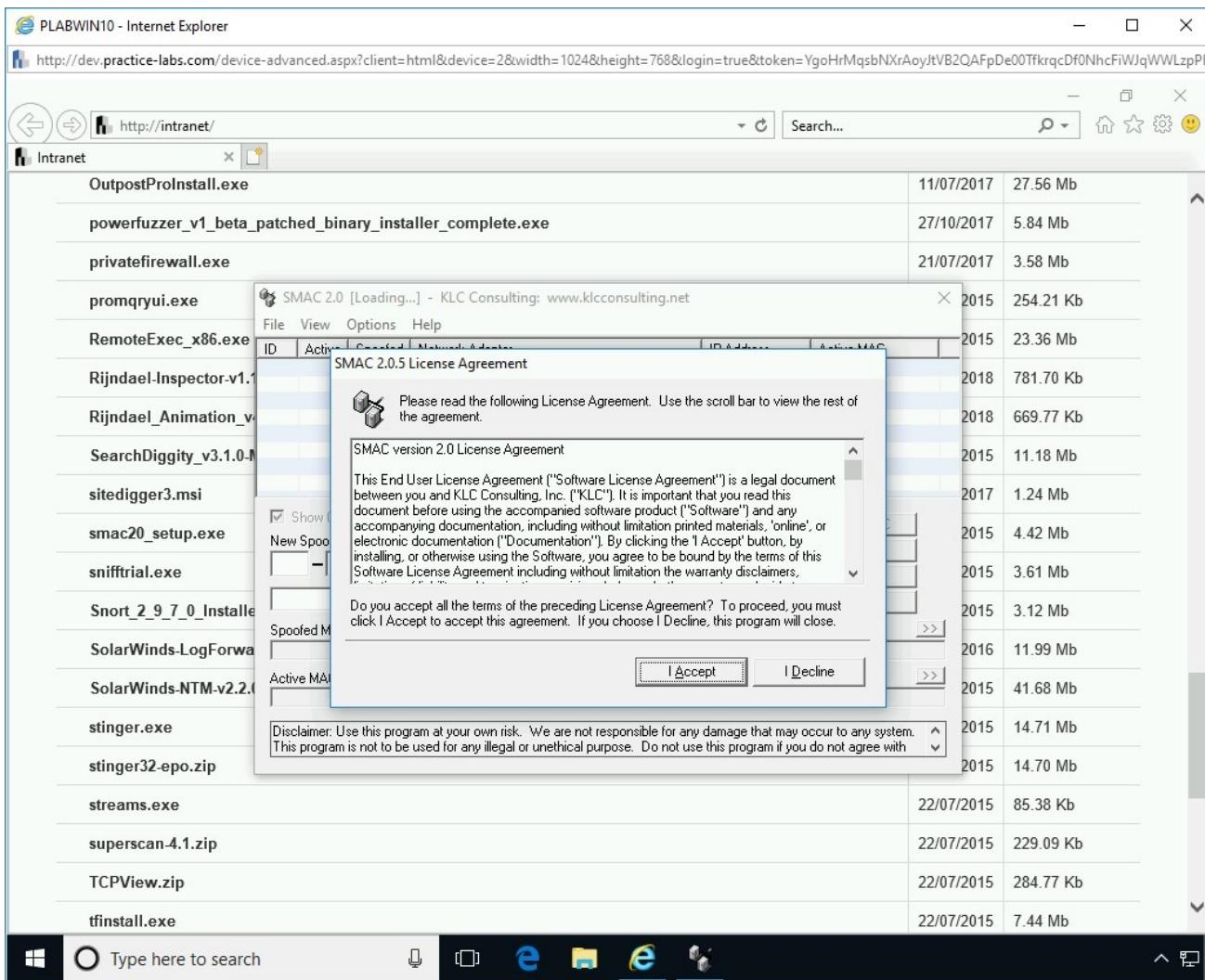


Figure 1.37 Screenshot of PLABWIN10: Clicking I Accept on the SMAC 2.0.5 License Agreement dialog box.

## Step 10

The **SMAC 2.0 Registration** dialog box is displayed. Click **Proceed**.

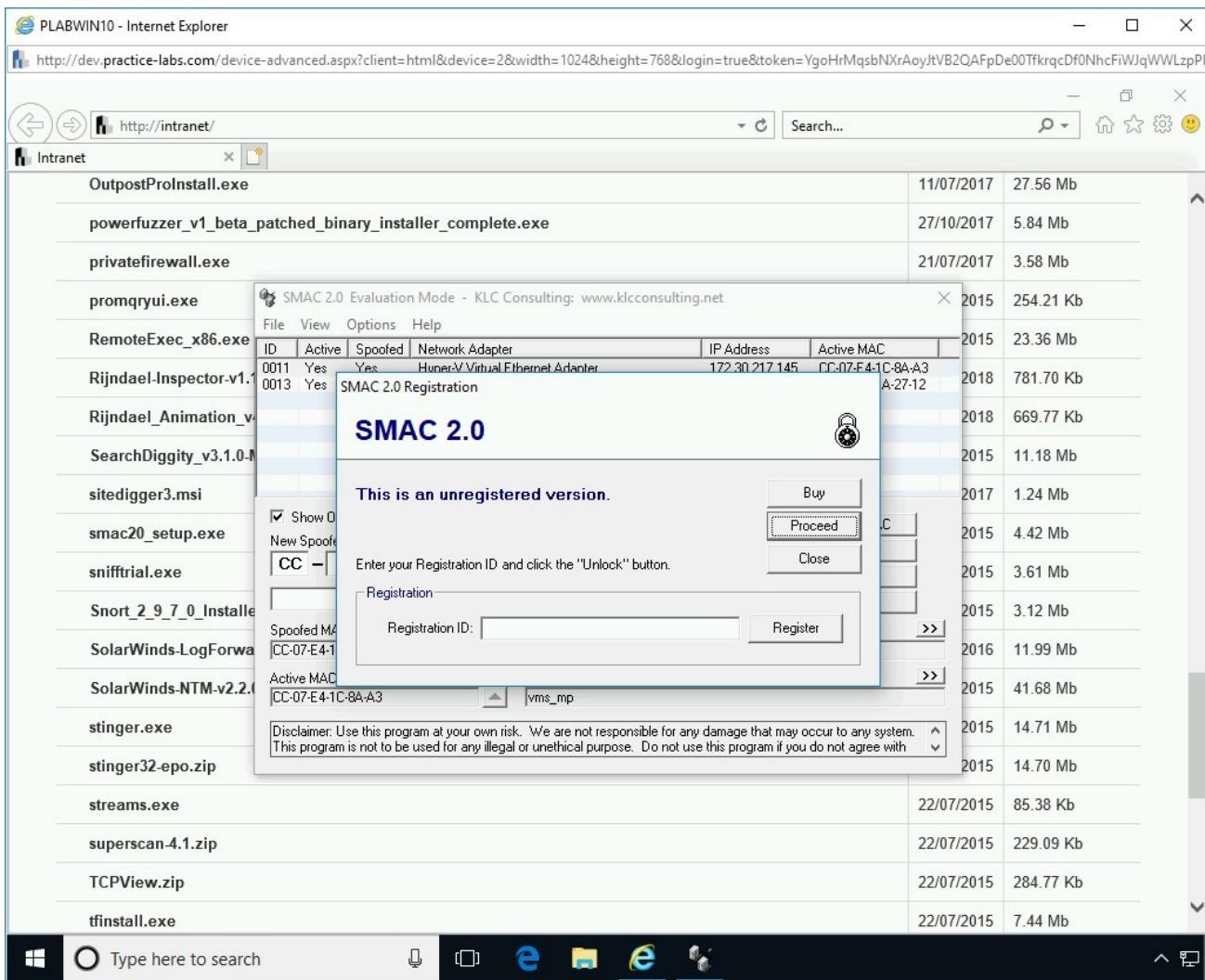


Figure 1.38 Screenshot of PLABWIN10: Clicking Proceed on the SMAC 2.0 Registration page.

## Step 11

Minimize Internet Explorer from the background of SMAC 2.0. The **SMAC 2.0 Evaluation Mode** dialog box is displayed. Note that it displays the MAC addresses of two NICs that exist in the system.

**Note:** If you have performed the previous task, you will remember that you had changed the MAC address and manufacturer. The same MAC address still exists in the system.

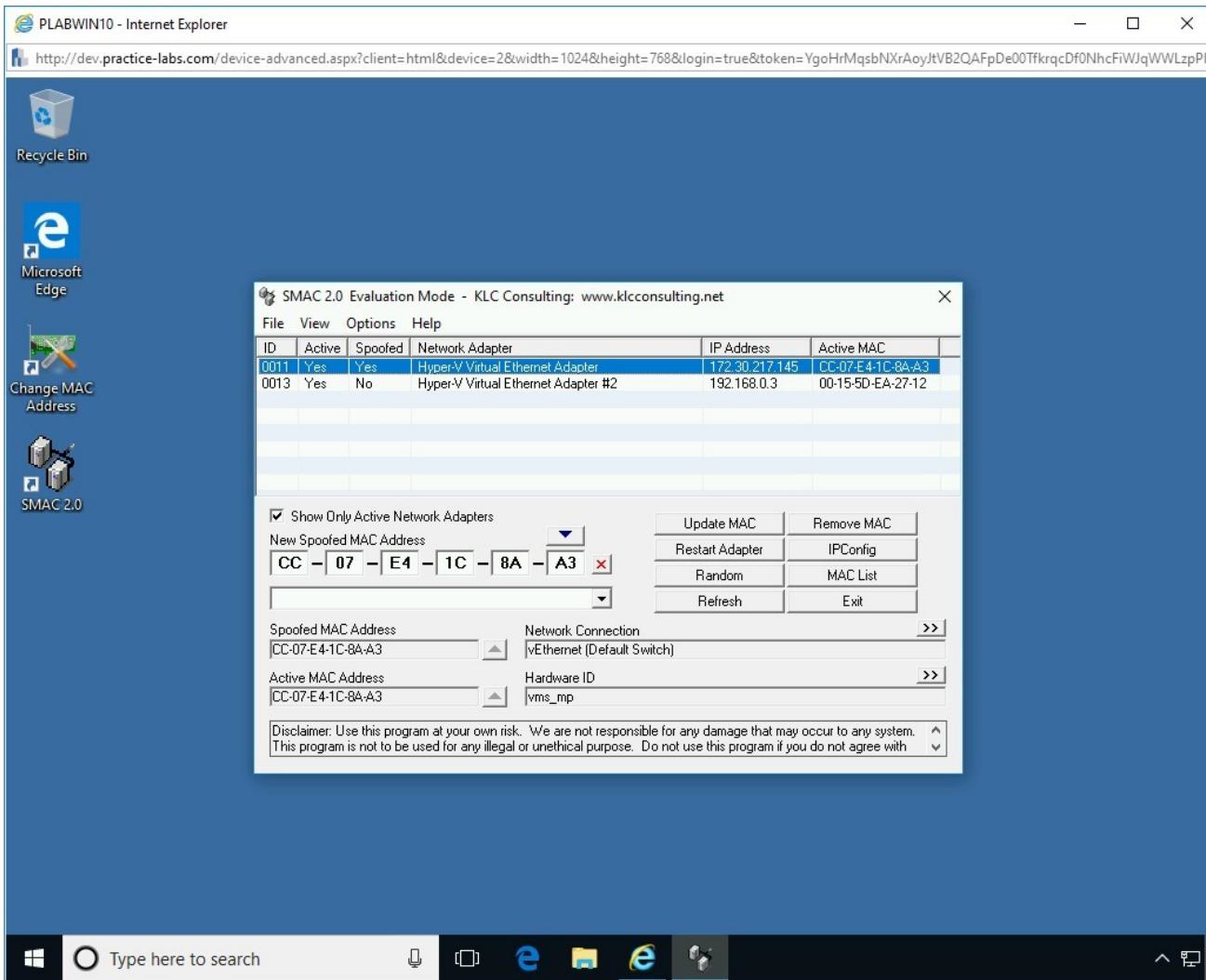


Figure 1.39 Screenshot of PLABWIN10: Showing the SMAC 2.0 Evaluation Mode dialog box.

## Step 12

From the top section, select the **NIC with ID 0013** and click **Update MAC**.

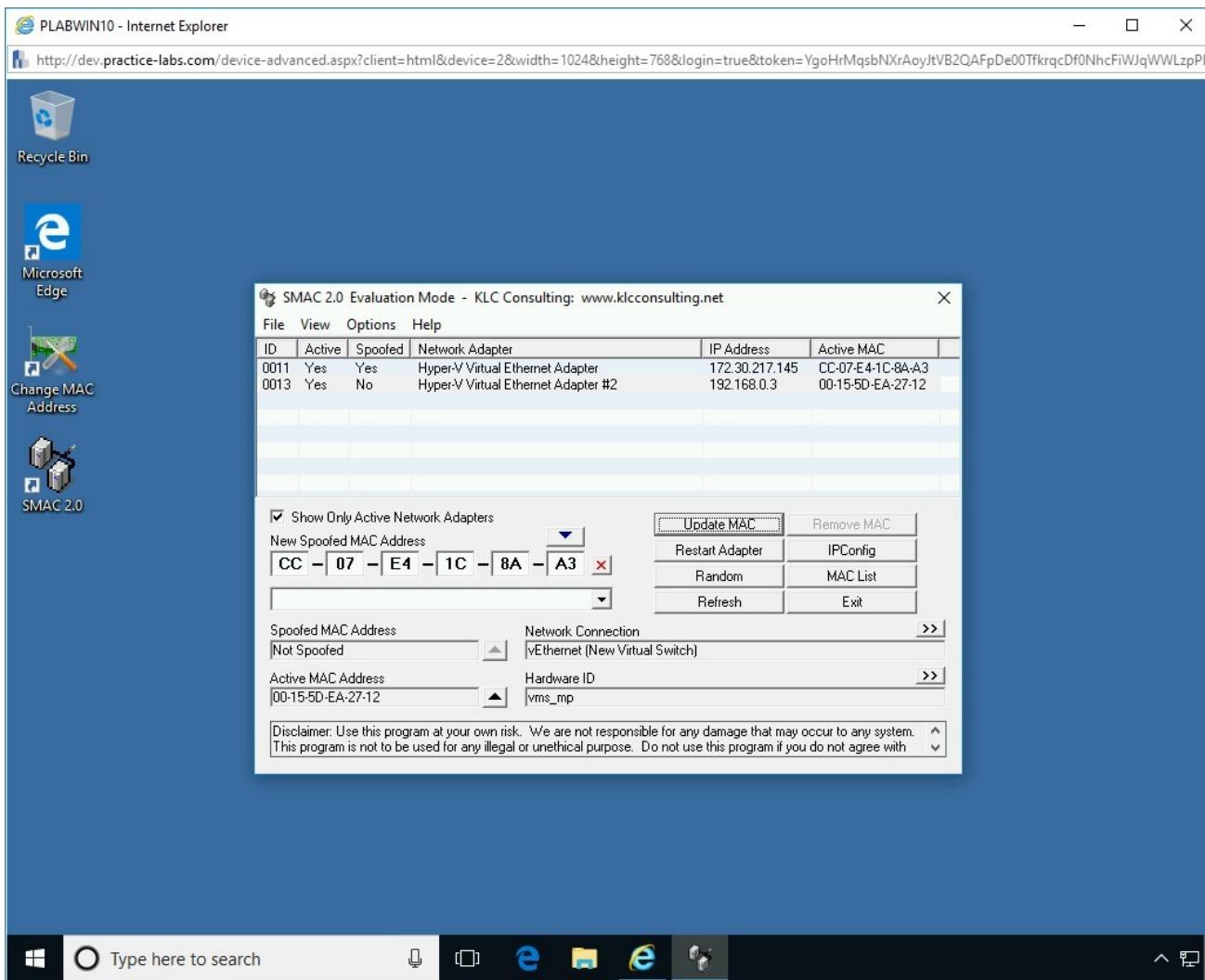


Figure 1.40 Screenshot of PLABWIN10: Selecting a NIC and clicking Update MAC on the SMAC 2.0 Evaluation Mode dialog box.

## Step 13

The **SMAC 2.0** dialog box is displayed. Since you are using an evaluation version, there is only a fixed MAC address to which the current MAC address will change.

Click **Yes**.

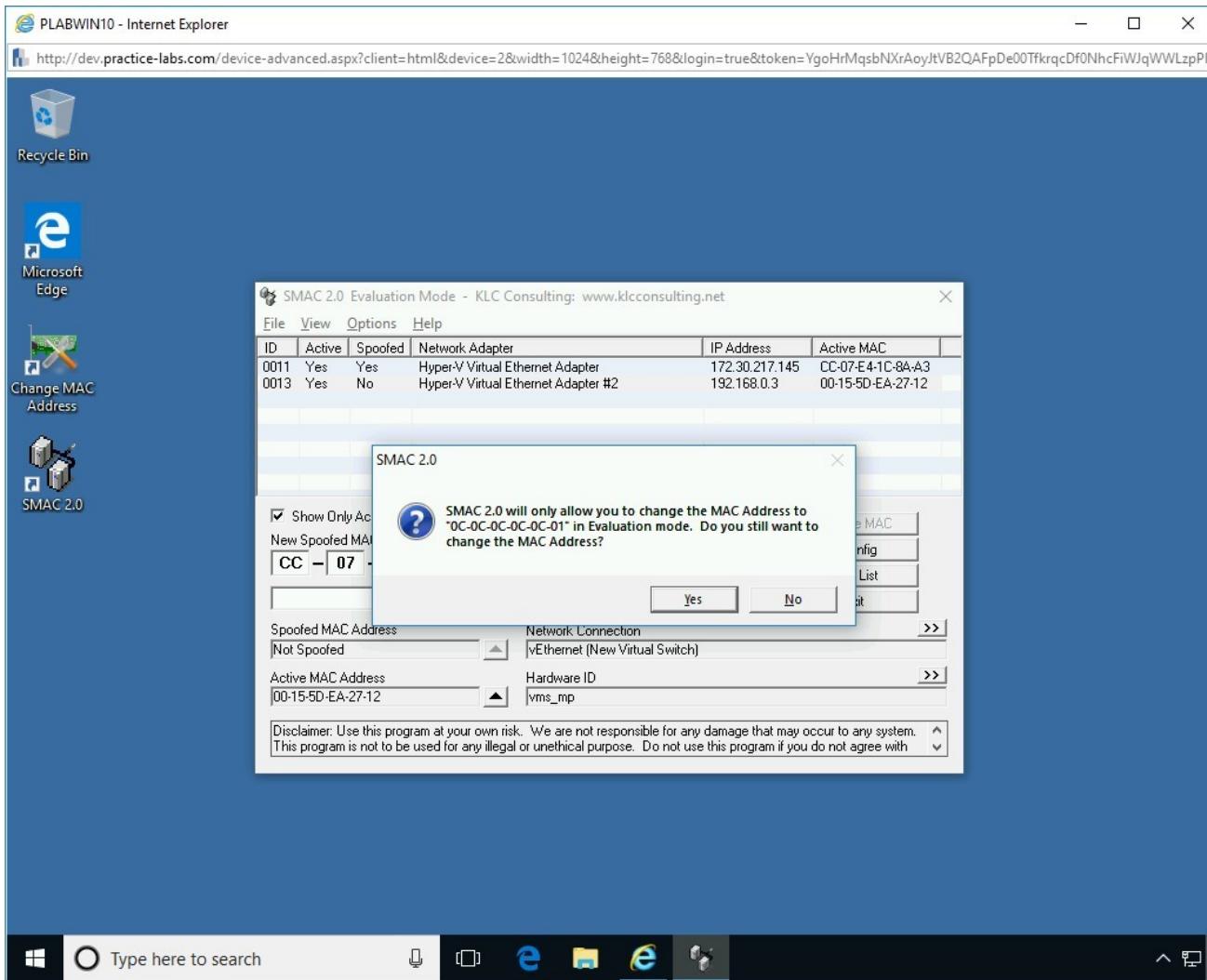


Figure 1.41 Screenshot of PLABWIN10: Clicking Yes on the SMAC 2.0 dialog box.

## Step 14

The MAC address change process starts.

**Note:** Disabling is mentioned under the IP Address and Active MAC columns.

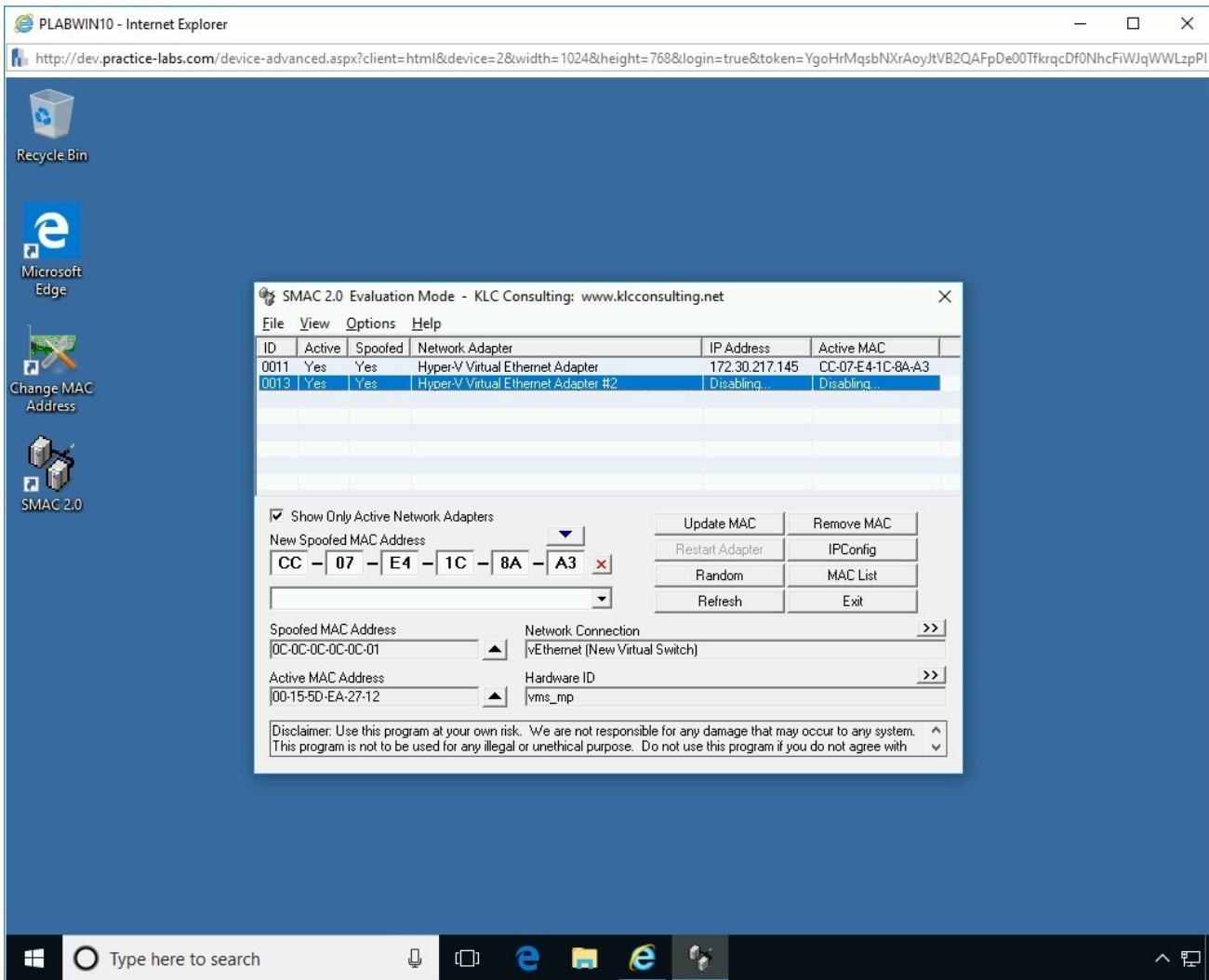


Figure 1.42 Screenshot of PLABWIN10: Showing the MAC change process on the SMAC 2.0 Evaluation Mode dialog box.

## Step 15

The **SMAC 2.0** dialog box is displayed. Click **OK**.

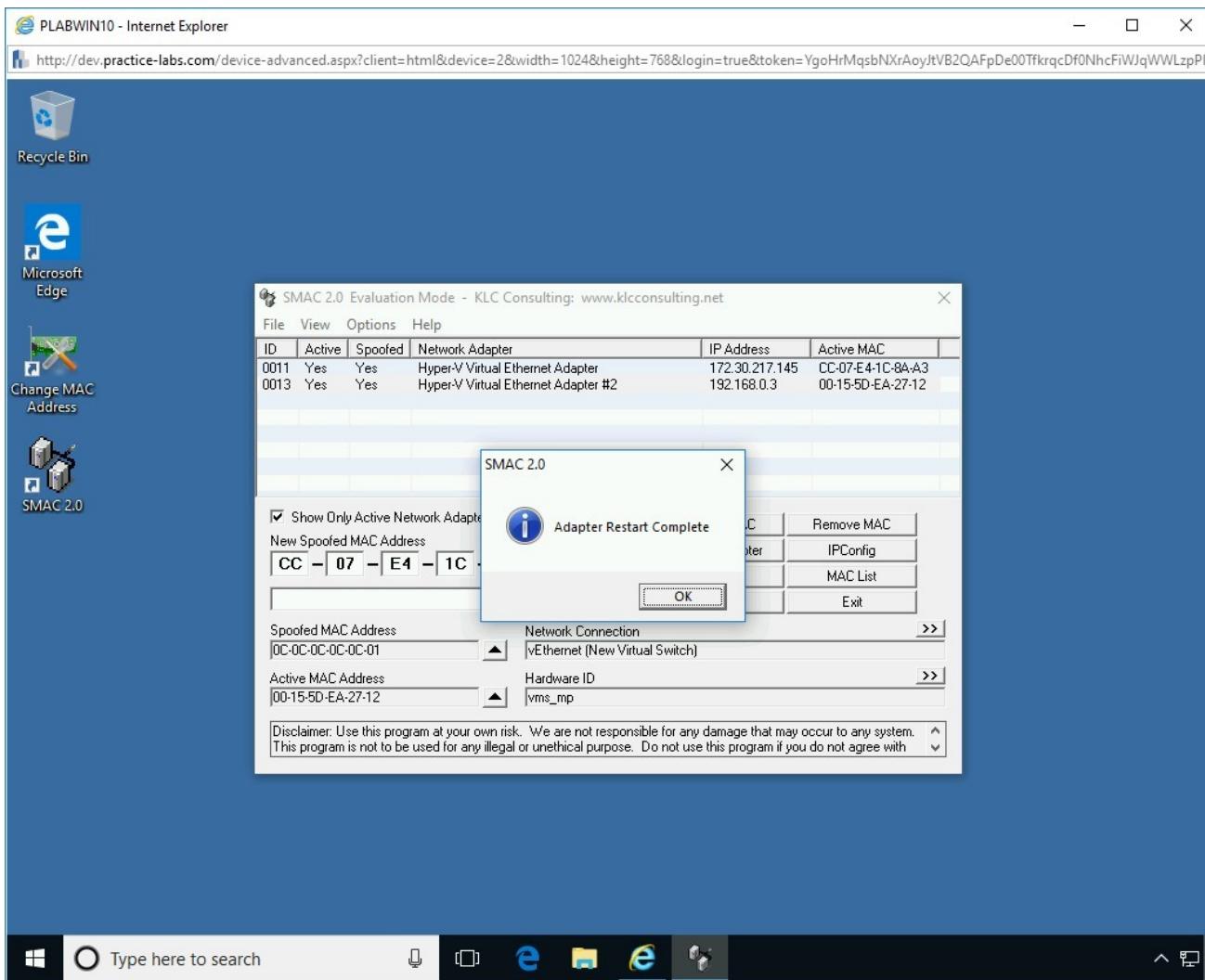


Figure 1.43 Screenshot of PLABWIN10: Clicking OK on the SMAC 2.0 dialog box.

## Step 16

The **Spoofed MAC Address** field now displays the spoofed MAC address.

Close the **SMAC 2.0** window.

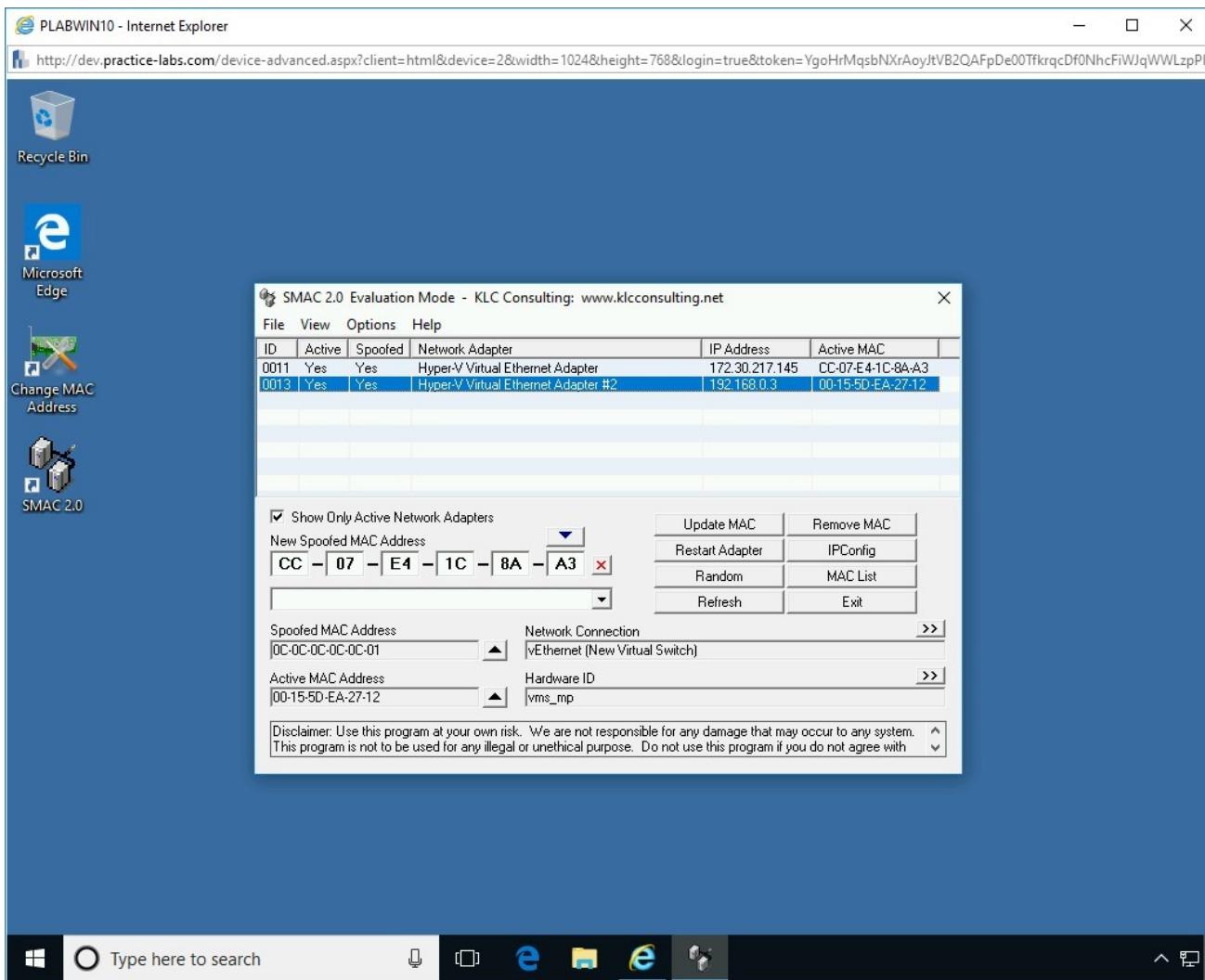


Figure 1.44 Screenshot of PLABWIN10: Showing the spoofed MAC address on the SMAC 2.0 Evaluation Mode dialog box.

## Task 3 - Install Wireshark

Wireshark is a packet capturing tool. It can capture packets that traverse through the network. You can use Wireshark for also sniffing the network traffic.

In this task, you will learn to install Wireshark. To do this, perform the following steps:

### Step 1

Ensure you have powered on the required devices and connected to **PLABWIN10**.

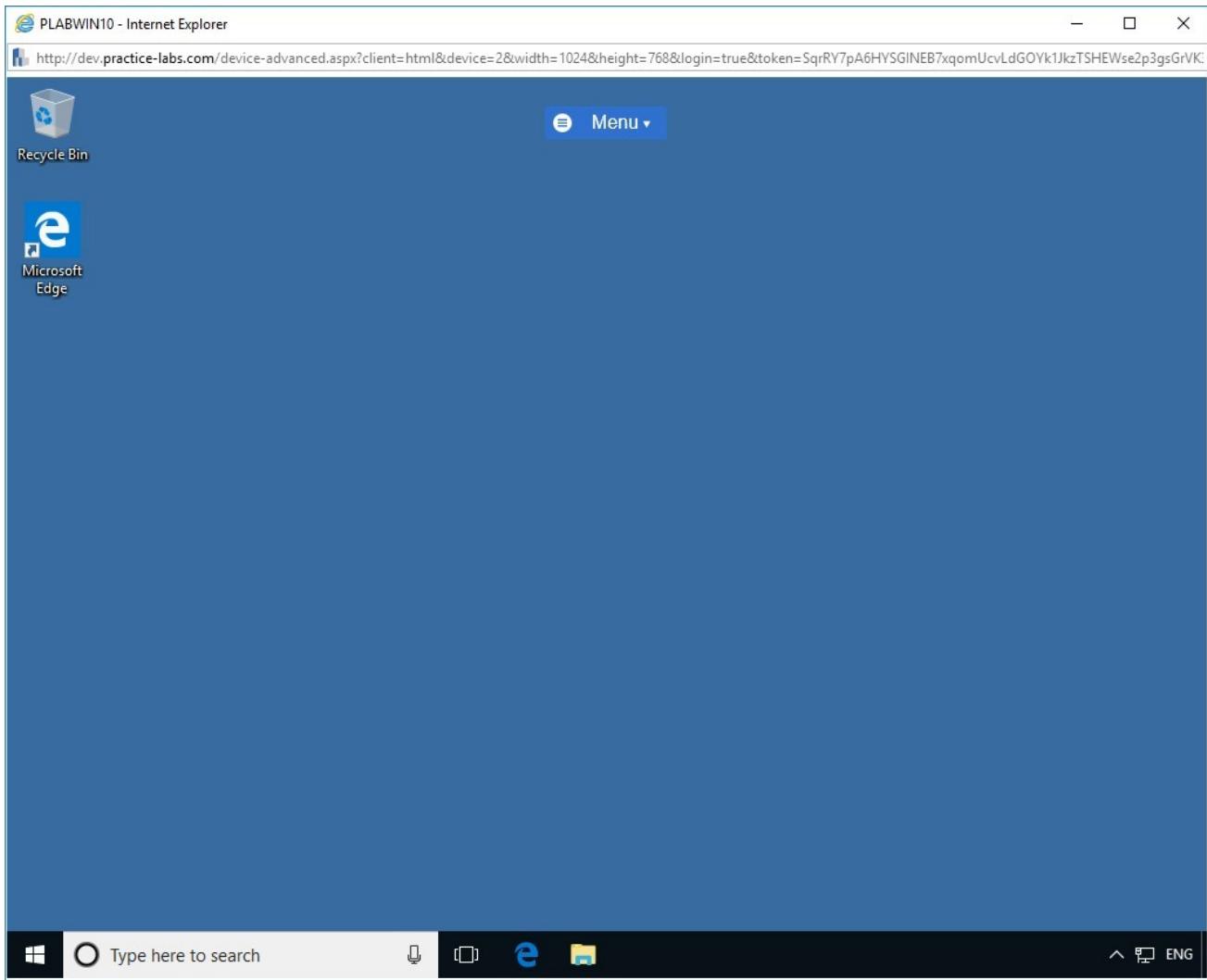


Figure 1.45 Screenshot of PLABWIN10: Showing the desktop of PLABWIN10.

## Step 2

In the **Type here to search** text box, type the following:

Internet Explorer

From the search results, select **Internet Explorer**.

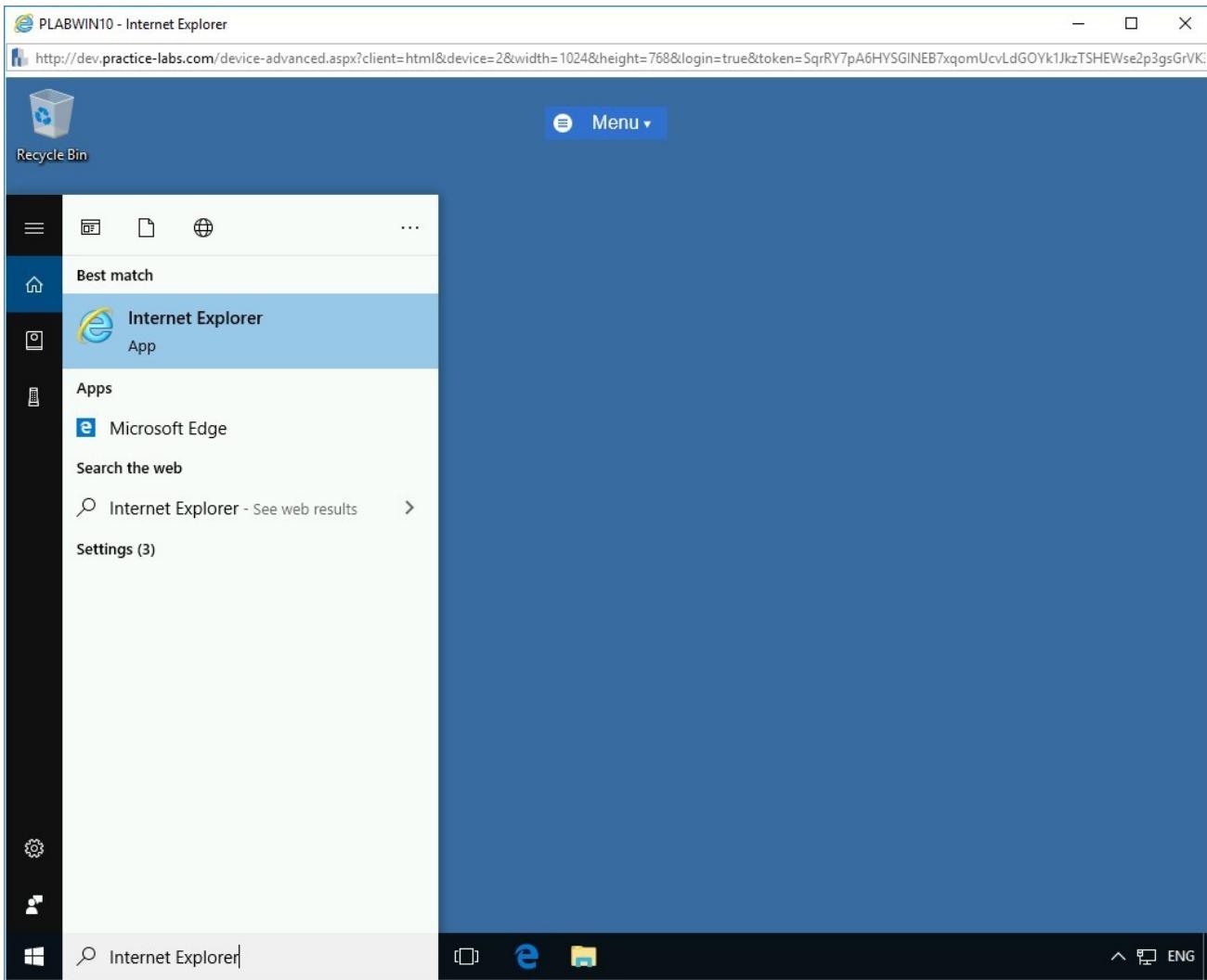


Figure 1.46 Screenshot of PLABWIN10: Selecting Internet Explorer from the search results.

## Step 3

The **Intranet** Website is displayed. On the **Intranet** homepage, click **Tools**.

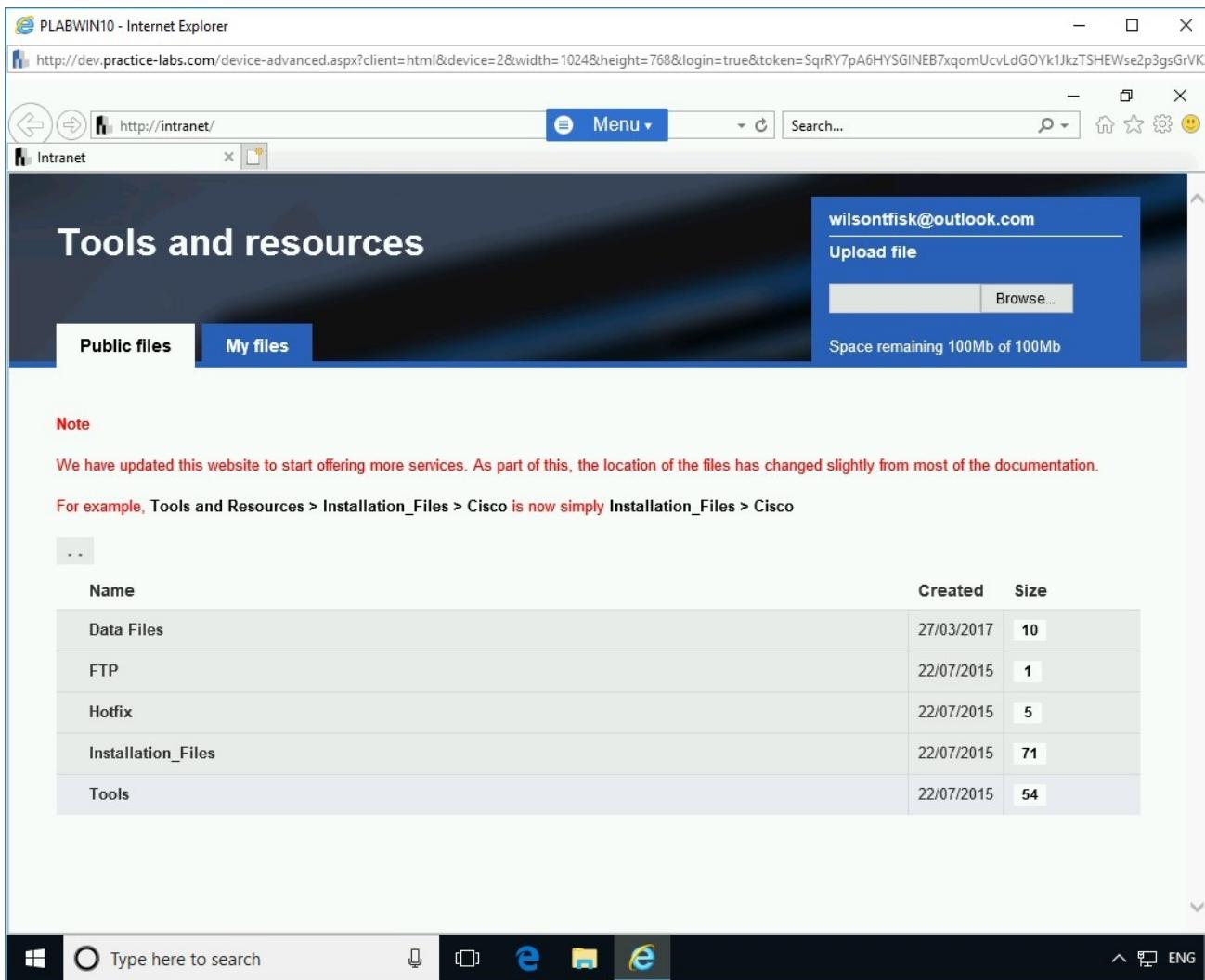


Figure 1.47 Screenshot of PLABWIN10: Internet Explorer Intranet page displayed. Clicking Tools on the Intranet homepage.

## Step 4

On the **Tools** Webpage, click **Hacking Tools**.

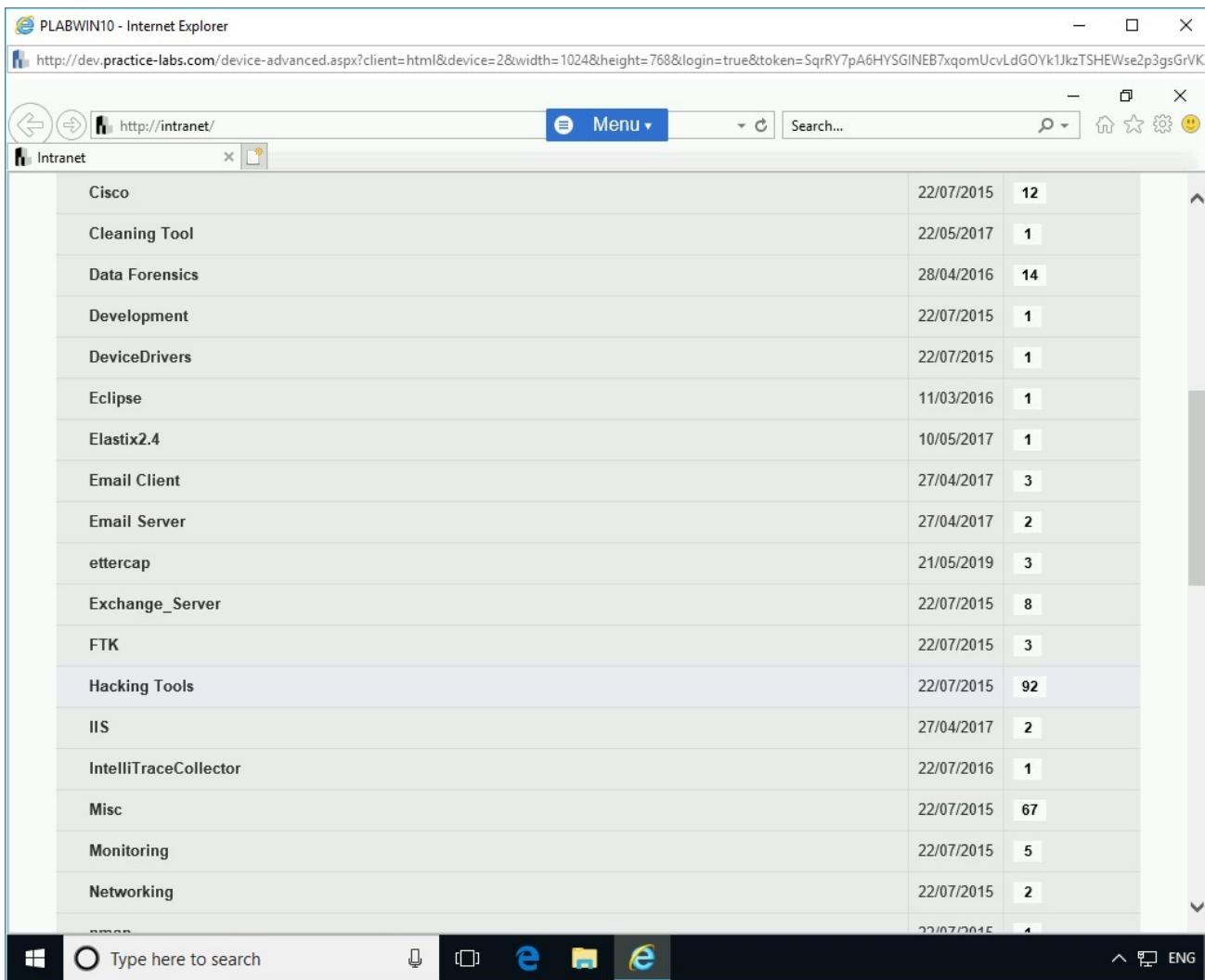


Figure 1.48 Screenshot of PLABWIN10: Clicking Hacking Tools on the Intranet homepage.

## Step 5

Locate and click **Wireshark-win32-1.12.3.exe**.

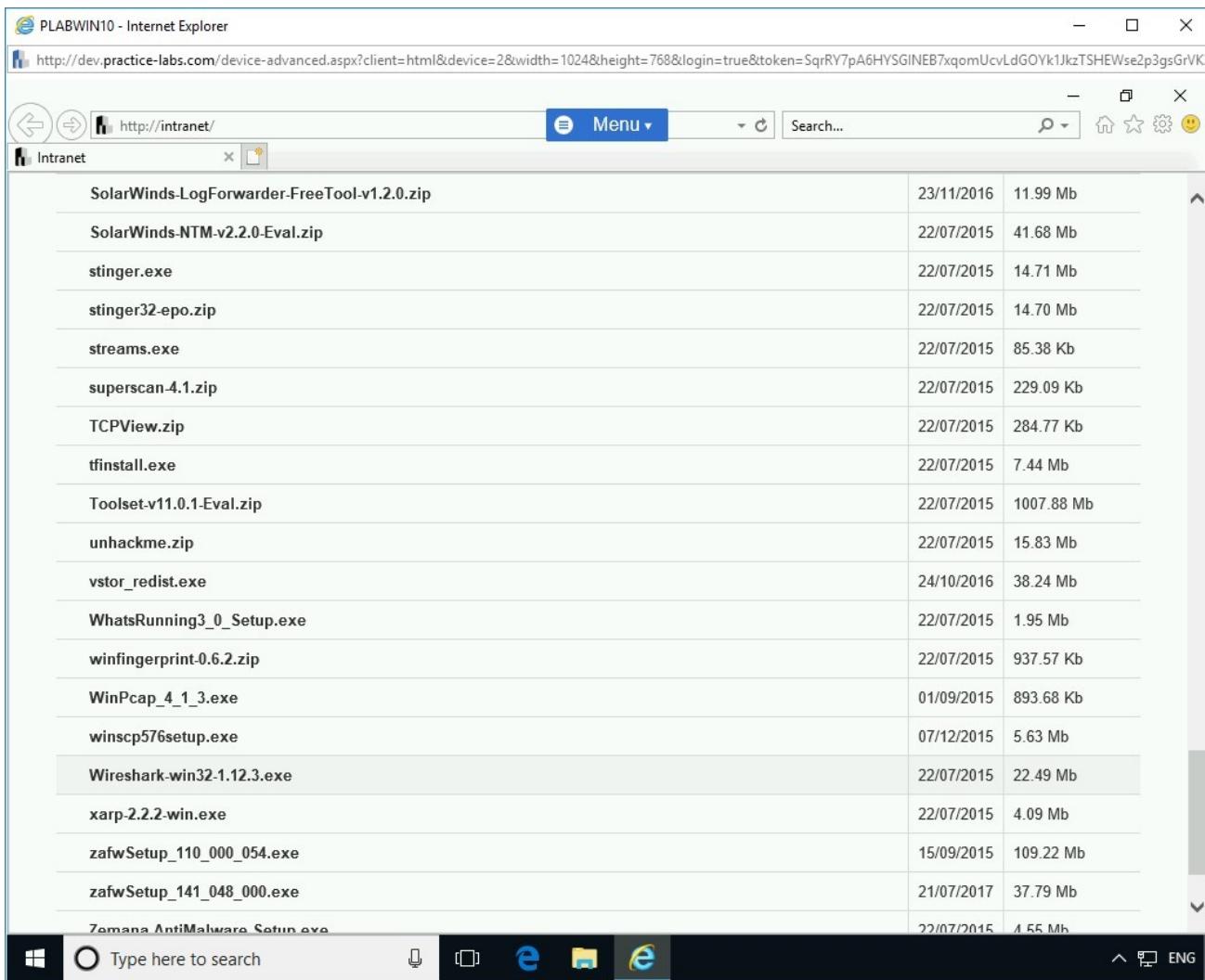


Figure 1.49 Screenshot of PLABWIN10: Clicking Wireshark-win32-1.12.3.exe on the Intranet homepage.

## Step 6

In the notification bar, click **Save**.

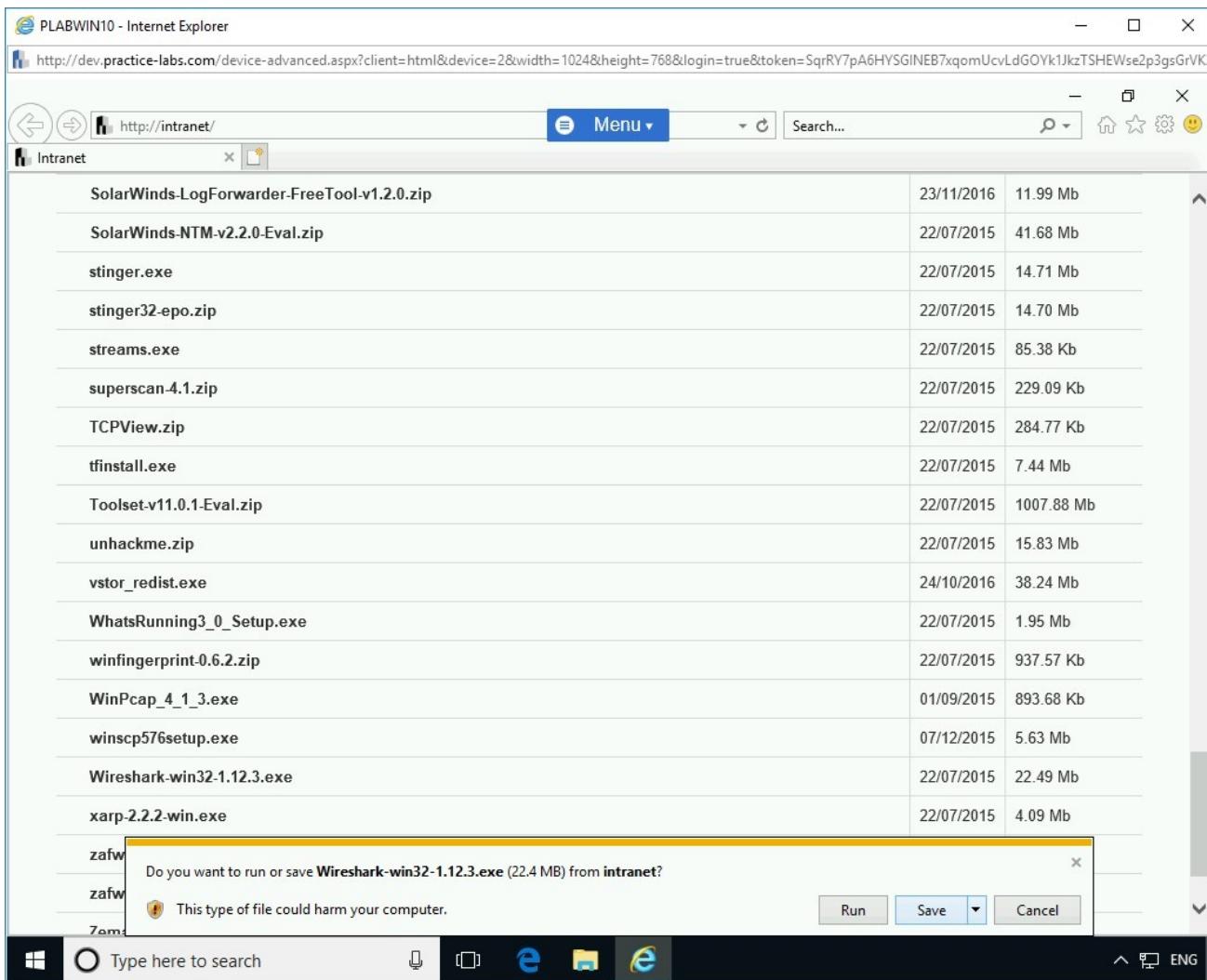


Figure 1.50 Screenshot of PLABWIN10: Clicking the Save option in the notification bar.

## Step 7

In the notification bar, click **Open folder**.

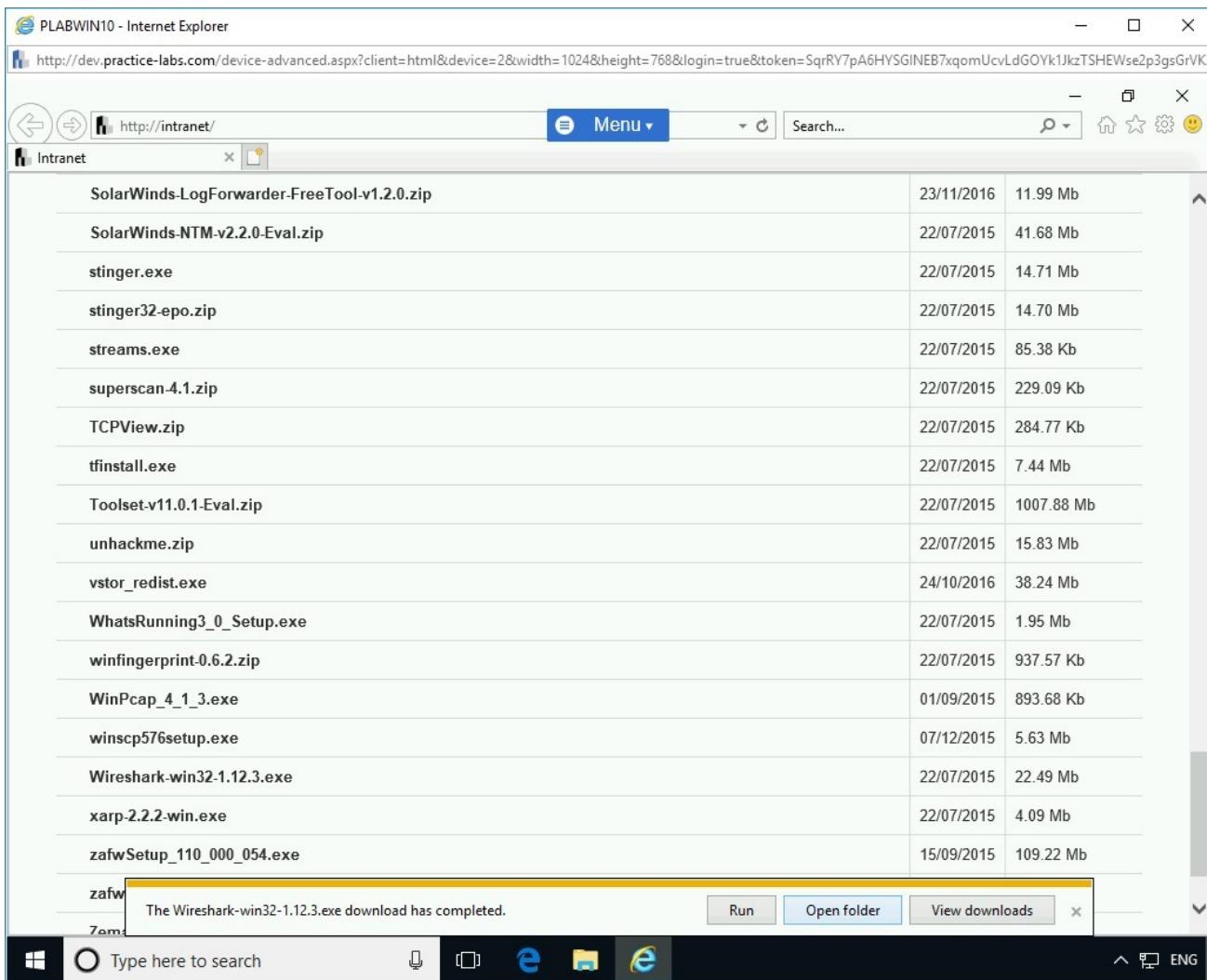


Figure 1.51 Screenshot of PLABWIN10: Clicking the Open folder option in the notification bar.

## Step 8

The **File Explorer** downloads window is now open. Double-click the **Wireshark-win32-1.12.3.exe** file.

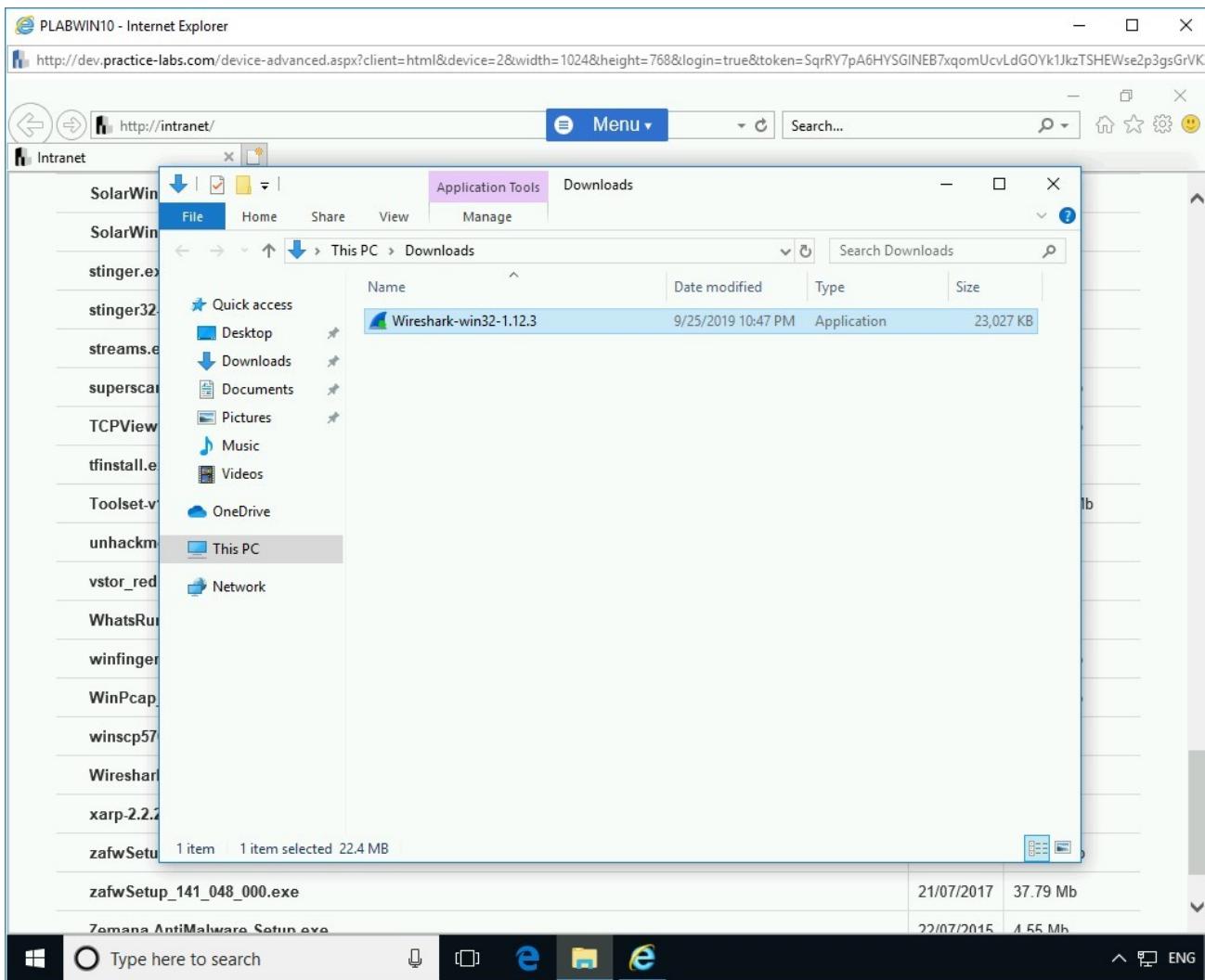


Figure 1.52 Screenshot of PLABWIN10: Double-clicking the Wireshark-win32-1.12.3.exe file in the File Explorer Downloads window.

## Step 9

The **Welcome to the Wireshark 1.12.3 (32-bit) Setup Wizard** is displayed. Click **Next** to continue.

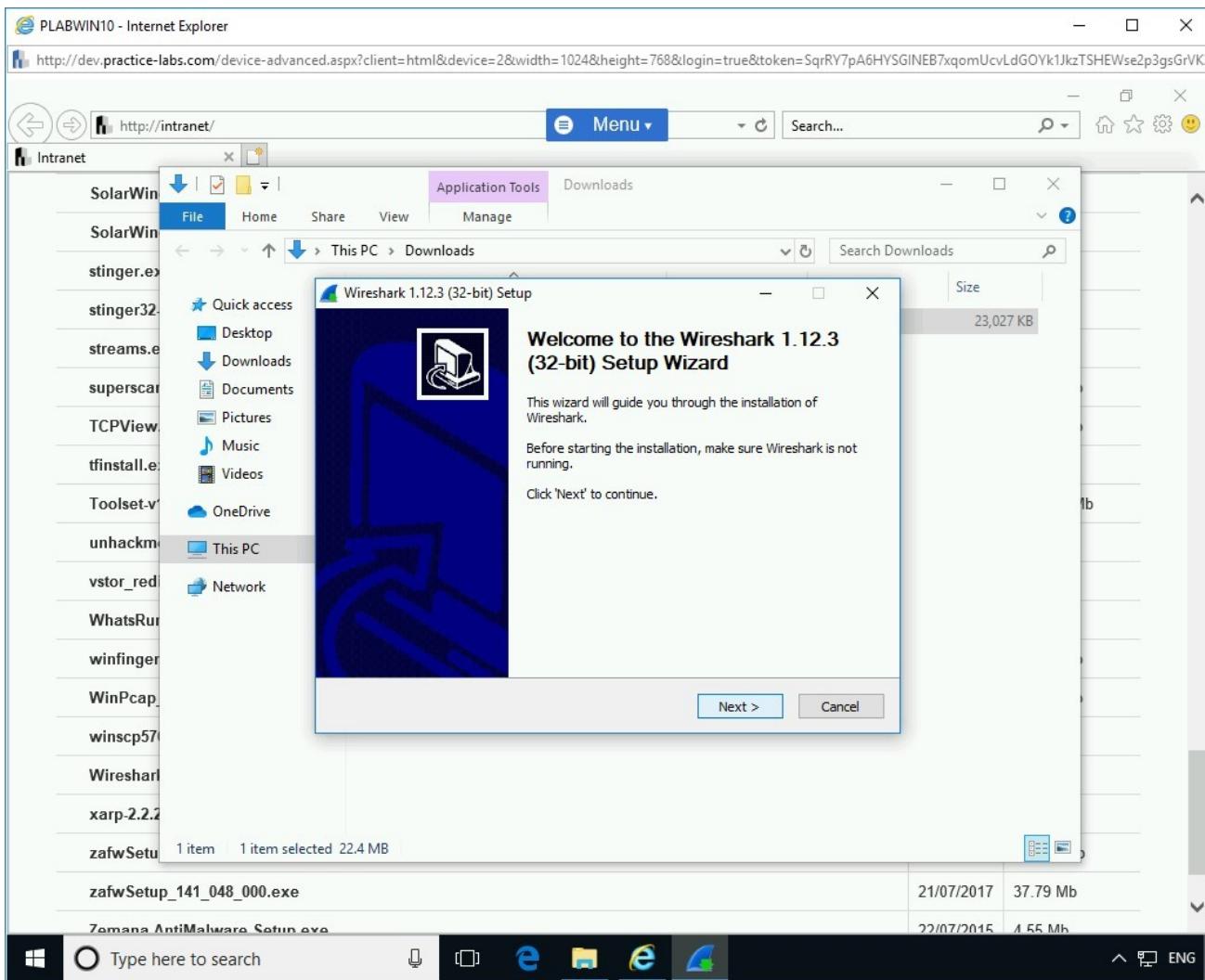


Figure 1.53 Screenshot of PLABWIN10: Clicking Next on the Welcome to the Wireshark 1.12.3 (32-bit) Setup Wizard page.

## Step 10

On the **License Agreement** page, click **I Agree**.

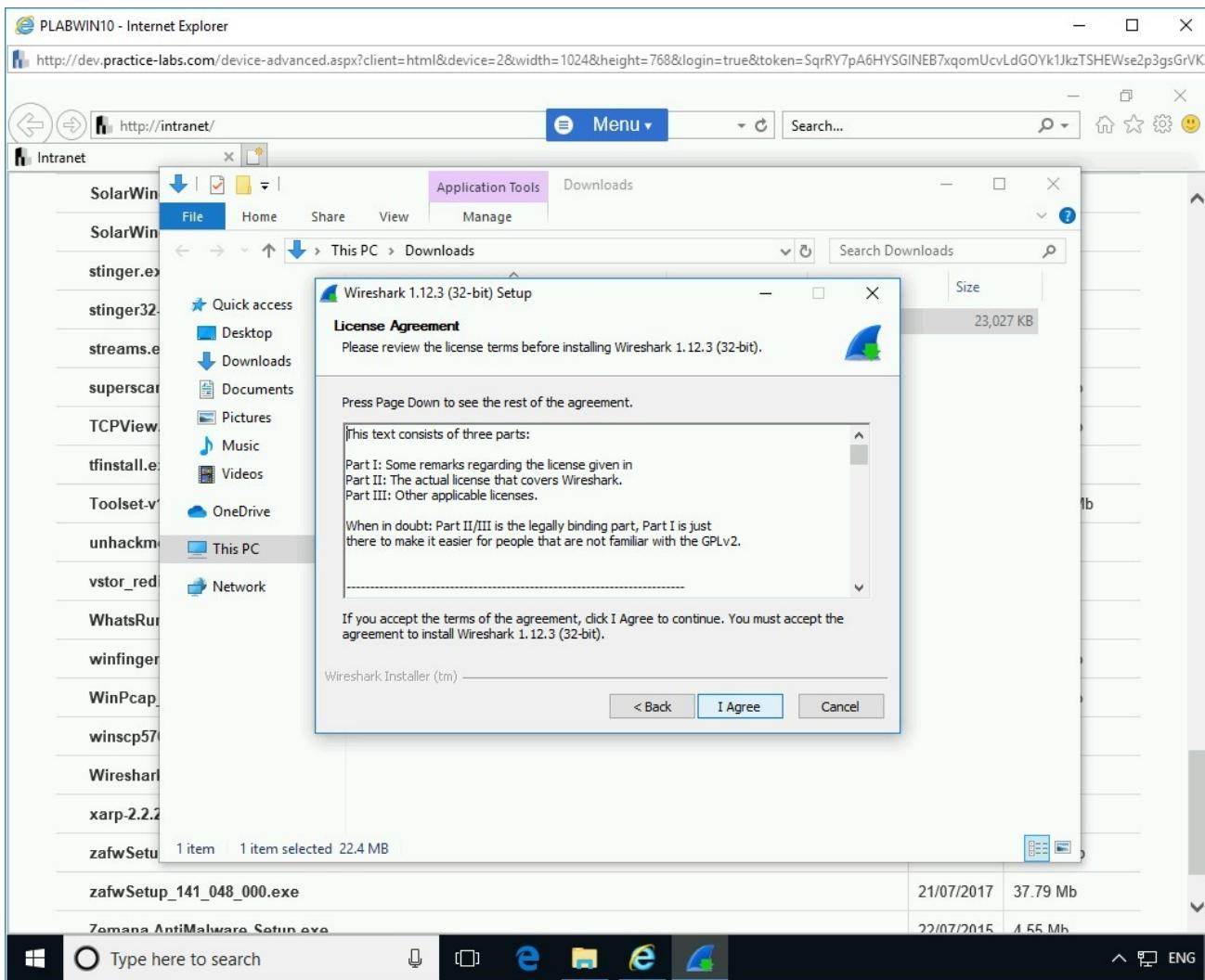


Figure 1.54 Screenshot of PLABWIN10: Clicking I Agree on the License Agreement page.

## Step 11

On the **Choose Components** page, keep the default selection and click **Next**.

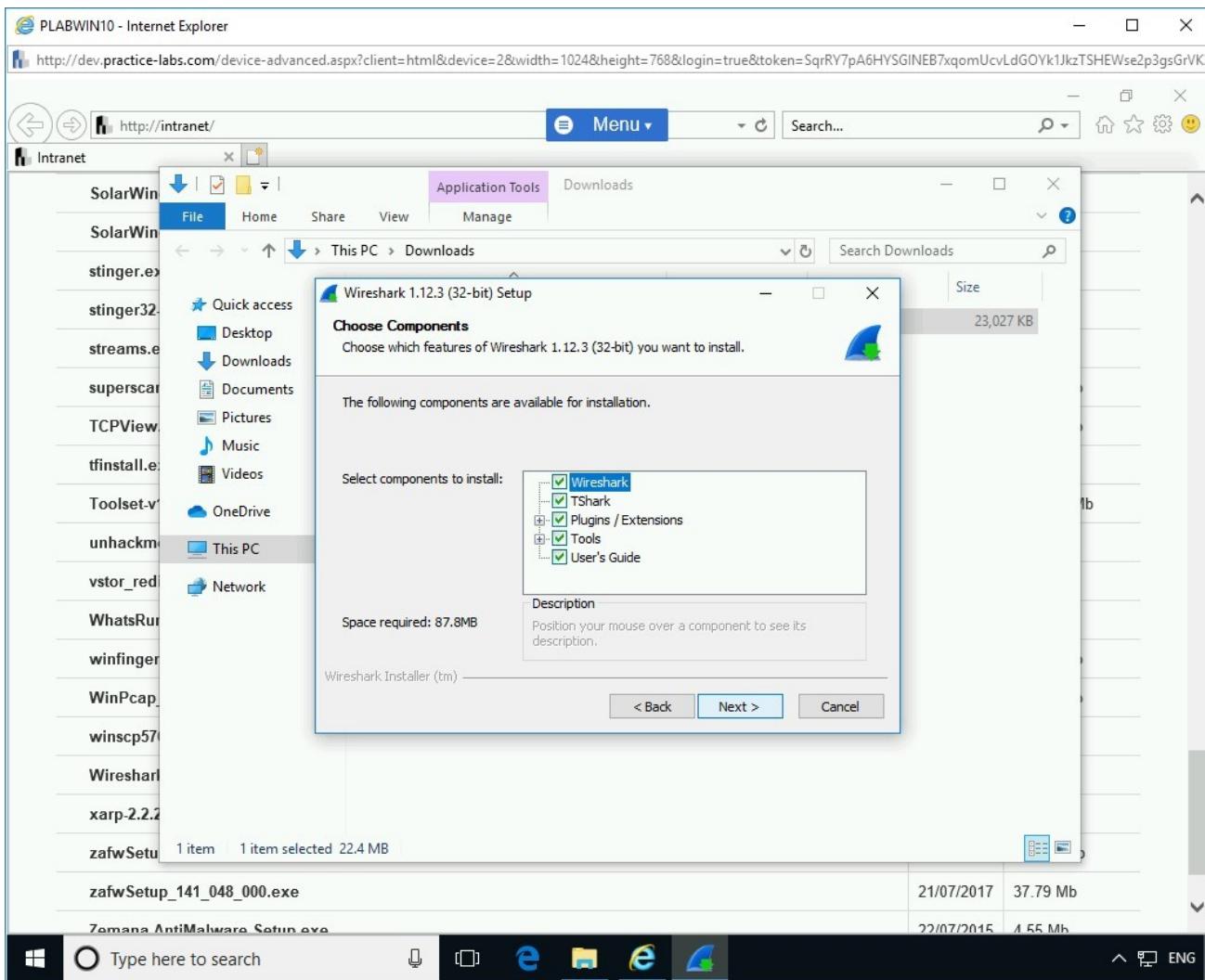


Figure 1.55 Screenshot of PLABWIN10: Keeping the default options on the Choose Components page. Clicking Next.

## Step 12

On the **Select Additional Tasks** page, select **Desktop** Icon.

Notice that the **Start Menu Item** and **Quick Launch Icons** options are already selected. Keep the option in the **File Extensions** section selected and click **Next**.

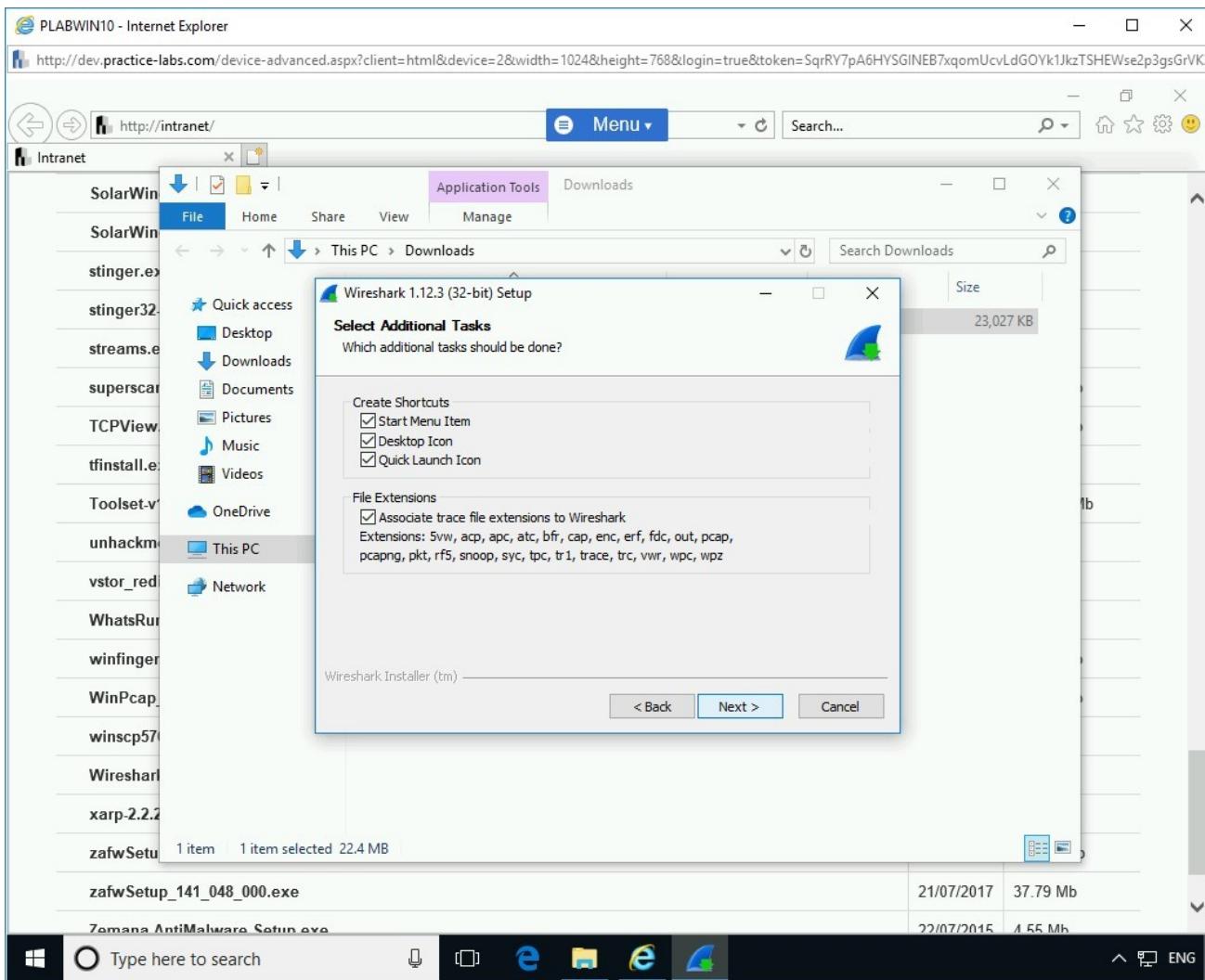


Figure 1.56 Screenshot of PLABWIN10: Selecting the Desktop Icon option on the Select Additional Tasks page. Clicking Next.

## Step 13

On the **Choose Install Location** page, keep the default **Destination Folder** and click **Next**.

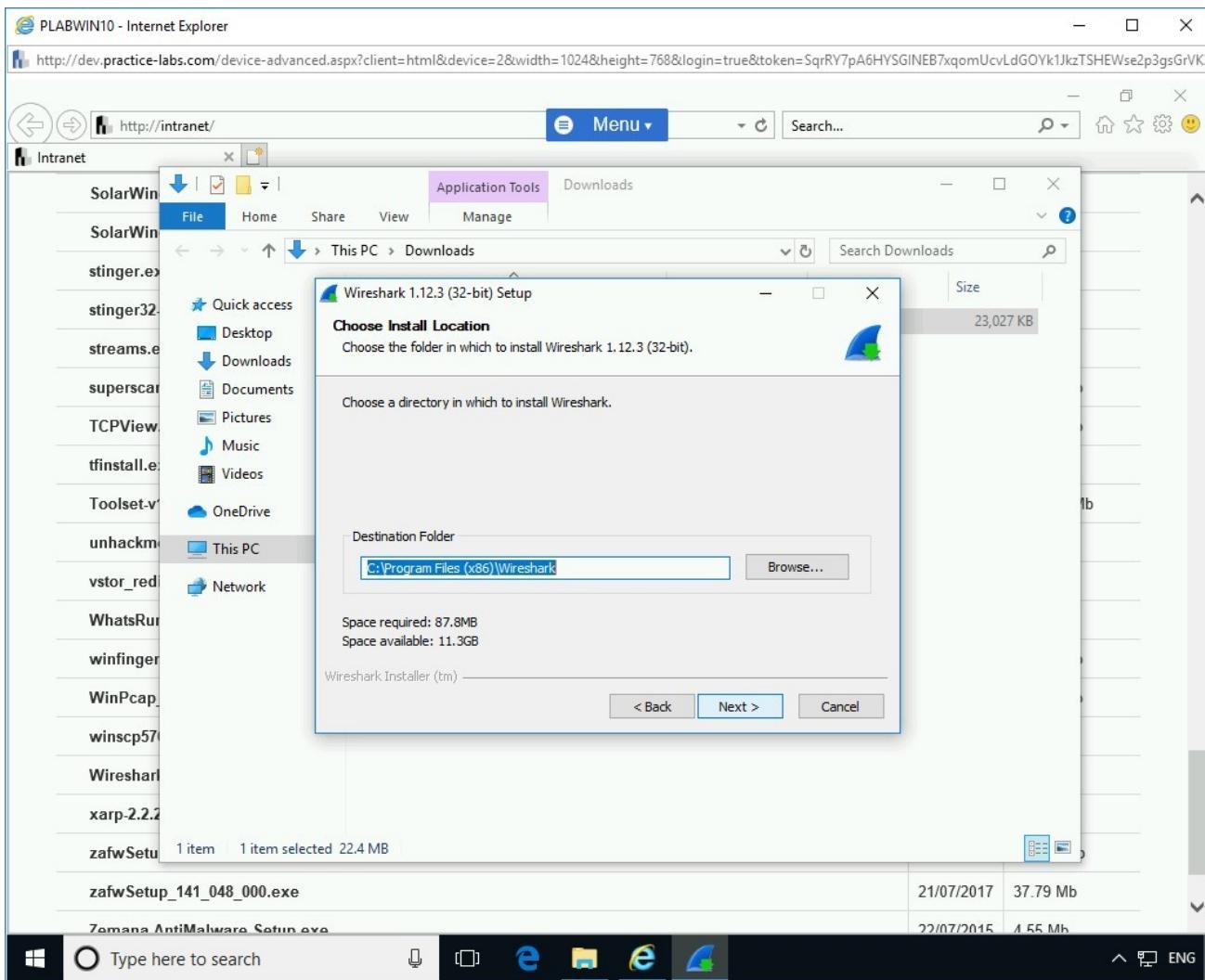


Figure 1.57 Screenshot of PLABWIN10: Keeping the default installation path on the Choose Install Location page. Clicking Next.

## Step 14

On the **Install WinPcap?** page, keep the default selection and click **Install**.

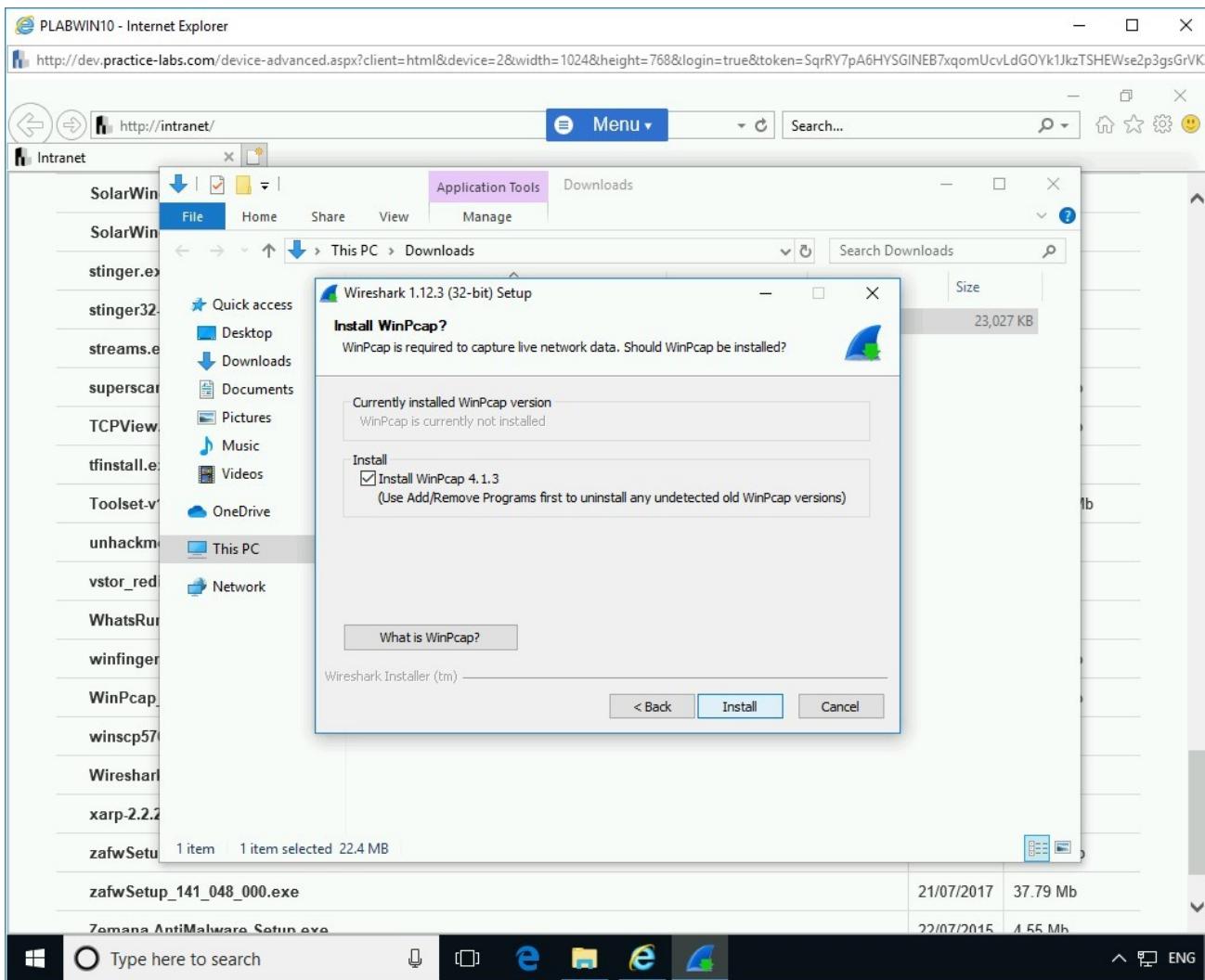


Figure 1.58 Screenshot of PLABWIN10: Keeping the default installation option on the Install WinPcap? page. Clicking Install.

## Step 15

On the **Installing** page, the installation process will start.

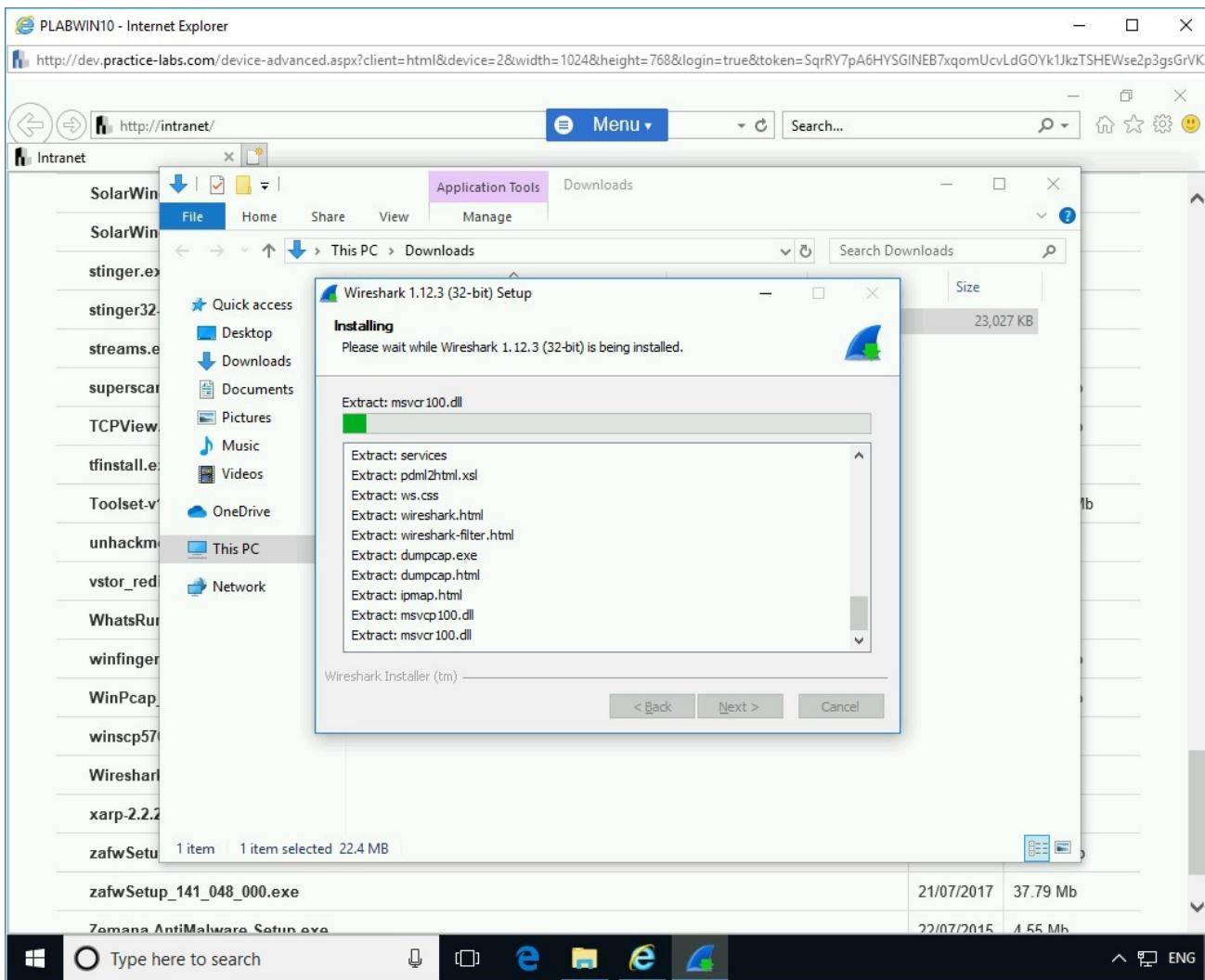


Figure 1.59 Screenshot of PLABWIN10: Showing the installation progress on the Installing page.

## Step 16

On the **Welcome to the WinPcap 4.1.3 Setup Wizard** page, click **Next**.

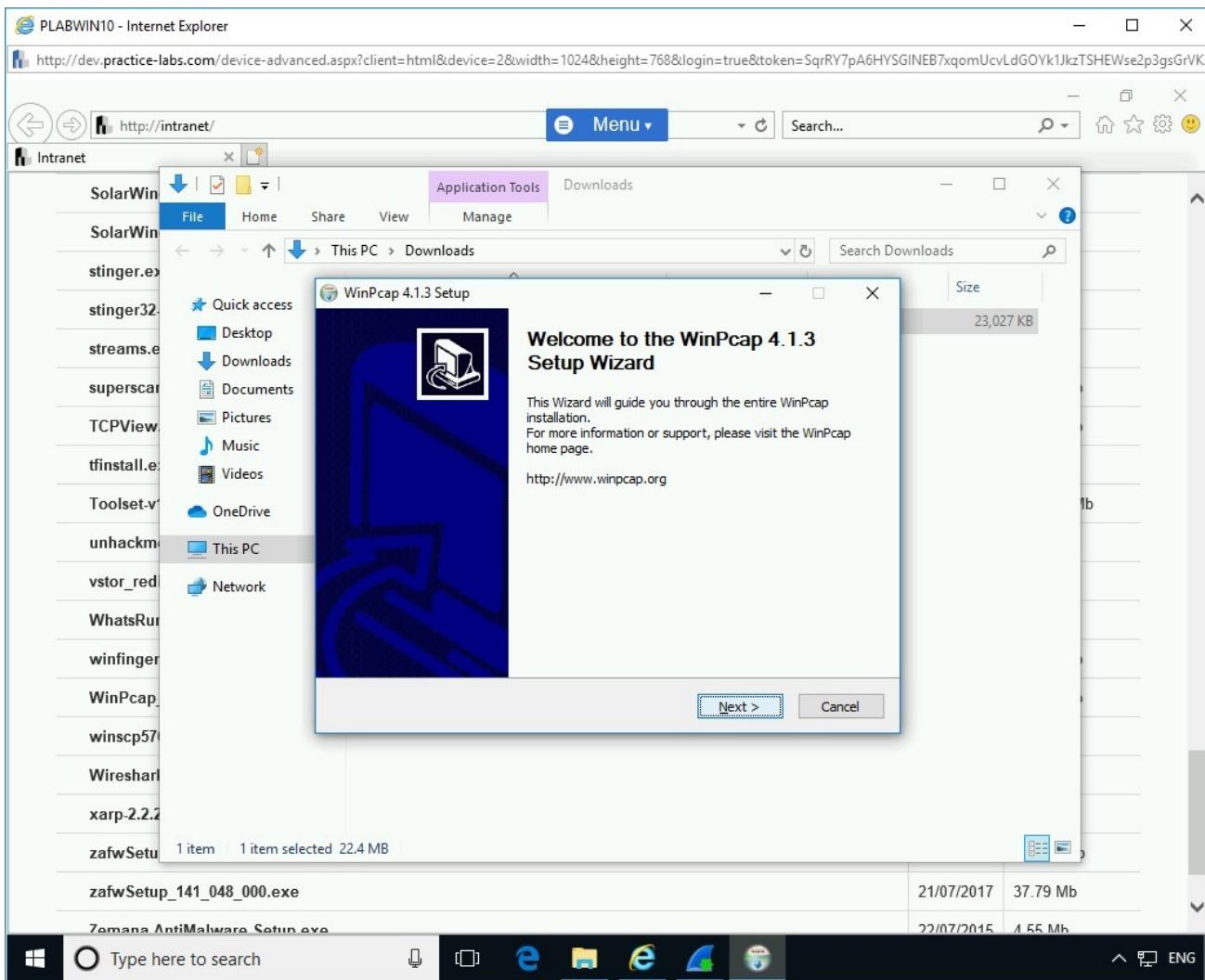


Figure 1.60 Screenshot of PLABWIN10: Clicking Next on the Welcome to the WinPcap 4.1.3 Setup Wizard page.

## Step 17

On the **License Agreement** page, click **I Agree**.

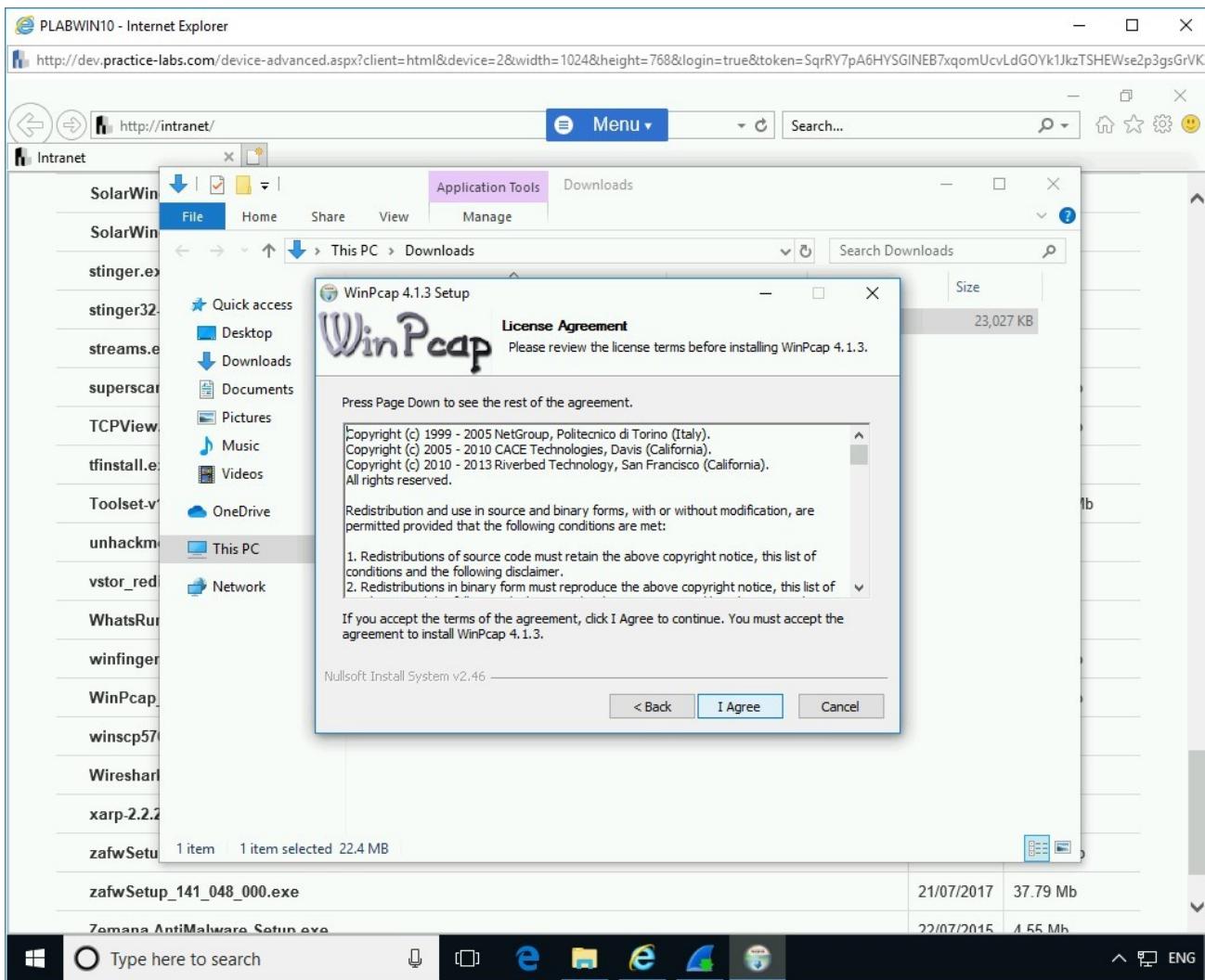


Figure 1.61 Screenshot of PLABWIN10: Clicking I Agree on the License Agreement page.

## Step 18

On the **Installation Options** page, keep the default selection and click **Install**.

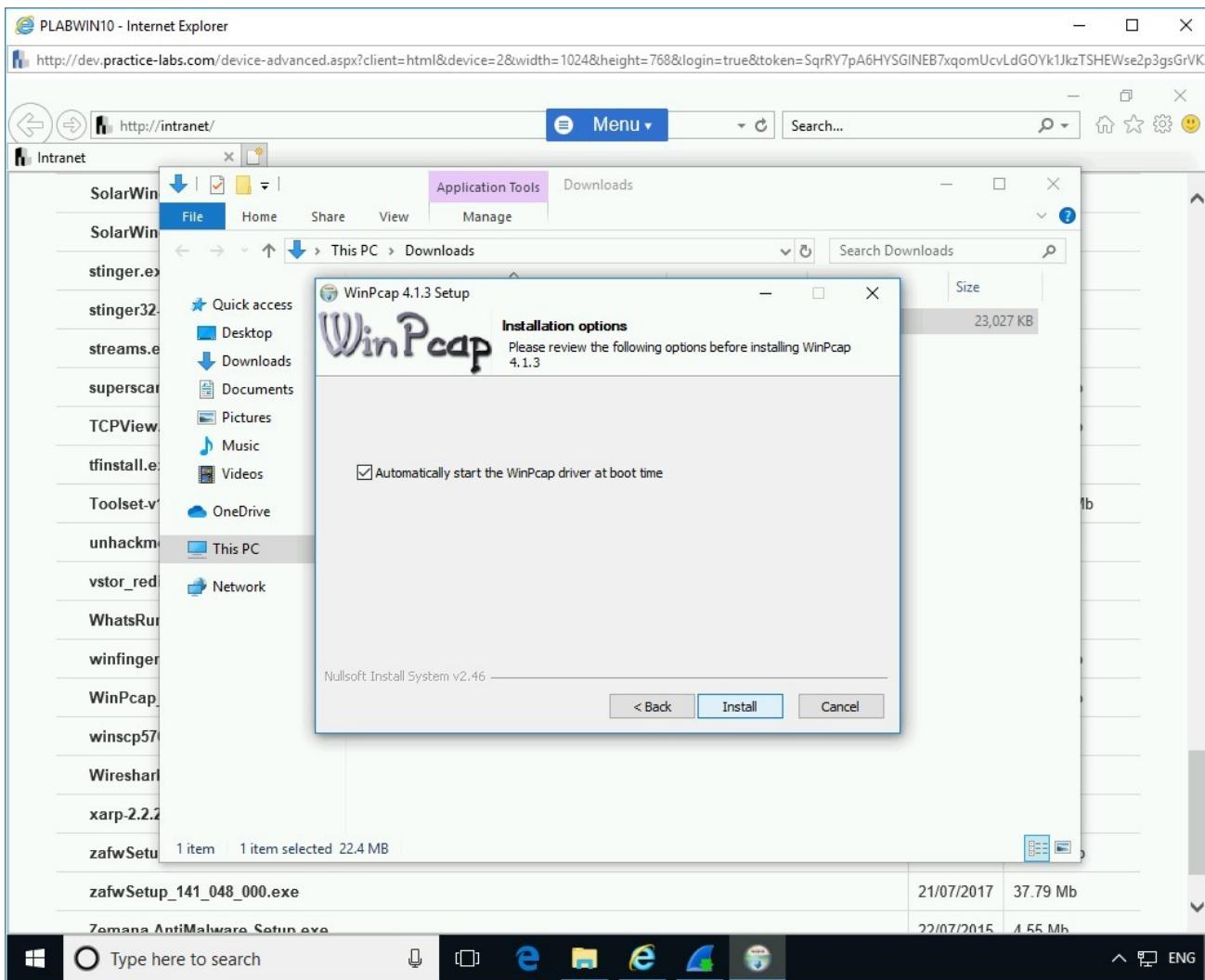


Figure 1.62 Screenshot of PLABWIN10: Keeping the default installation option on the Installation Options page. Clicking Install.

## Step 19

On the **Completing the WinPcap 4.1.3 Setup Wizard** page, click **Finish**.

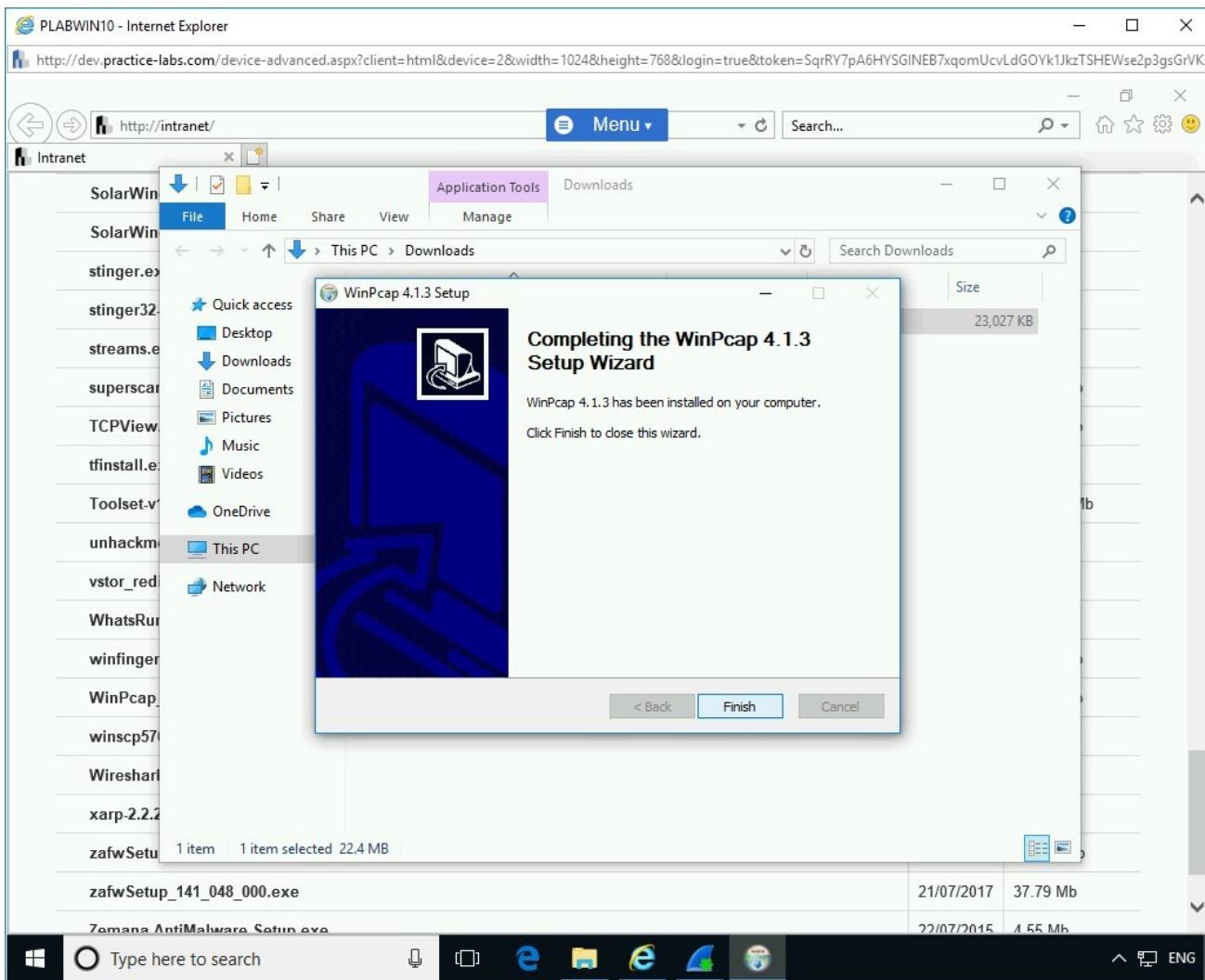


Figure 1.63 Screenshot of PLABWIN10: Clicking Finish on the Completing the WinPcap 4.1.3 Setup Wizard page.

## Step 20

On the **Installing** page, the installation progress is displayed.

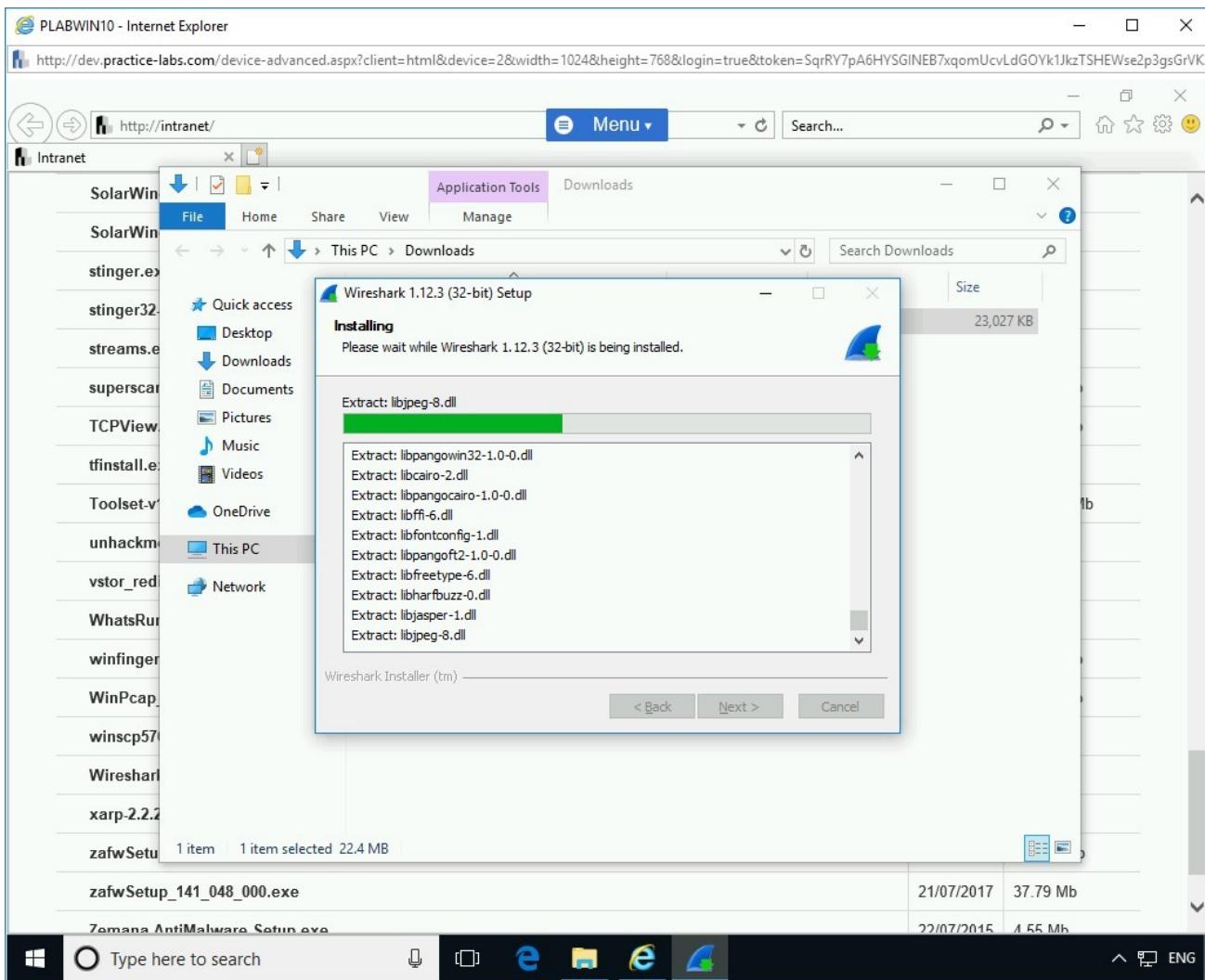


Figure 1.64 Screenshot of PLABWIN10: Showing the installation progress on the Installing page.

## Step 21

On the **Installation Complete** page, click **Next**.

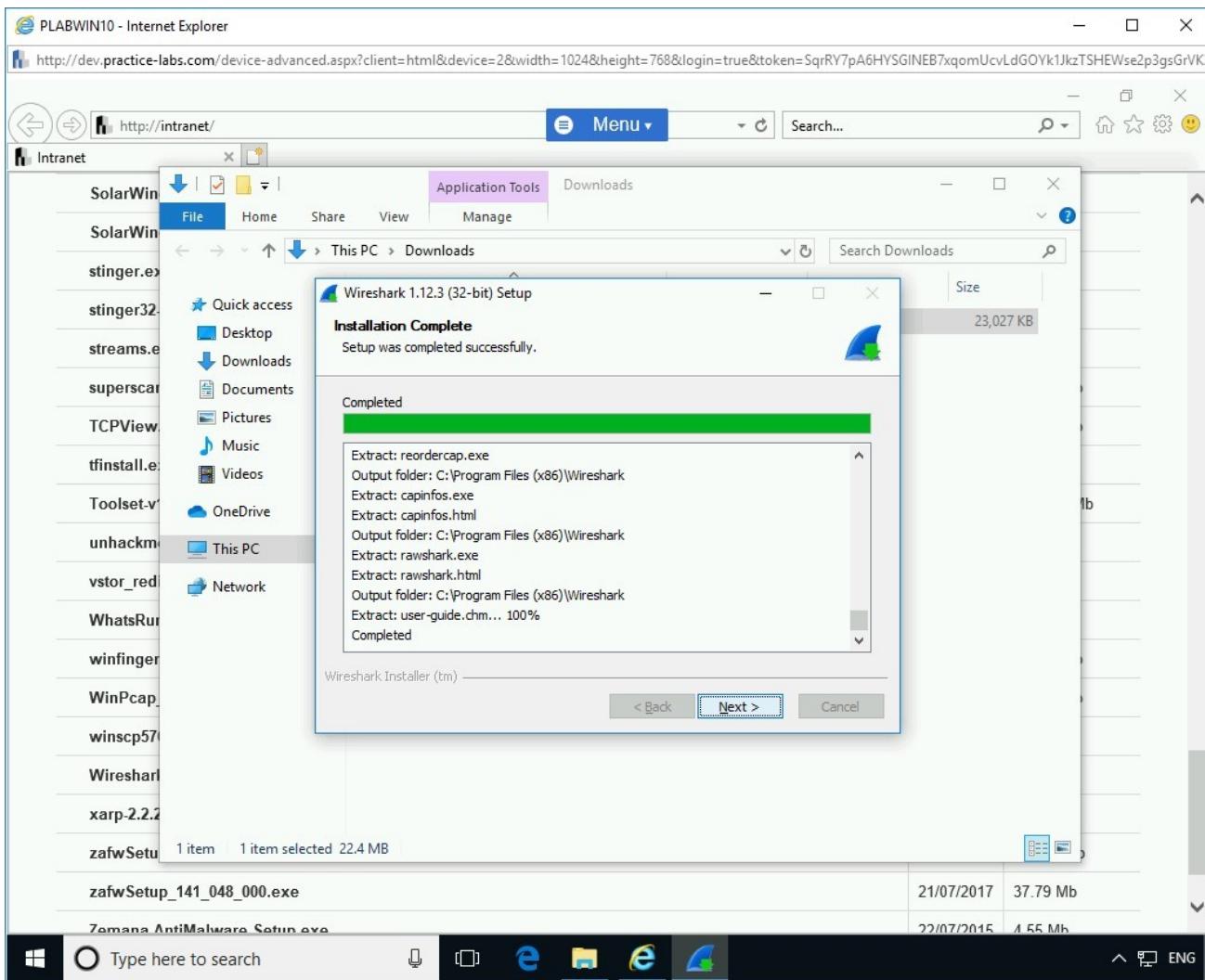


Figure 1.65 Screenshot of PLABWIN10: Clicking Next on the Installation Complete page.

## Step 22

On the **Completing the Wireshark 1.12.3 (32-bit) Setup Wizard** page, select **Run Wireshark 1.12.3 (32-bit)** and click **Finish**.

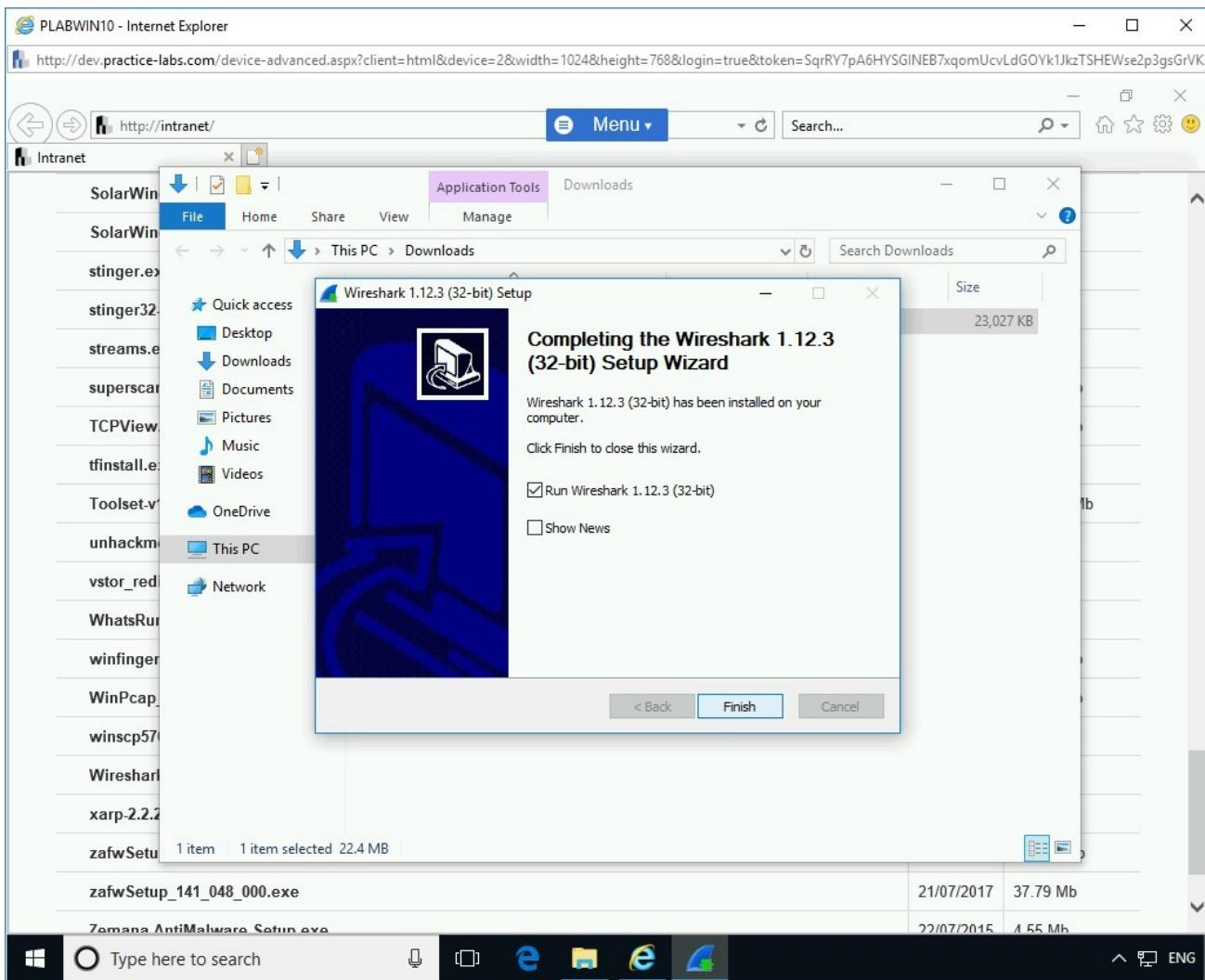


Figure 1.66 Screenshot of PLABWIN10: Run Wireshark 1.12.3 (32-bit) selected. Clicking Finish on the Completing the Wireshark 1.12.3 (32-bit) Setup Wizard page.

## Step 23

The **Wireshark** window is displayed. The **Software Update** dialog box is also displayed. Click **Remind me later**.

You are now on the **Wireshark** window.

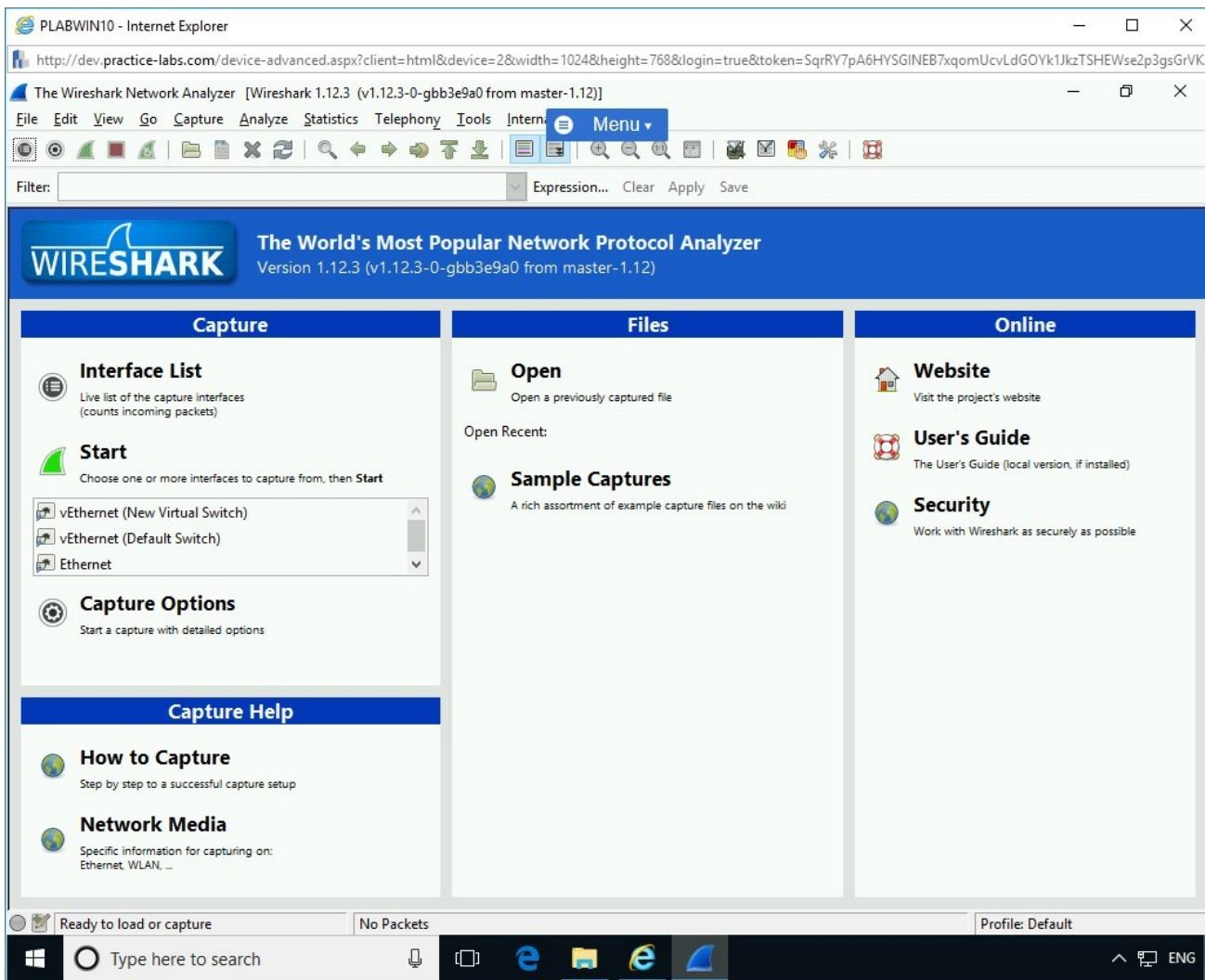


Figure 1.67 Screenshot of PLABWIN10: Showing the Wireshark window.

## Step 24

Maximise the window, select **Ethernet** and click **Start**. Notice that packet capturing starts.

Close the **File Explorer** & **Internet Explorer** windows.

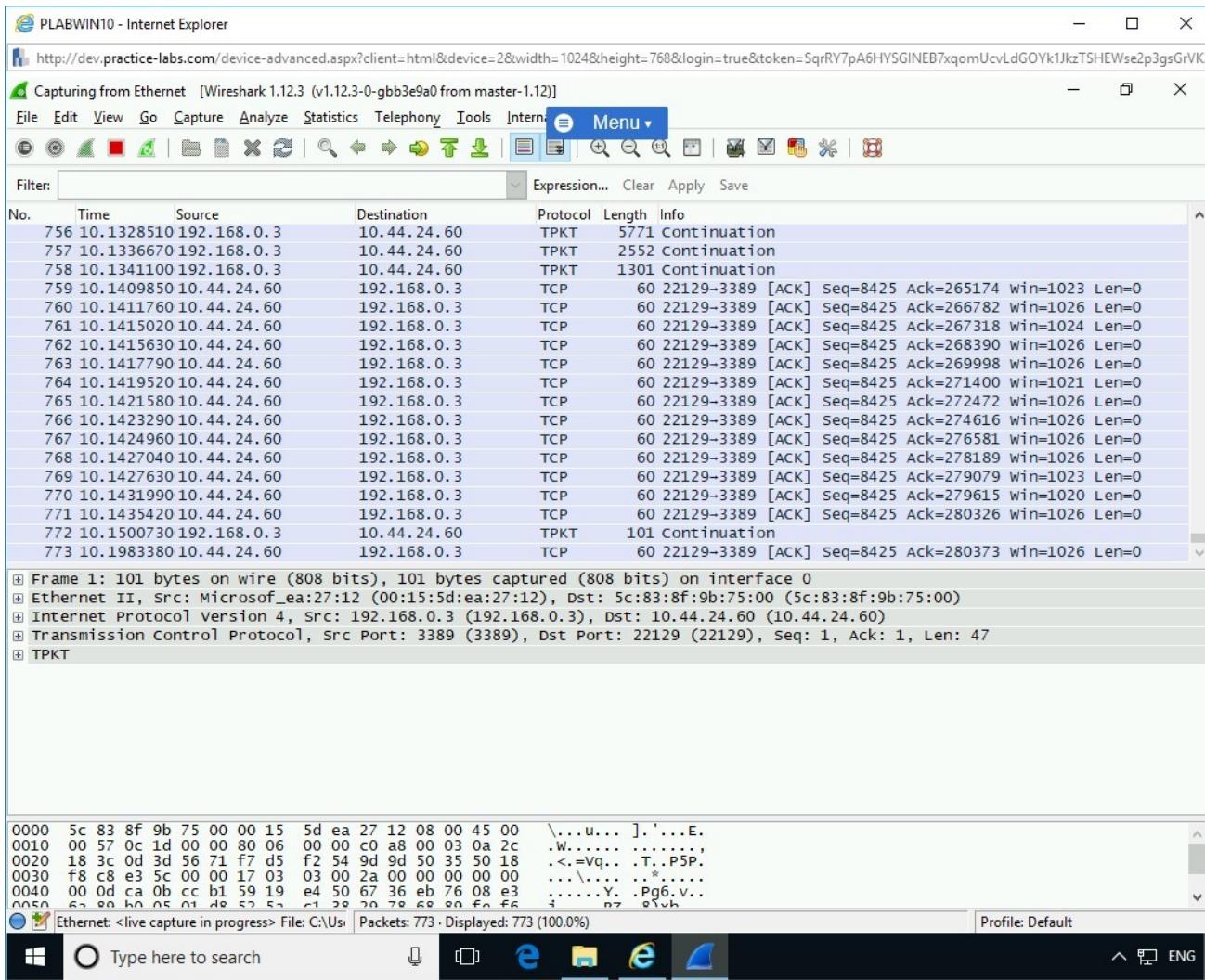


Figure 1.68 Screenshot of PLABWIN10: Showing the packet capture progress in Wireshark.

## Task 4 - Use Wireshark

In this task, you will learn to use Wireshark. To use Wireshark, perform the following steps:

### Step 1

Ensure you have powered on all the devices listed in the introduction and connect to **PLABWIN10**.

The **Wireshark Network Analyzer** window is displayed.

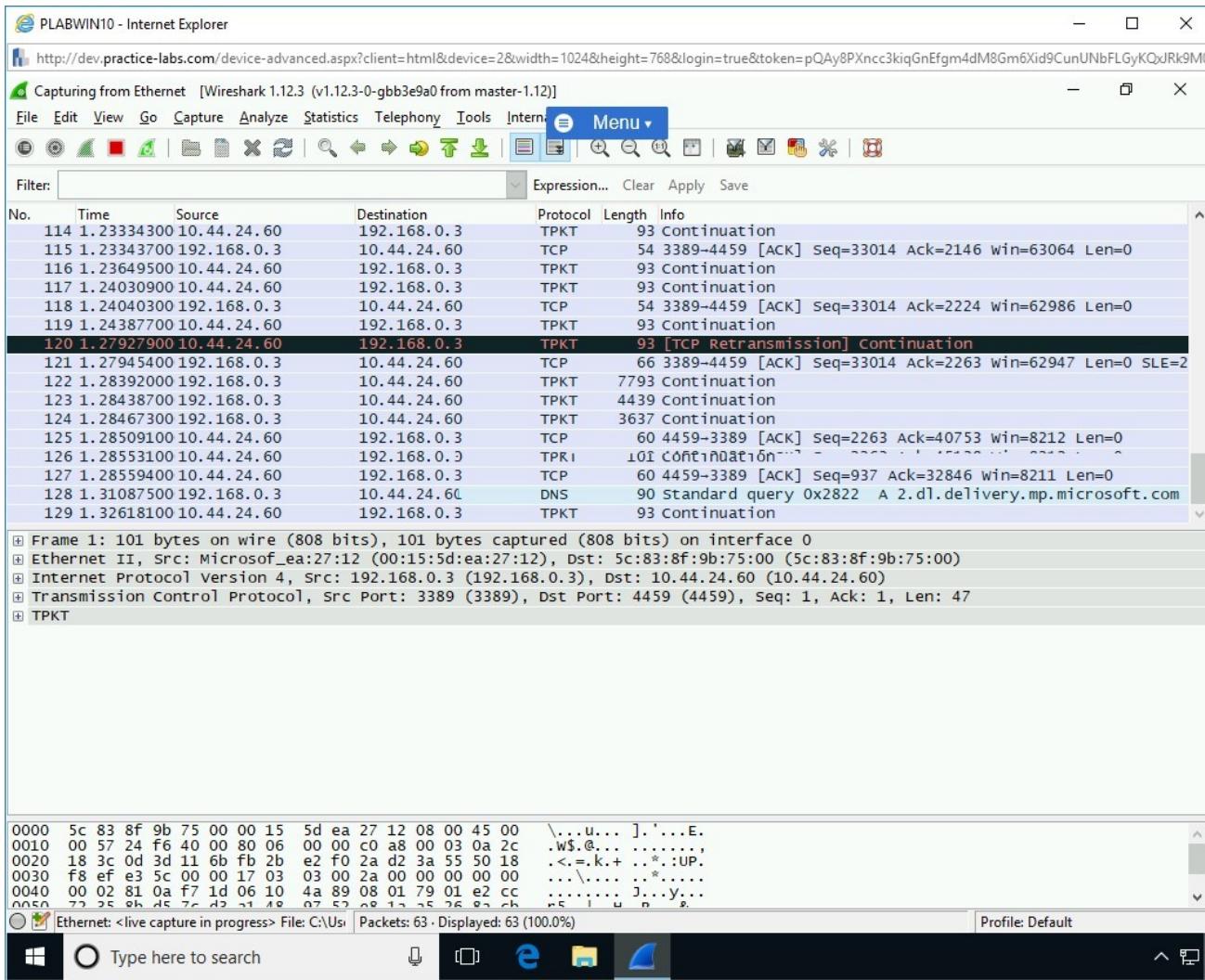


Figure 1.69 Screenshot of PLABWIN10: Showing the packet capture progress in Wireshark.

## Step 2

The **Capturing from Ethernet** window is displayed.

Note that there are several packets being analyzed.

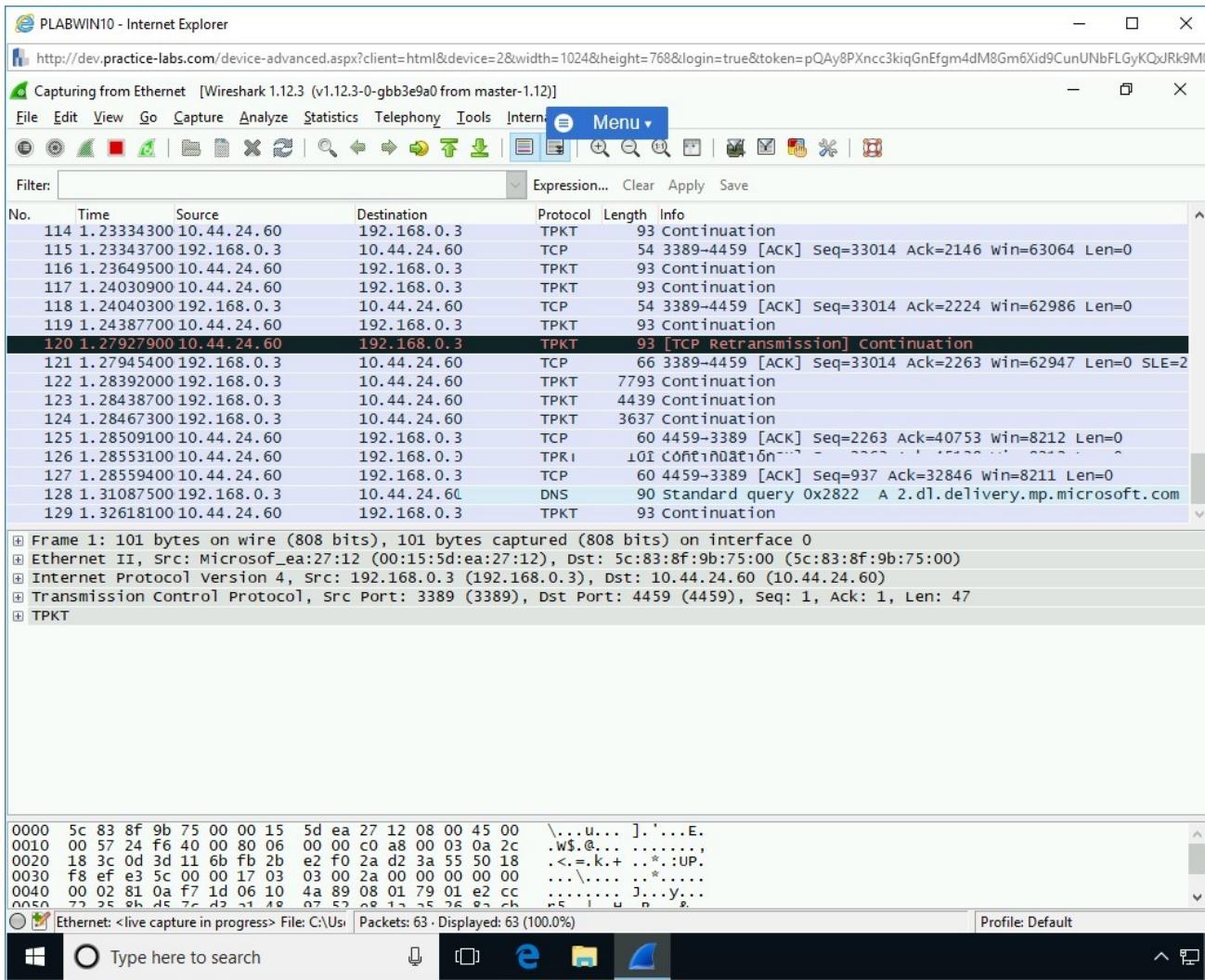


Figure 1.70 Screenshot of PLABWIN10: Showing the packet capture analyzing packets in Wireshark.

## Step 3

Click **Stop** (the red square icon, found at the top left of the window). This will end the packet capture.

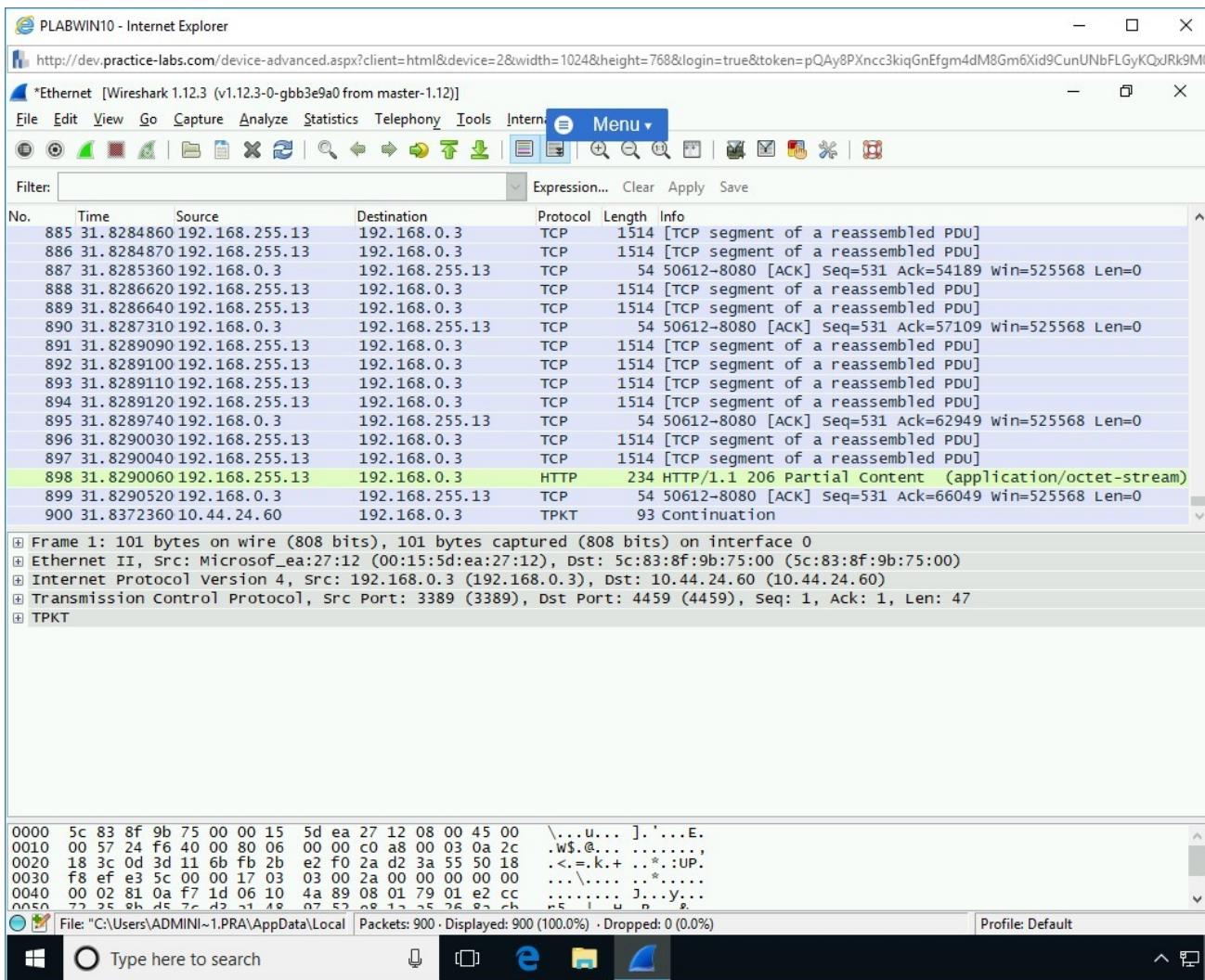


Figure 1.71 Screenshot of PLABWIN10: Showing the stopped packet capturing in Wireshark.

## Step 5

Click **Edit** and then select **Find Packet**.

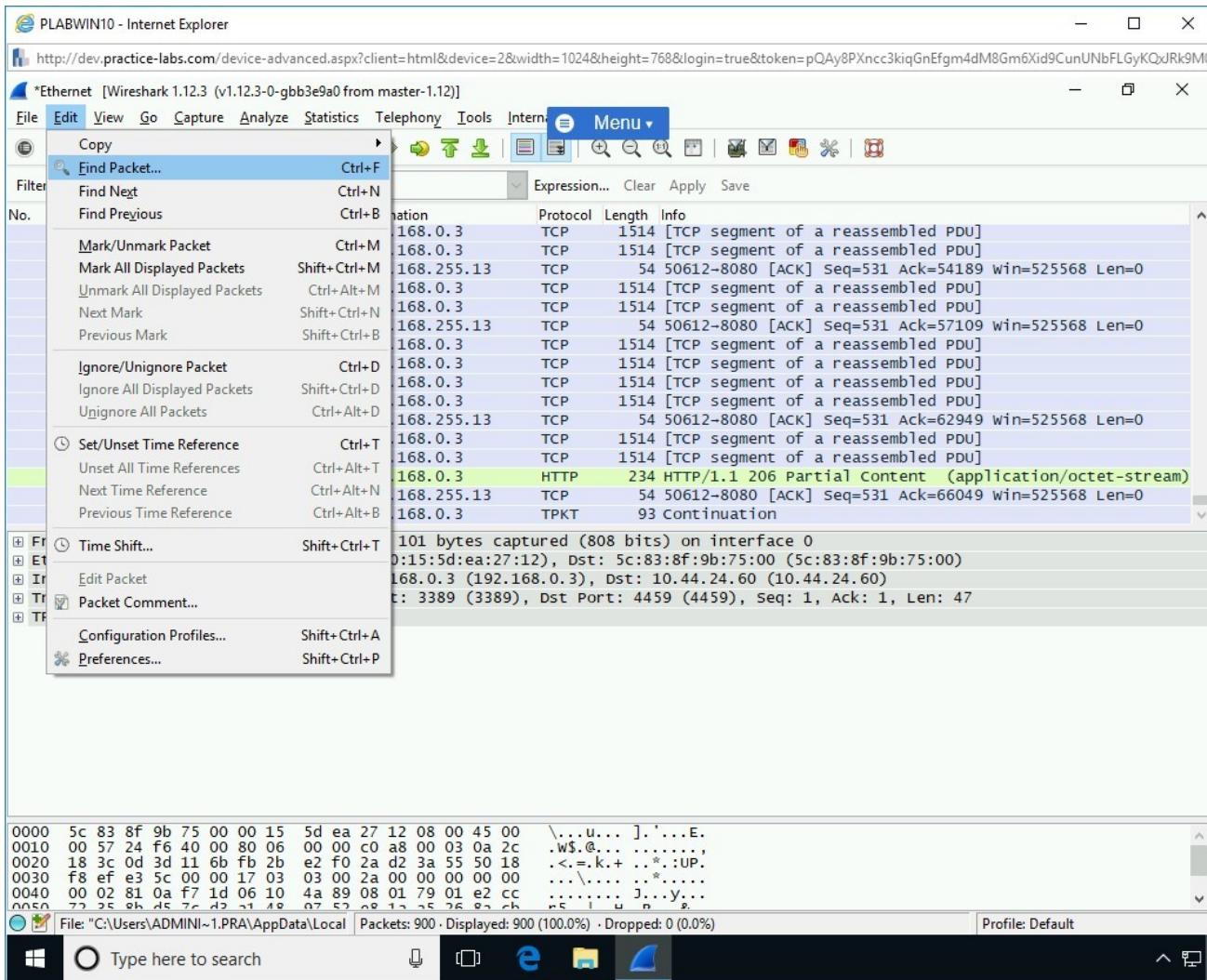


Figure 1.72 Screenshot of PLABWIN10: Selecting Find Packet from the Edit menu.

## Step 6

The **Wireshark: Find Packet** dialog box is displayed. Click **Filter**.

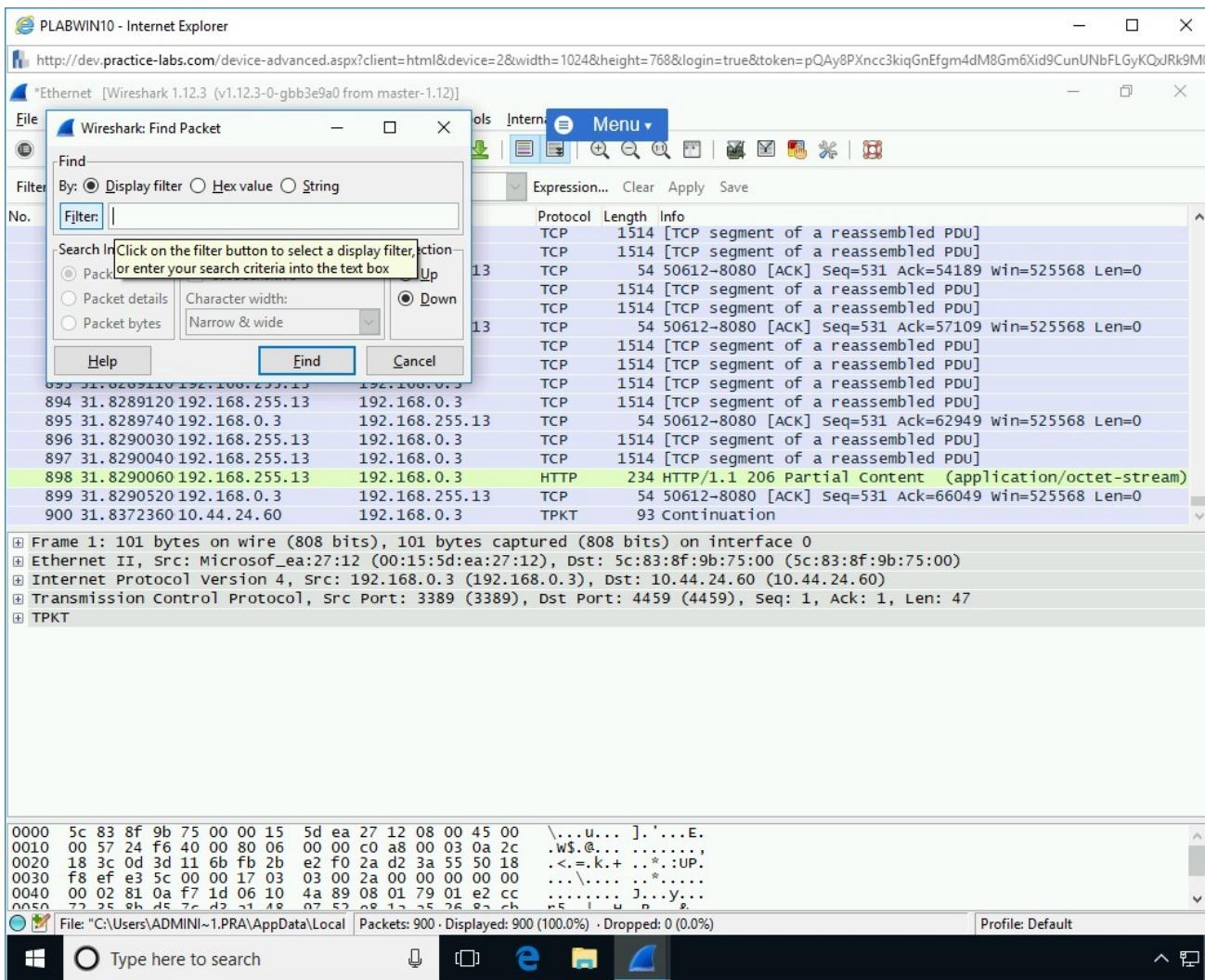


Figure 1.73 Screenshot of PLABWIN10: Clicking Filter on the Wireshark: Find Packet dialog box.

## Step 7

The **Wireshark: Search Filter** dialog box is displayed.

You have the option to filter the results. Select **IP address 192.168.0.1**.

Click **OK**.

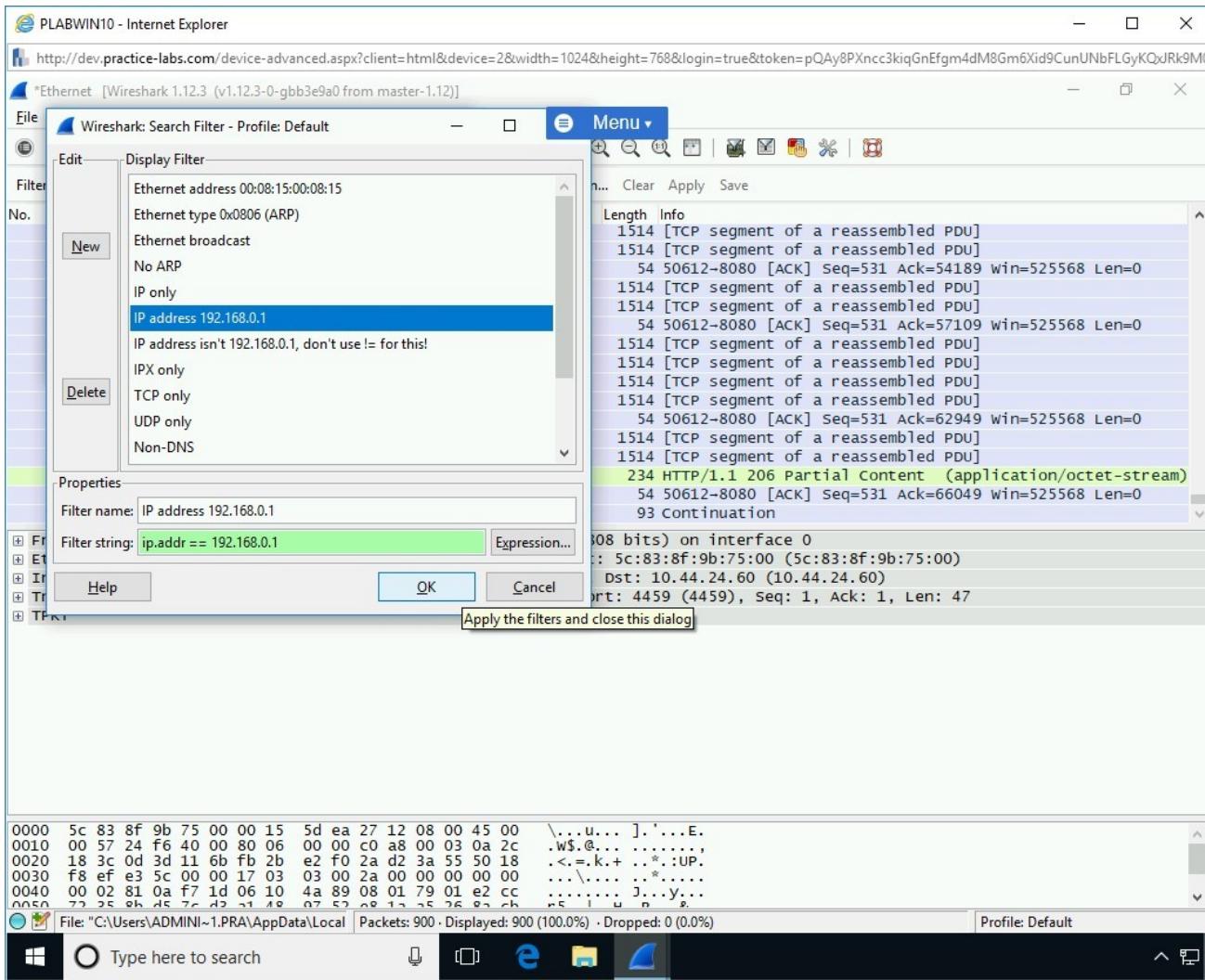


Figure 1.74 Screenshot of PLABWIN10: Selecting IP address 192.168.0.1 and clicking OK.

## Step 8

Scroll down the list. Note that the results are now highlighted in a light blue color.

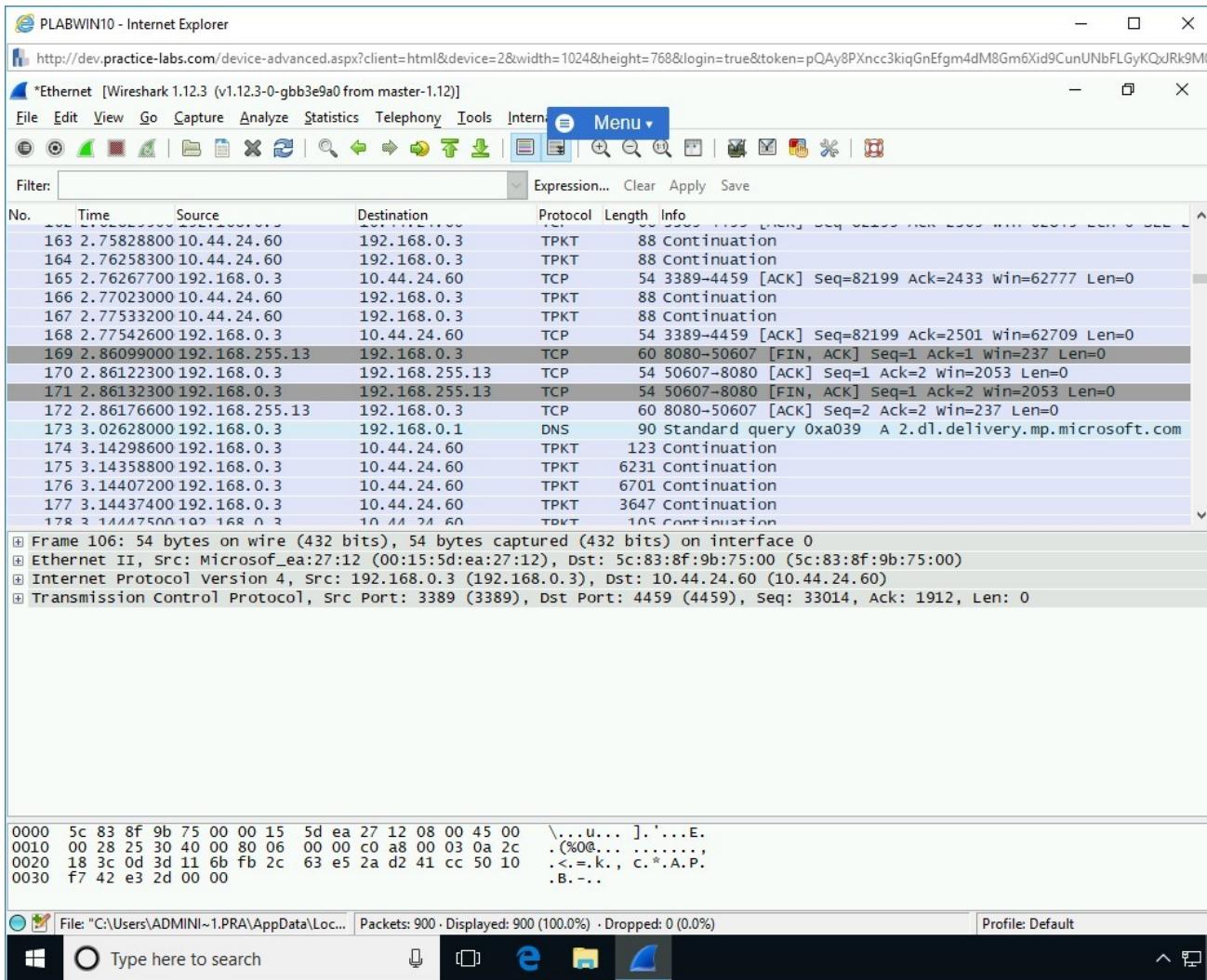


Figure 1.75 Screenshot of PLABWIN10: Showing the result of the selected filter in Wireshark.

## Step 9

Now, you will save the results in a log file.

Click **File** and select **Save As**.

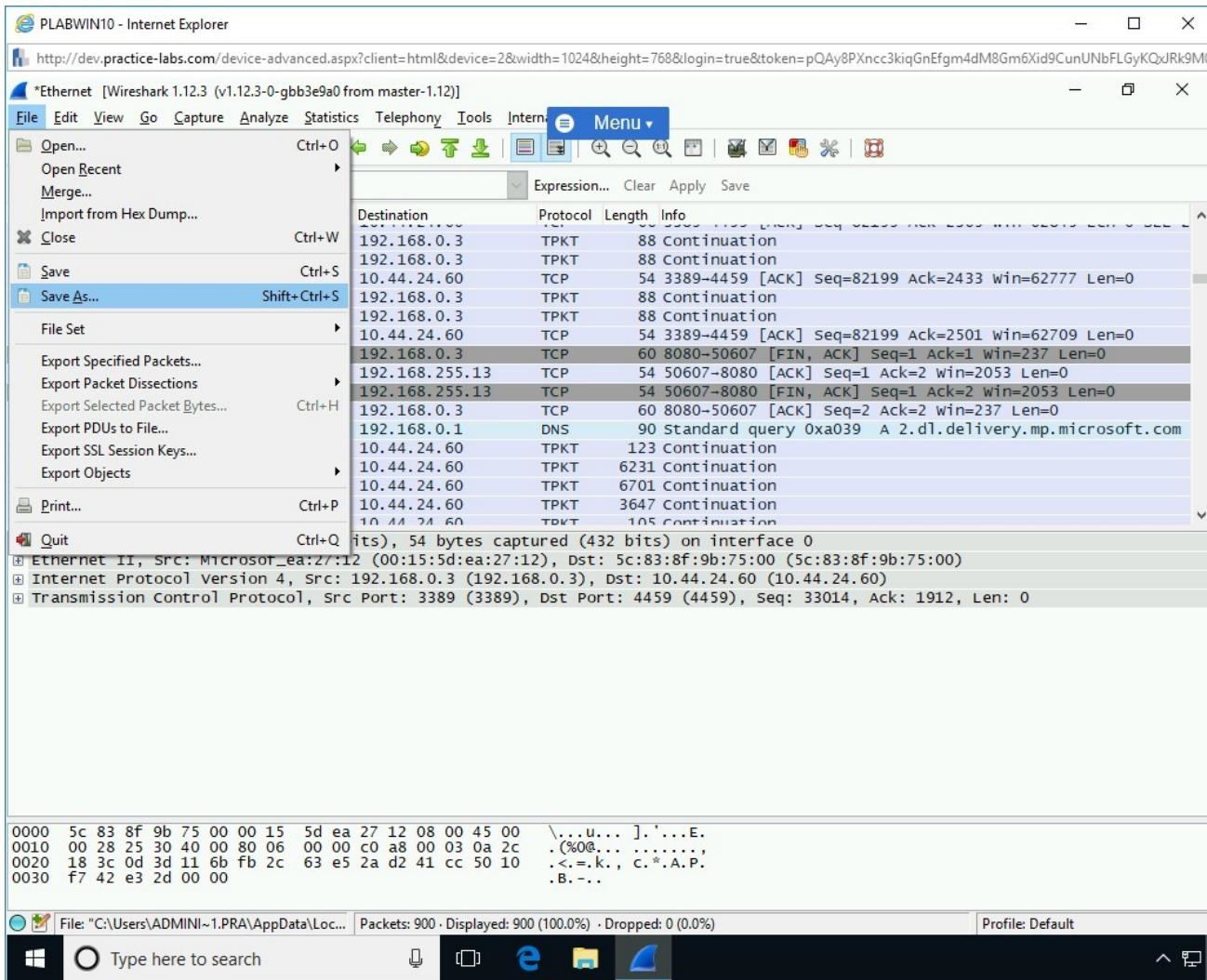


Figure 1.76 Screenshot of PLABWIN10: Selecting Save As in the File menu.

## Step 10

The **Wireshark: Save file as** dialog box is displayed.

Enter file name: **PLAB**

Select **Desktop** from the left-hand pane and then click **Save**.

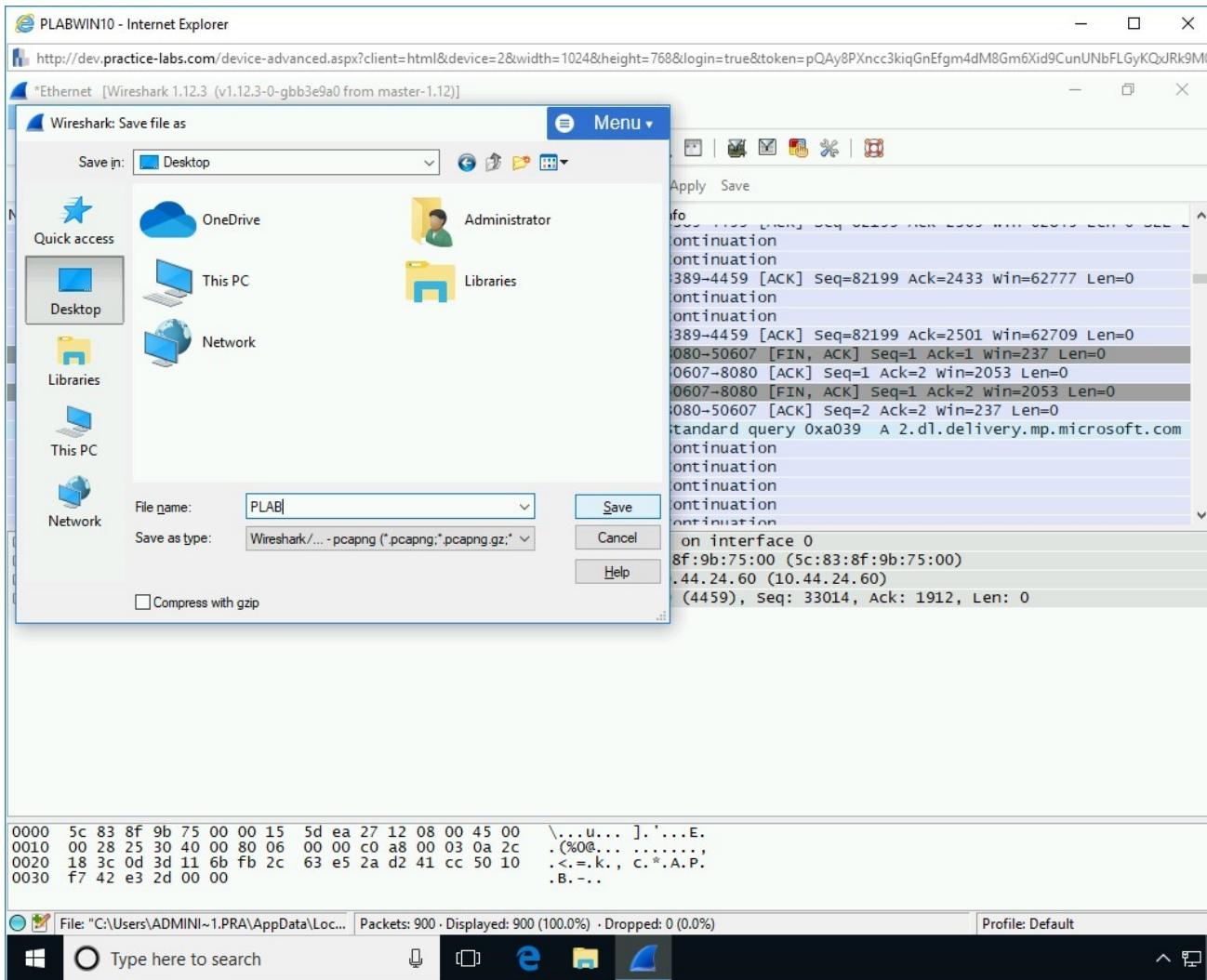


Figure 1.77 Screenshot of PLABWIN10: Naming the file as PLAB to save on the Desktop. Clicking save.

## Step 11

Close **Wireshark**. You are now on the desktop. Notice that the saved log file with the name **PLAB** is now available.

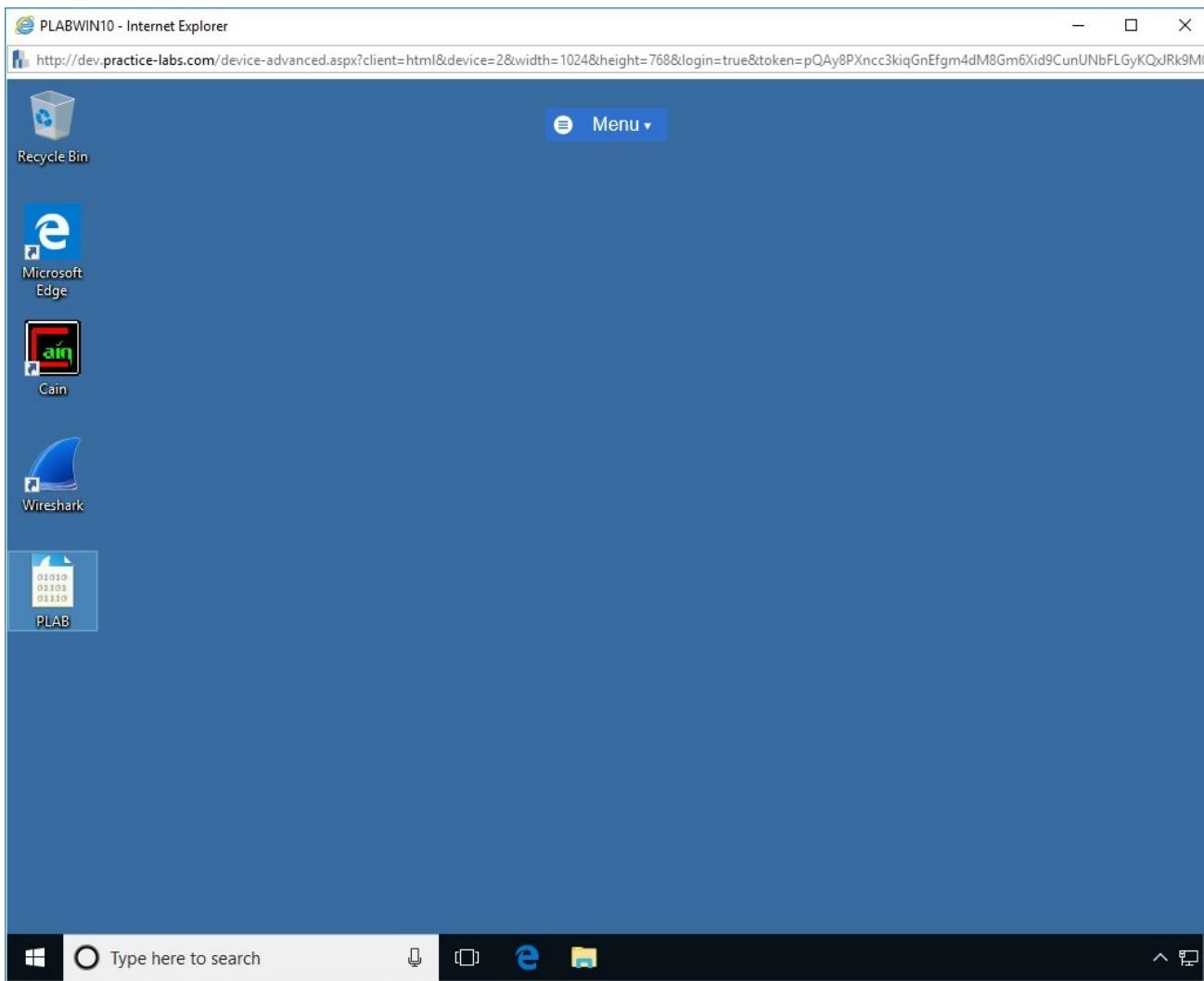


Figure 1.78 Screenshot of PLABWIN10: Showing the packet capture file on the desktop.

## Task 5 - Use Sniff-O-Matic

**Sniff-O-Matic** is a tool that not only works as a packet sniffer but also as a network protocol analyzer. It can capture packets from the network and present packet information in a particular structure to ensure ease of analysis.

In this task, you will learn to use **Sniff-O-Matic**.

To use **Sniff-O-Matic**, perform the following steps:

### Step 1

Ensure you have powered on all the devices listed in the introduction and connect to **PLABWIN10**.

Re-open **Internet Explorer**, and navigate back to the **Tools > Hacking Tools** page of the intranet.

Locate **snifftrial.exe**, and then click on it.

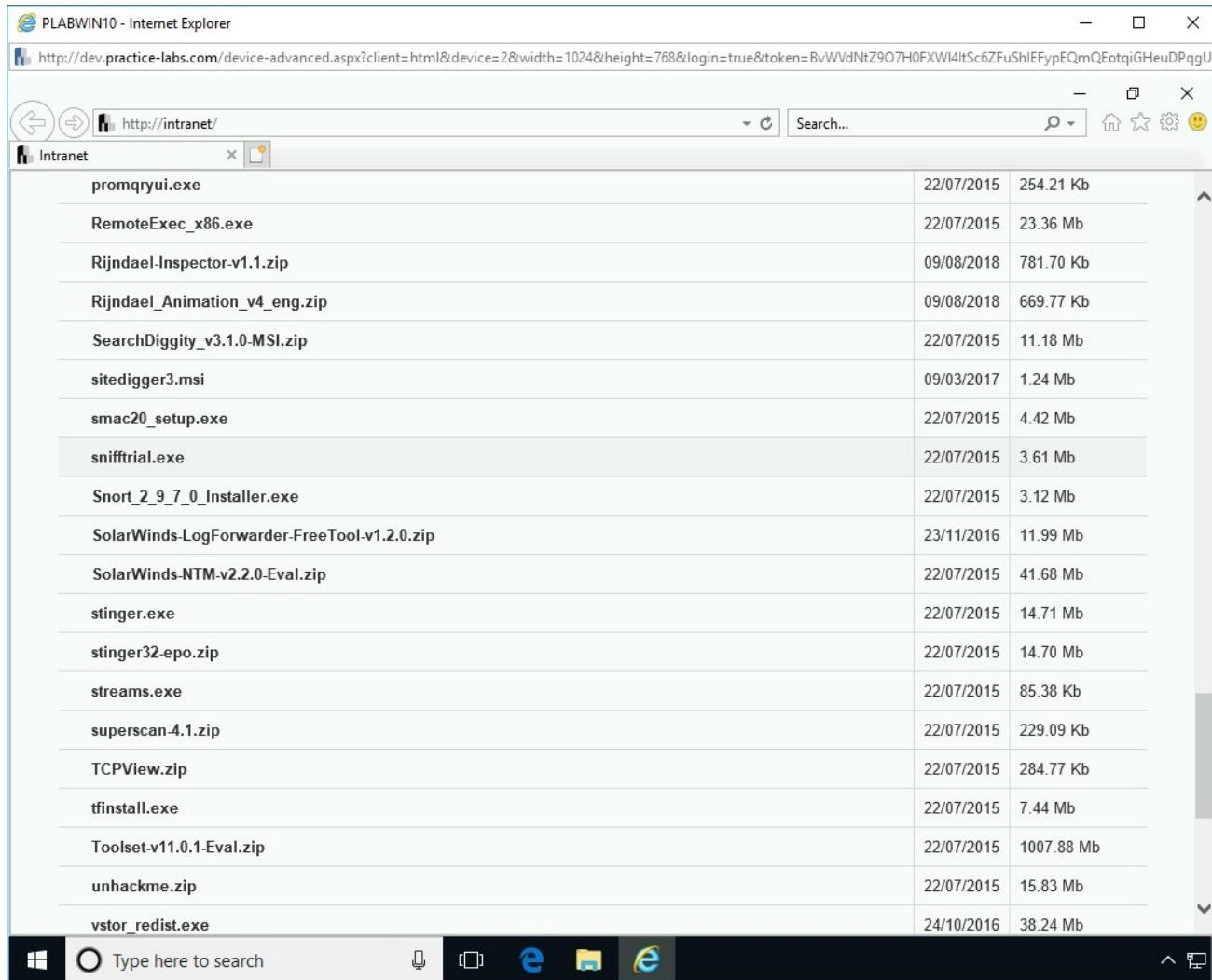


Figure 1.79 Screenshot of PLABWIN10: Intranet window displayed. Clicking the snifftrial.exe file.

## Step 2

In the notification bar, click **Run**.

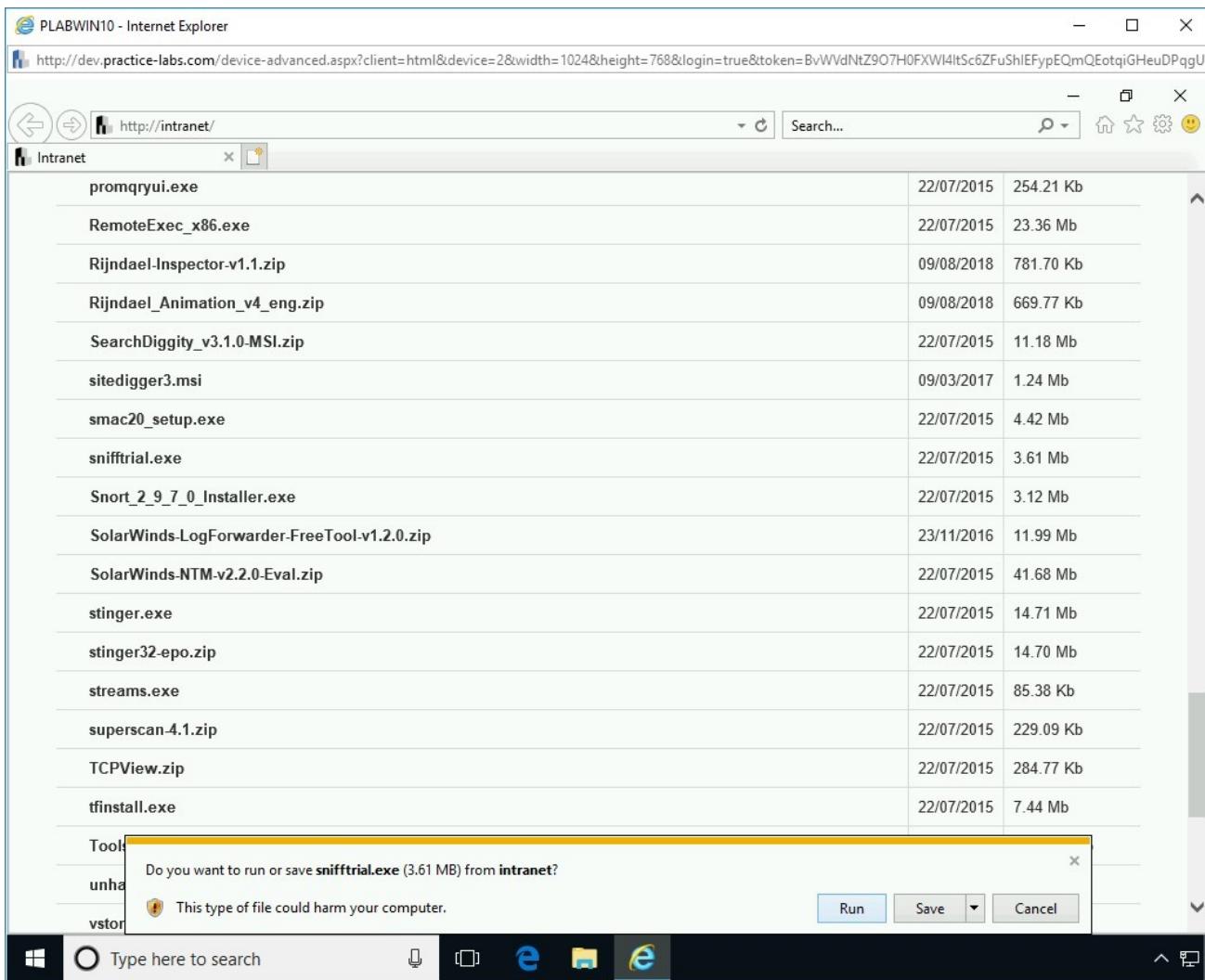


Figure 1.80 Screenshot of PLABWIN10: Clicking Run on the notification bar.

## Step 3

The **Setup - Sniff - O - Matic** wizard is displayed. On the **Welcome to the Sniff - O - Matic Setup Wizard** page, click **Next**.

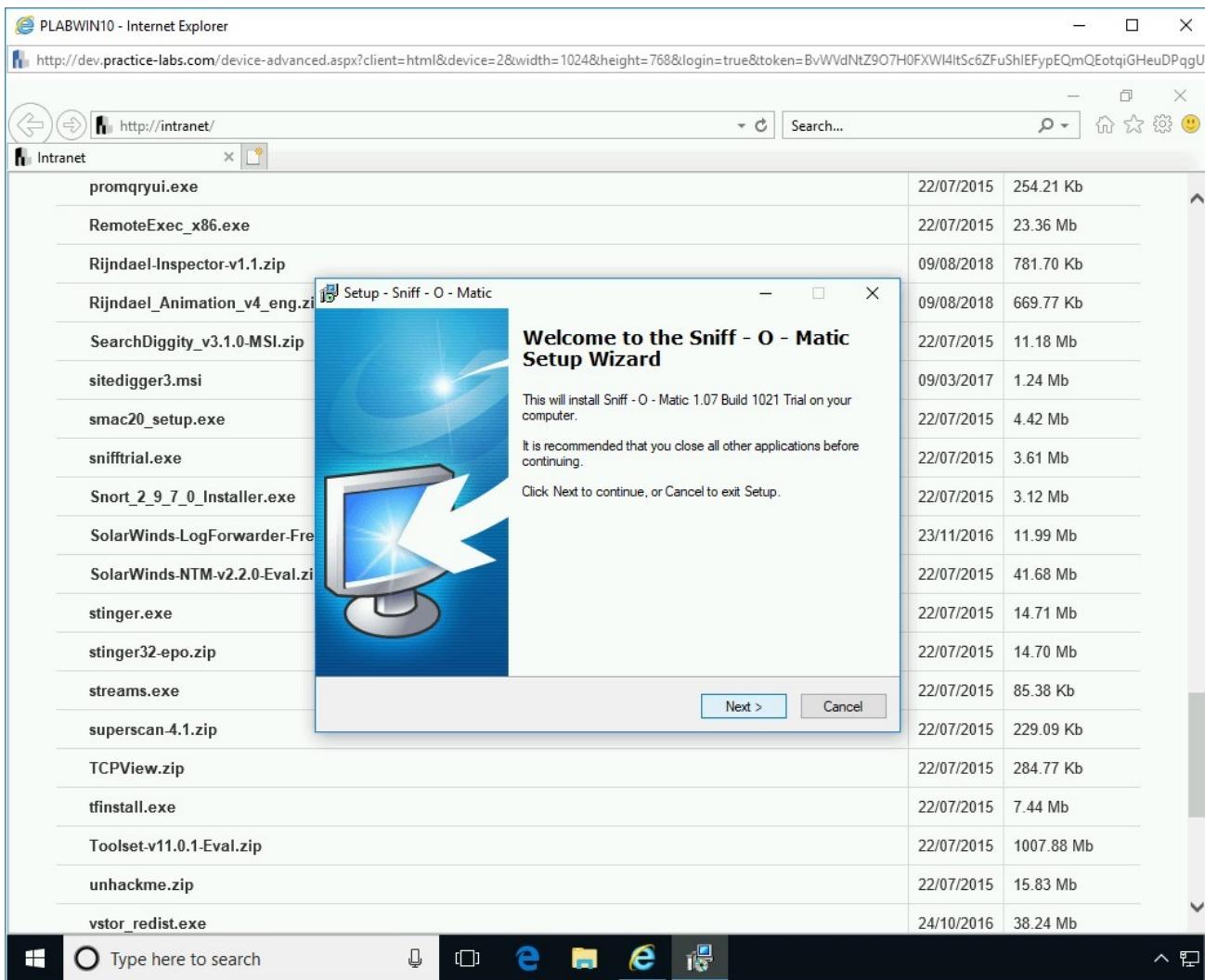


Figure 1.81 Screenshot of PLABWIN10: Clicking Next on the welcome page.

## Step 4

On the **License Agreement** page, select **I accept the agreement** and click **Next**.

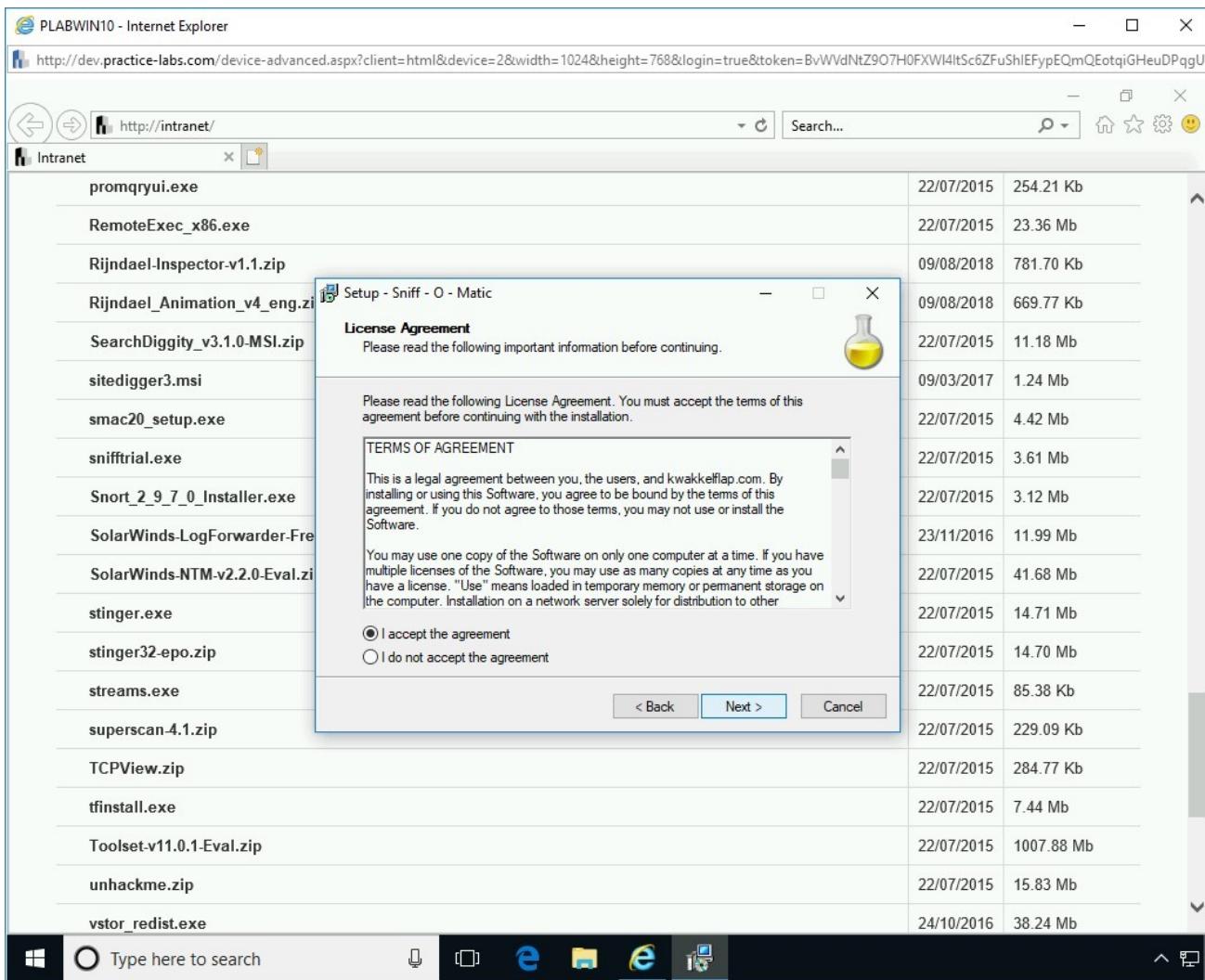


Figure 1.82 Screenshot of PLABWIN10: Clicking I accept the agreement on the License Agreement page and clicking Next.

## Step 5

On the **Select Destination Location** page, keep the default path, and click **Next**.

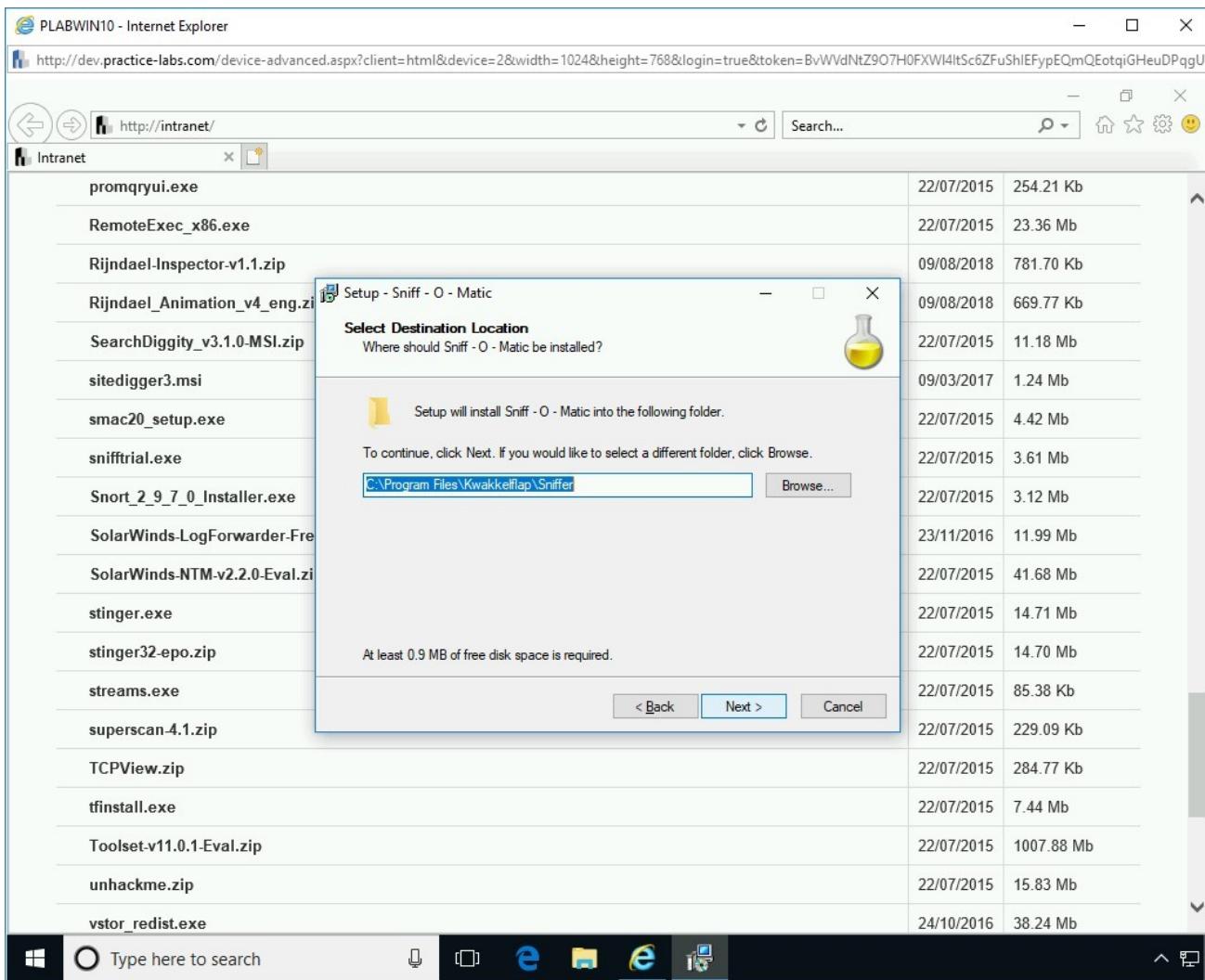


Figure 1.83 Screenshot of PLABWIN10: Selecting the default installation path and clicking Next.

## Step 6

On the **Select Start Menu Folder** page, keep the default menu name, click **Next**.

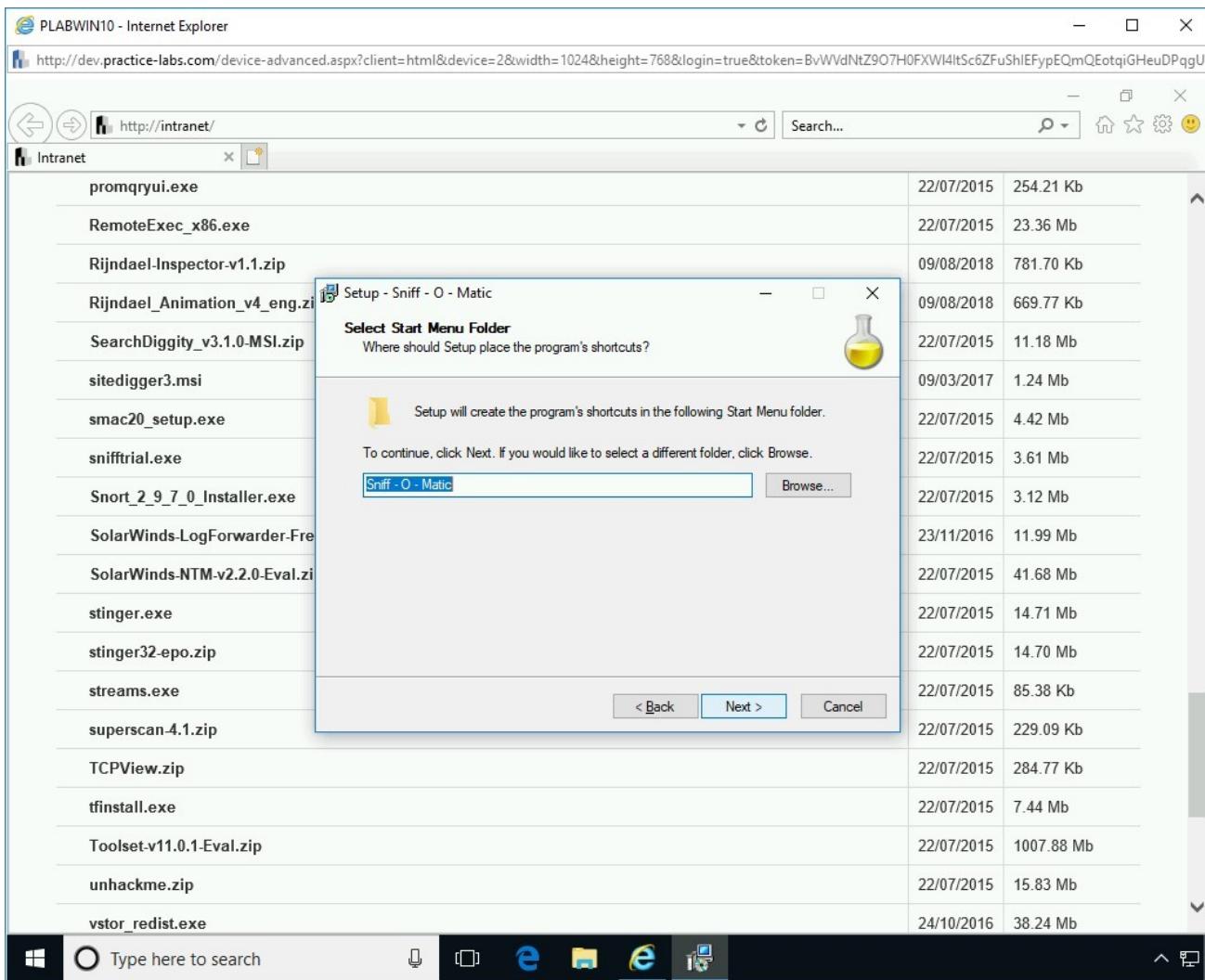


Figure 1.84 Screenshot of PLABWIN10: Keeping the default menu folder and clicking Next.

## Step 7

On the **Ready to Install** page, review the configuration, and click **Install**.

The installation process starts.

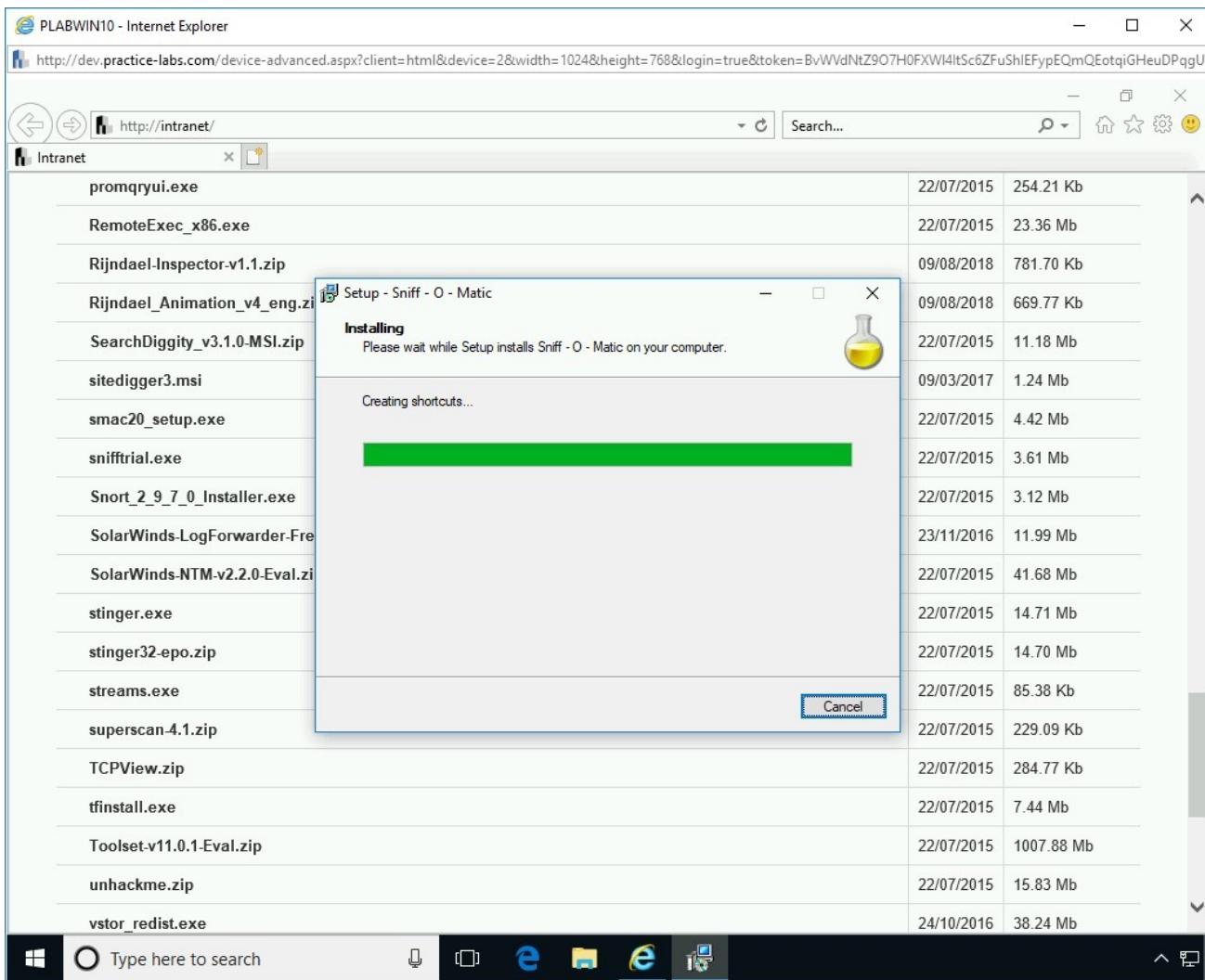


Figure 1.85 Screenshot of PLABWIN10: Showing the installation progress on the Installing page.

## Step 8

At the end of the installation, you will be asked if you want to disable the **User Account Control**, click **Yes**.

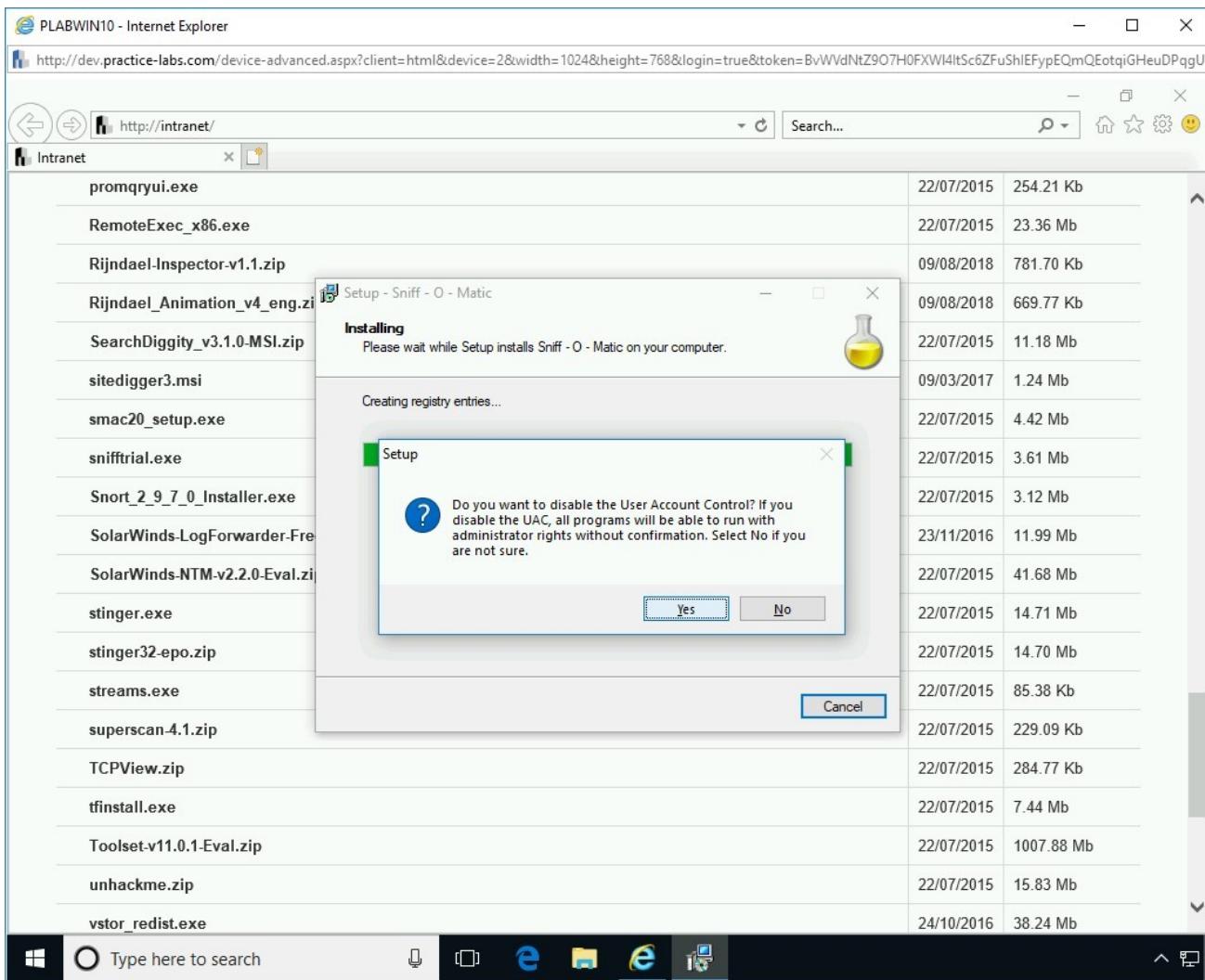


Figure 1.86 Screenshot of PLABWIN10: Clicking Yes on the Setup dialog box.

## Step 9

On the **Completing the Sniff - O - Matic Setup Wizard** page, keep the default selection and click **Finish**. This will restart **PLABWIN10**.

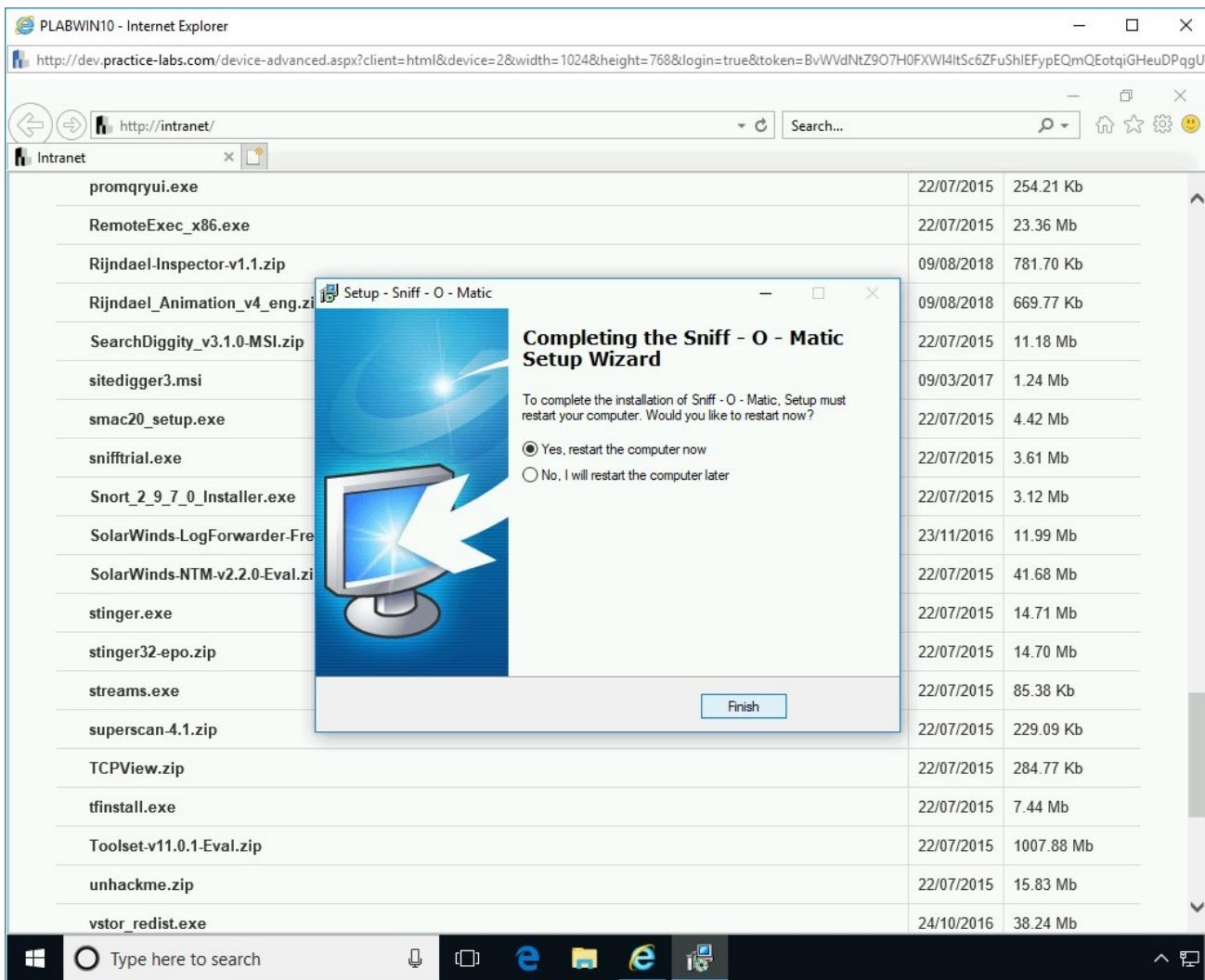


Figure 1.87 Screenshot of PLABWIN10: Selecting Yes, restart the computer now, and clicking Finish on the completion page.

## Step 10

**PLABWIN10** will restart.

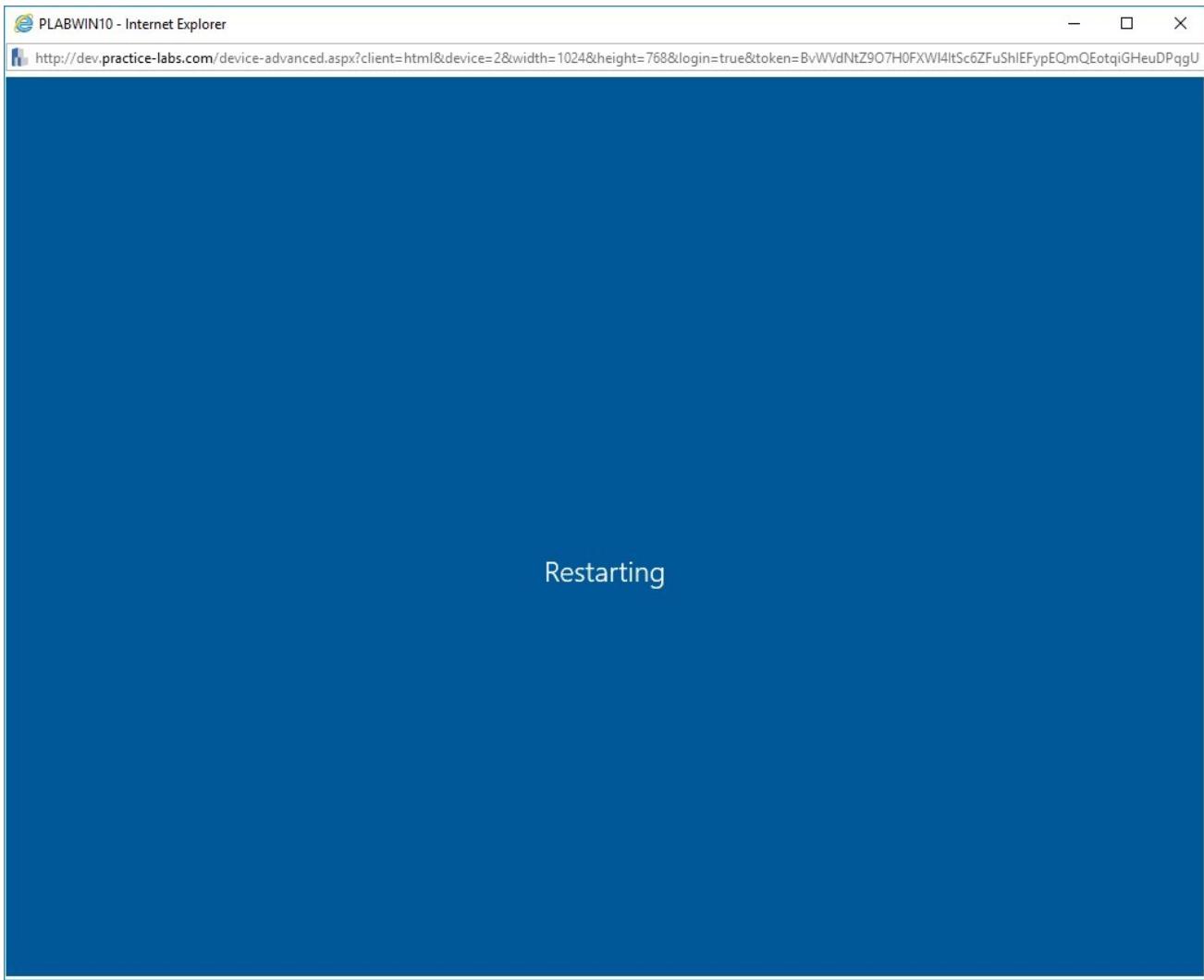


Figure 1.88 Screenshot of PLABWIN10: Showing the restart of the PLABWIN10 system.

## **Step 11**

Reconnect to **PLABWIN10** after 1 minute.

The **Application Install - Security Warning** dialog box is displayed. You will be prompted to install the **Lab Device Client**. Click **Don't Install**.

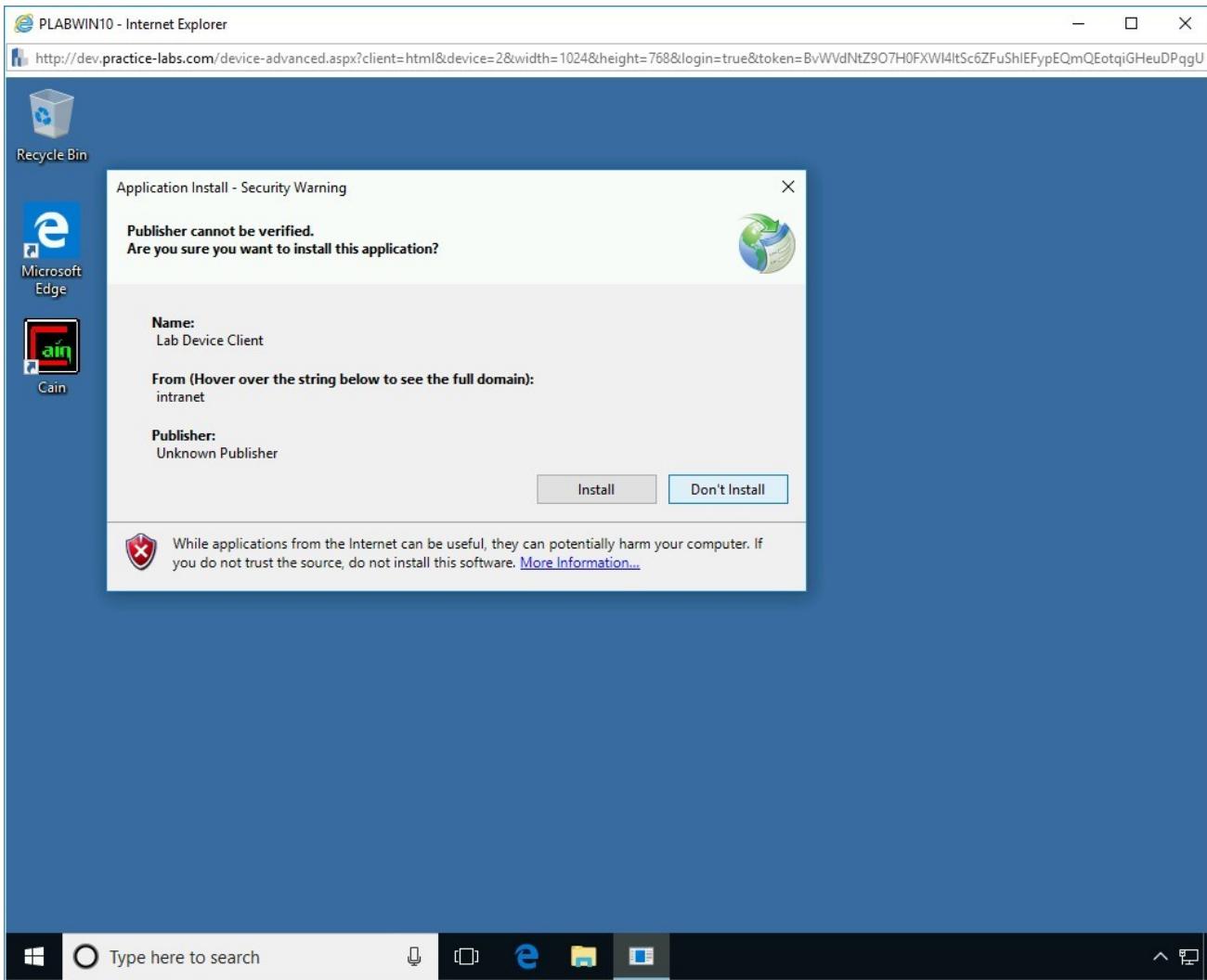


Figure 1.89 Screenshot of PLABWIN10: Clicking Don't Install on the Application Install - Security Warning dialog box.

## Step 12

Click the **Windows** charm, scroll down and select **Sniff - O - Matic** folder and then select **Sniff - O - Matic**.

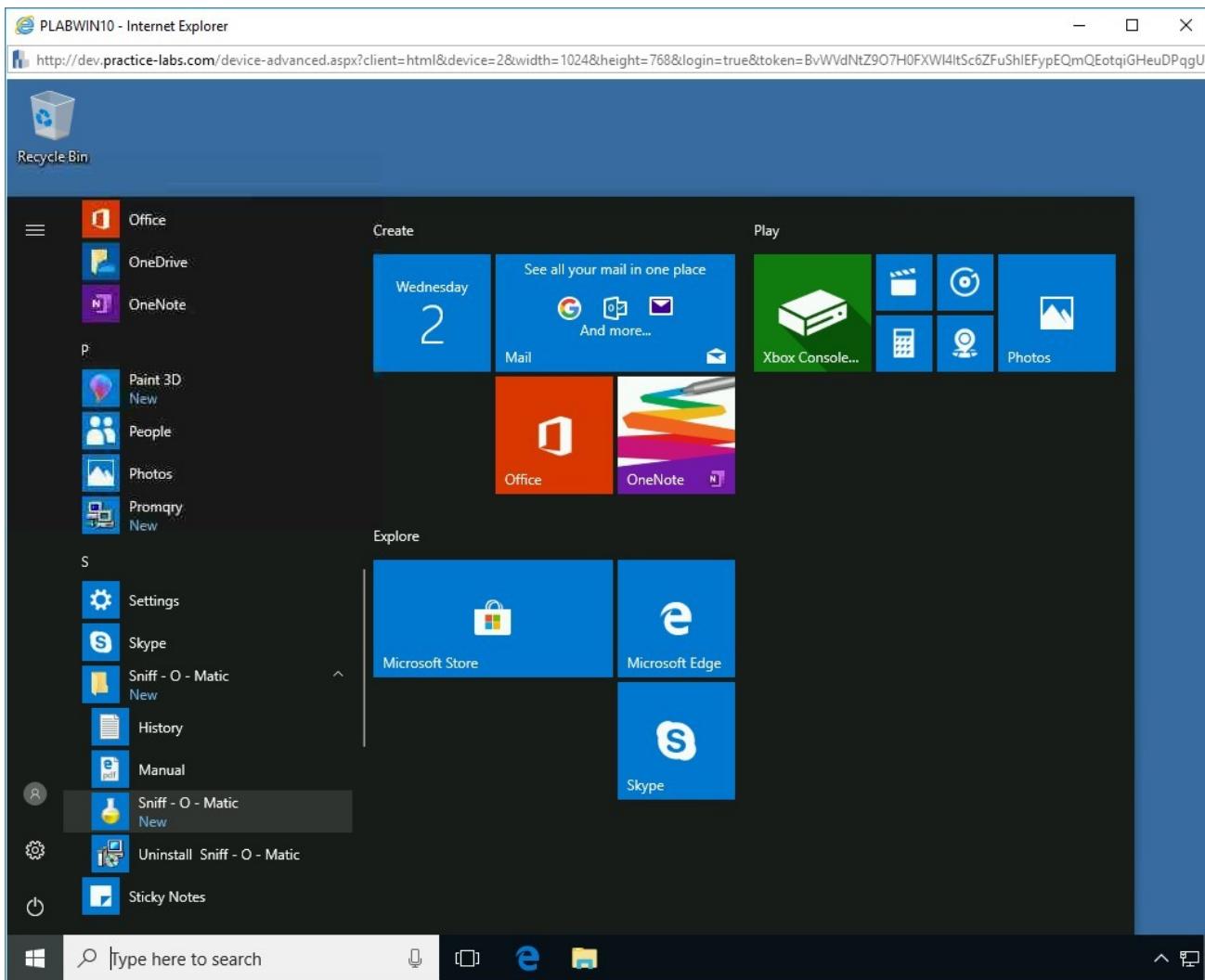


Figure 1.90 Screenshot of PLABWIN10: Selecting Sniff - O - Matic in the Windows menu.

## Step 13

If you are using an evaluation version of **Sniff - O - Matic**, then you will be prompted with the **Trial Expiration** dialog box.

Click **OK** to close the dialog box.

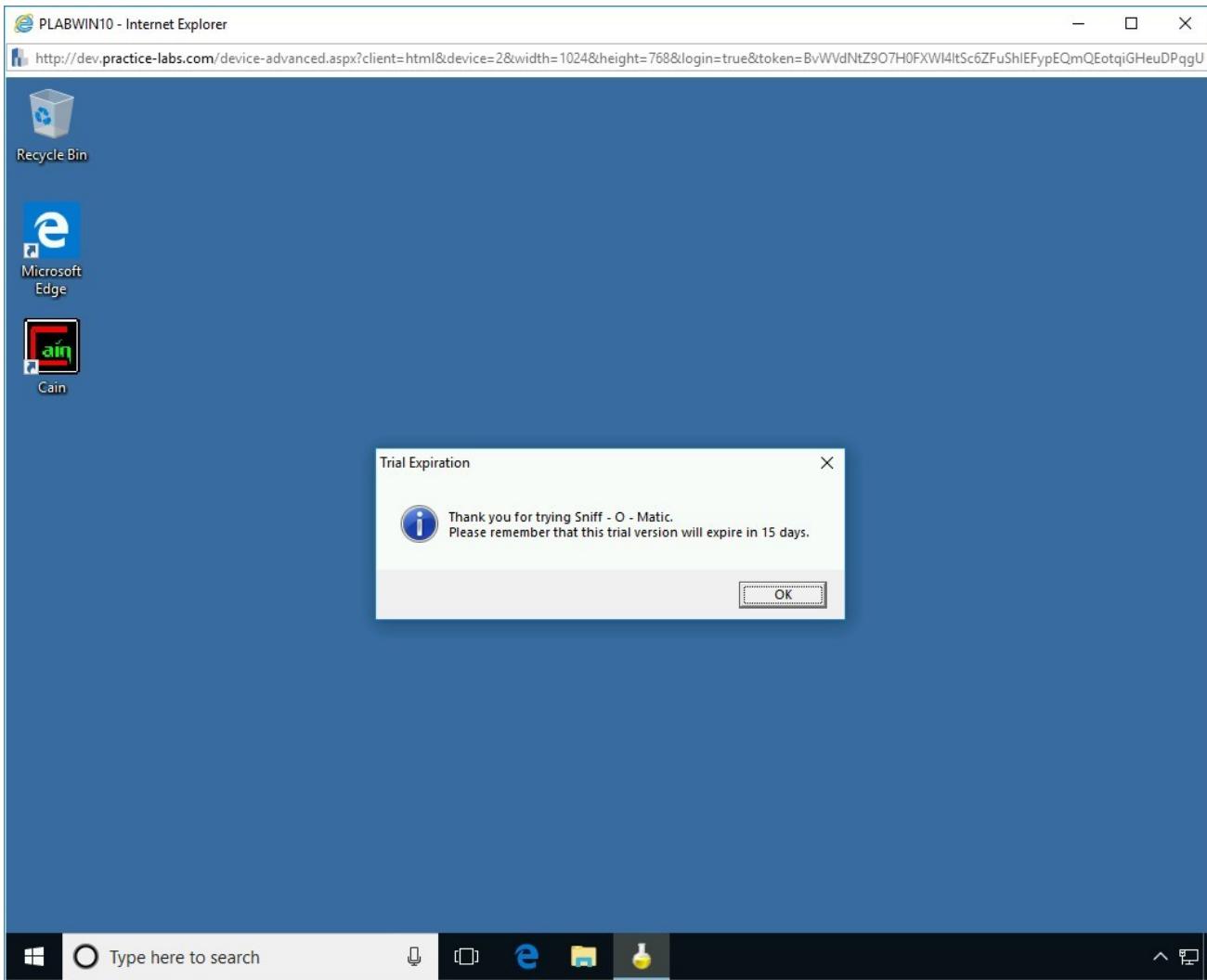


Figure 1.91 Screenshot of PLABWIN10: Clicking OK on the Trial Expiration dialog box.

## Step 14

The **Sniff - O - Matic 1.07** window is displayed. Click **Start Capture** (the green arrow).

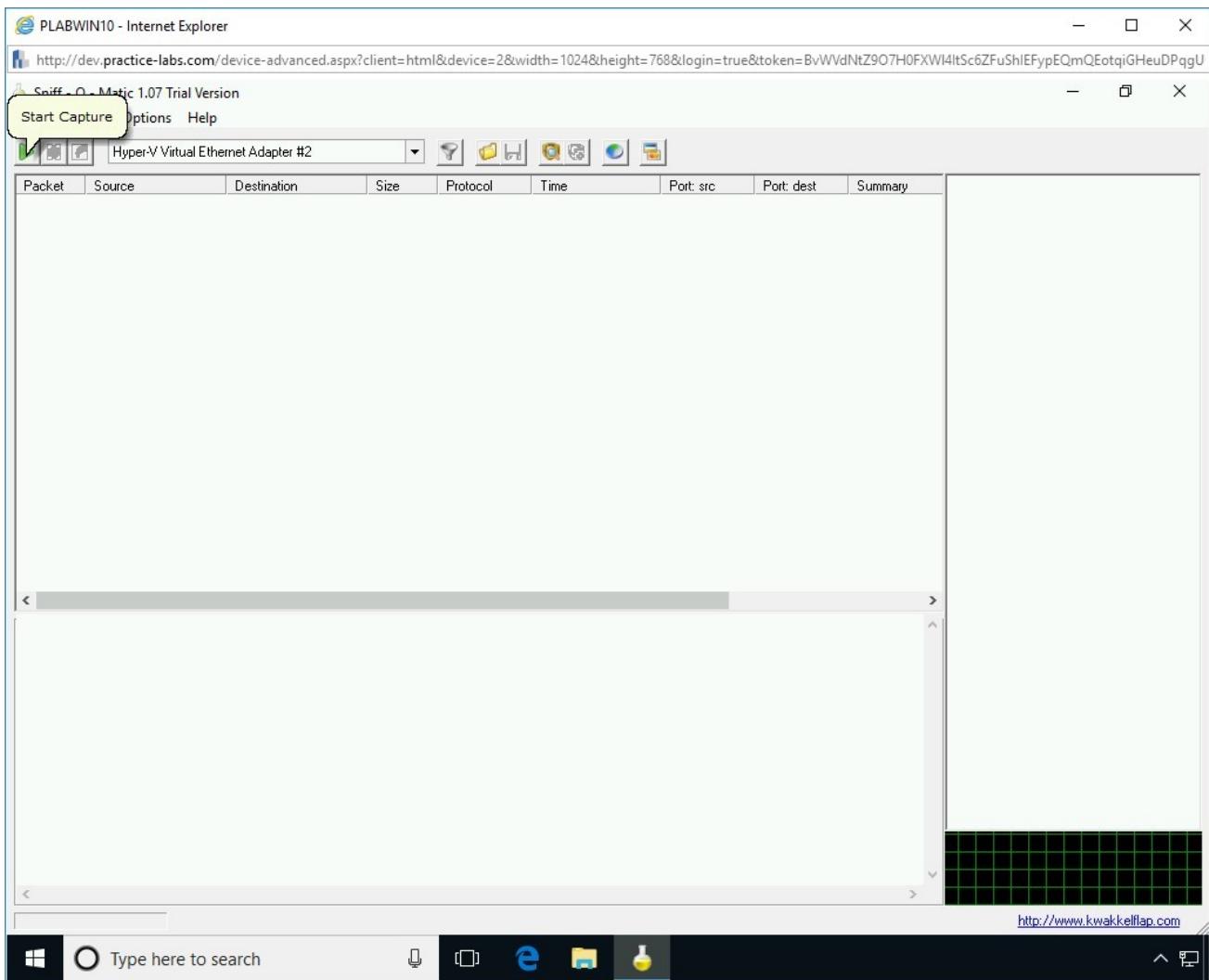


Figure 1.92 Screenshot of PLABWIN10: Clicking the Start Capture button (green arrow).

## Step 15

The packet capturing process starts.

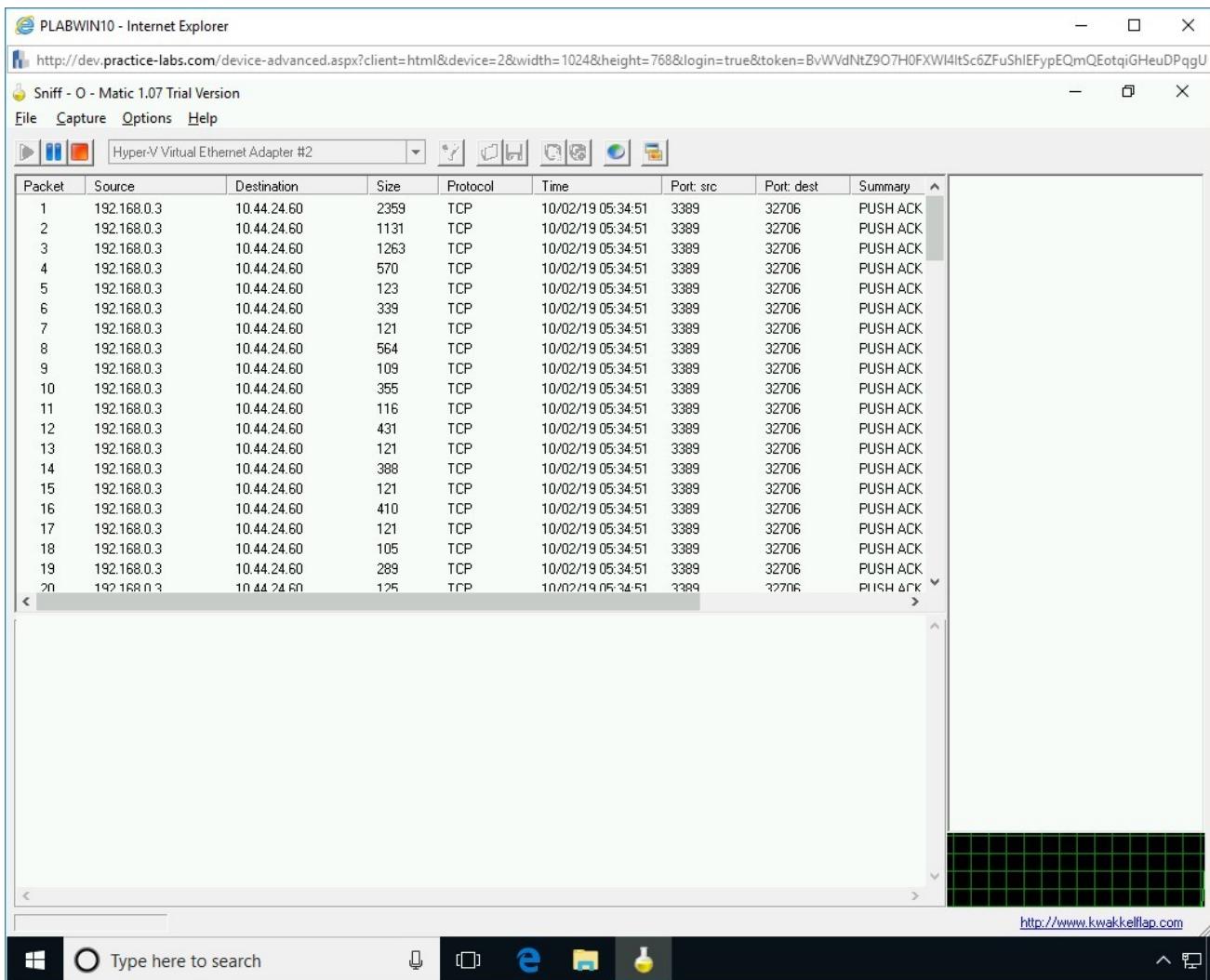


Figure 1.93 Screenshot of PLABWIN10: Showing the packet capture process.

## Step 16

In the **Type here to search** text box, type the following:

Internet Explorer

Select **Internet Explorer** from the search results.

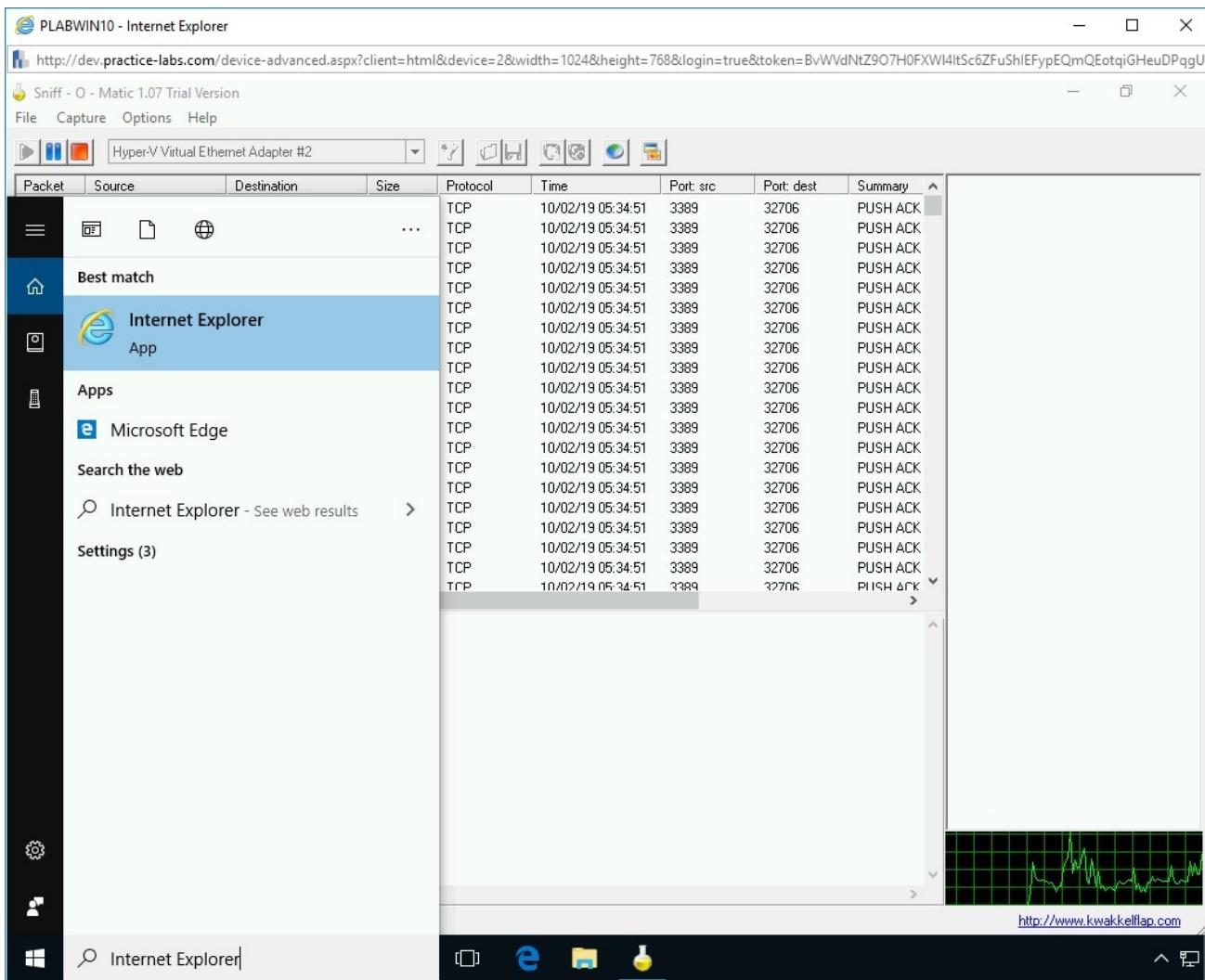


Figure 1.94 Screenshot of PLABWIN10: Selecting Internet Explorer from the search results.

## Step 17

The **Intranet** Webpage is displayed.

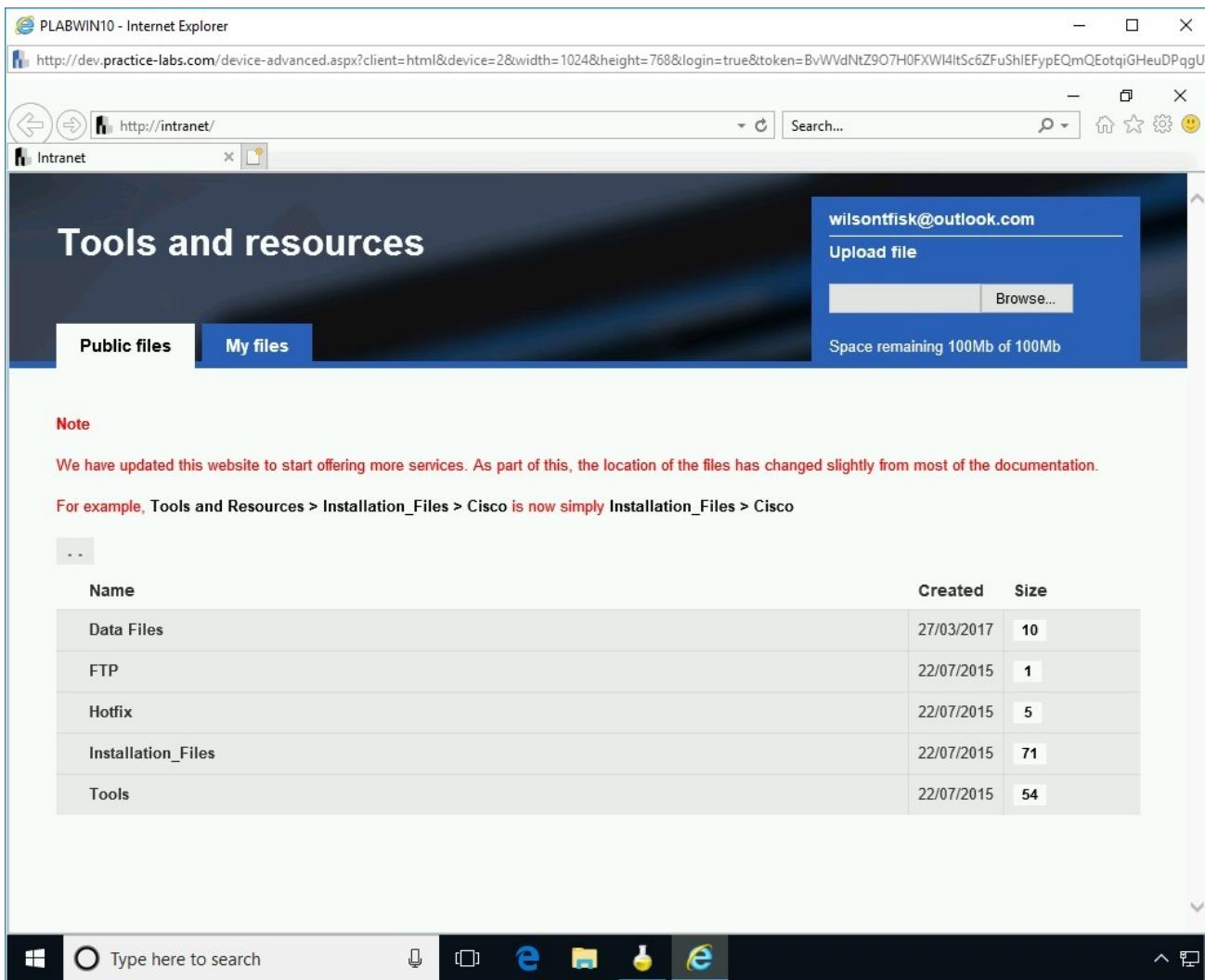


Figure 1.95 Screenshot of PLABWIN10: Showing the intranet Webpage.

## Step 18

Switch back to **Sniff - O - Matic**.

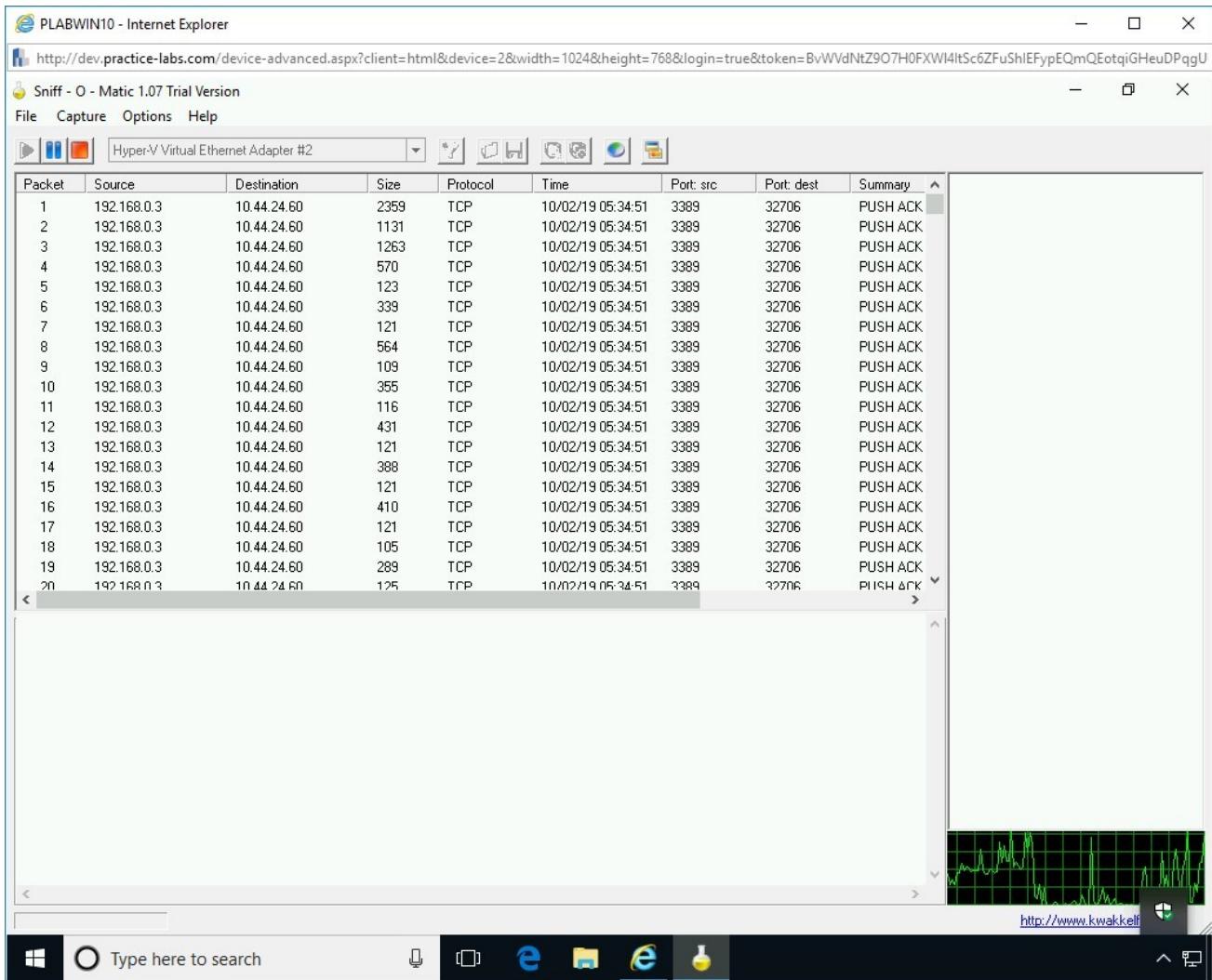


Figure 1.96 Screenshot of PLABWIN10: Showing the Sniff - O - Matic window.

## Step 19

Click **Options** and select **Find**.

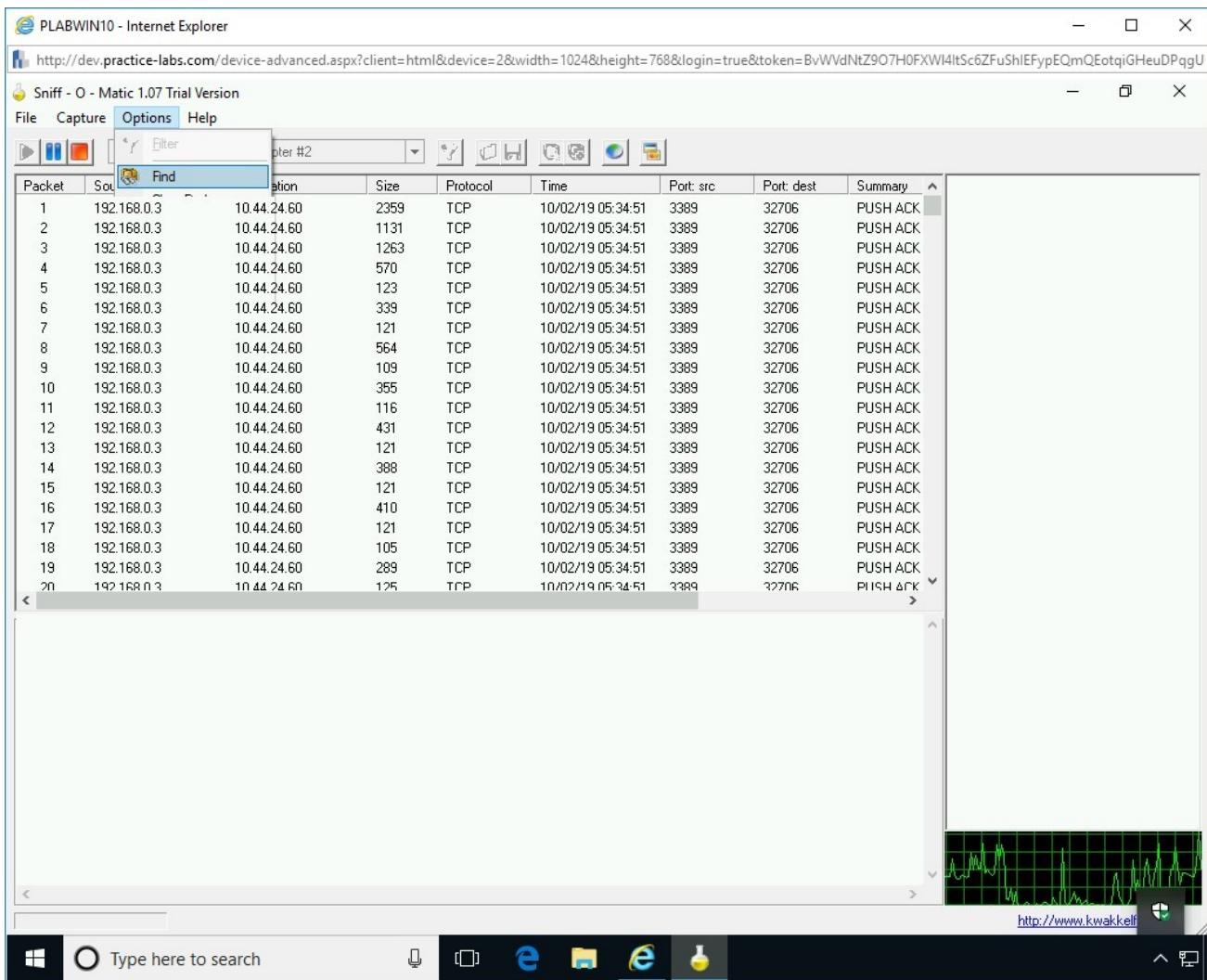


Figure 1.97 Screenshot of PLABWIN10: Selecting Find from the Options menu.

## Step 20

The **Find** dialog box is displayed.

In the **Find** text box, enter **intranet** and click **Find**.

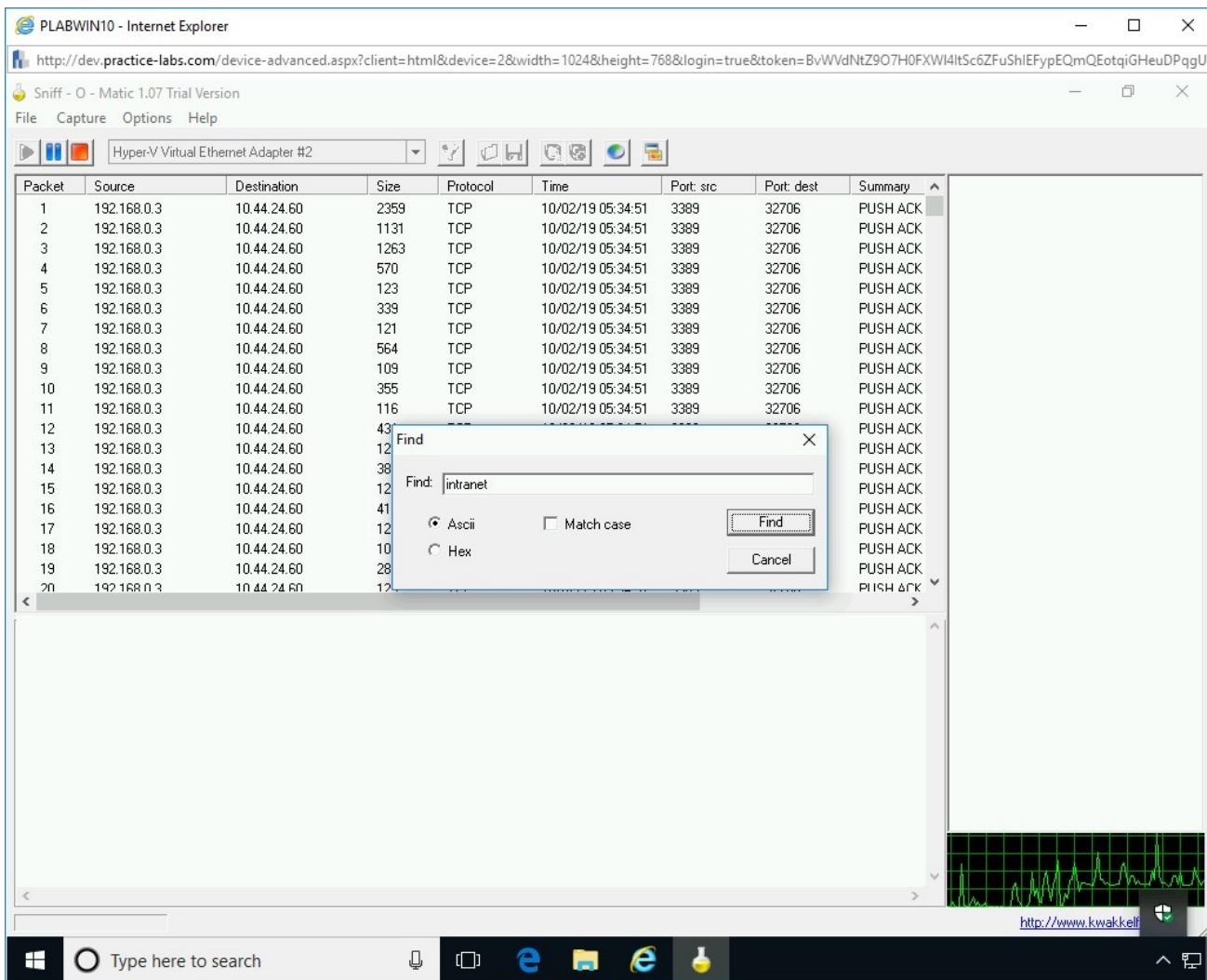


Figure 1.98 Screenshot of PLABWIN10: Entering intranet in the Find text box, leaving Ascii selected and clicking Find.

## Step 21

You may need to scroll down the captured data packets to find the result.

Note that one result has been located. The packet with the keyword “**intranet**” will be marked with the **binoculars** icon.

**Note:** Since there will be thousands of sniffed packets, you may have to scroll either up or down to find the relevant results.

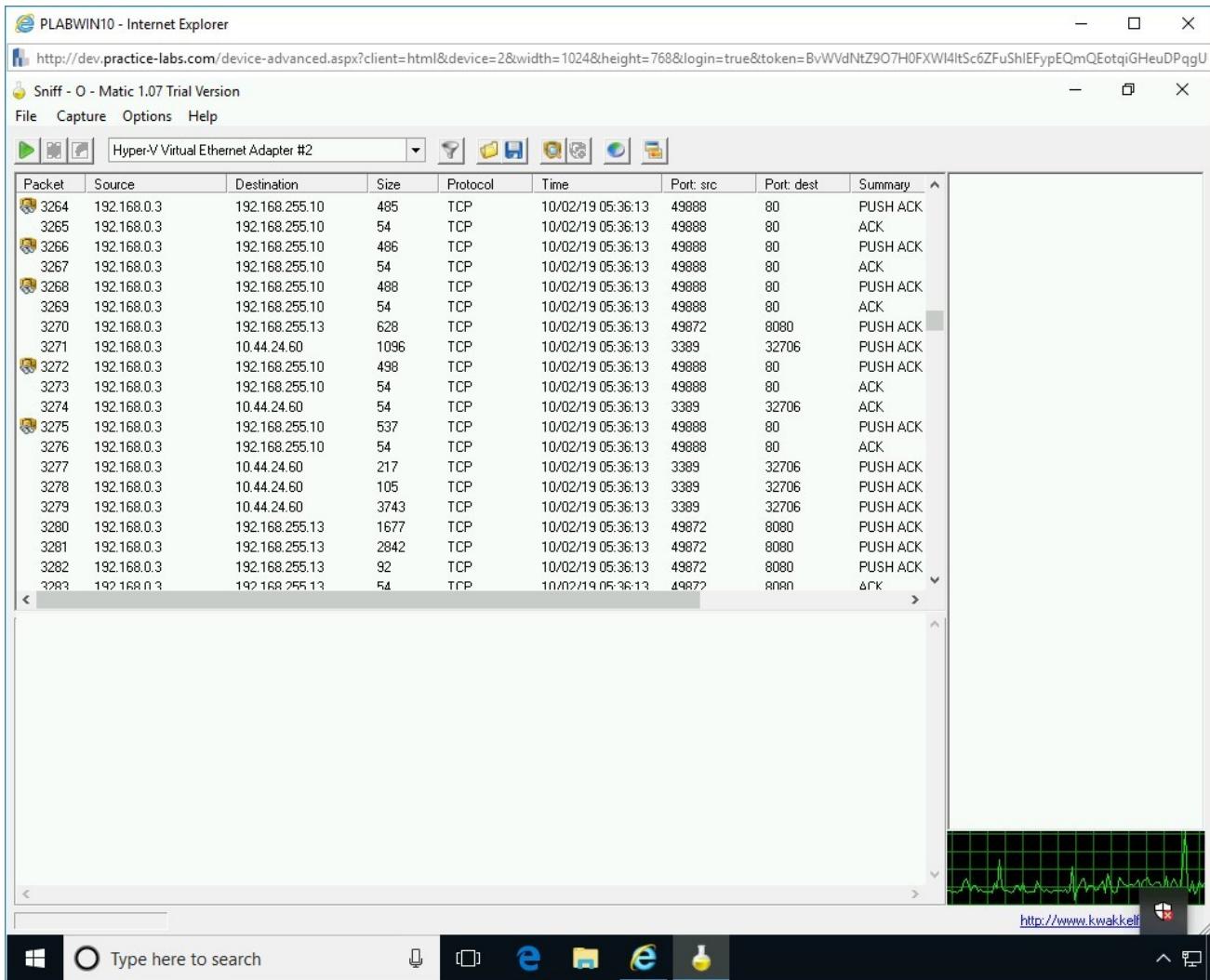


Figure 1.99 Screenshot of PLABWIN10: Showing the search results.

## Step 22

You can find the details of this packet on the hexadecimal pane.

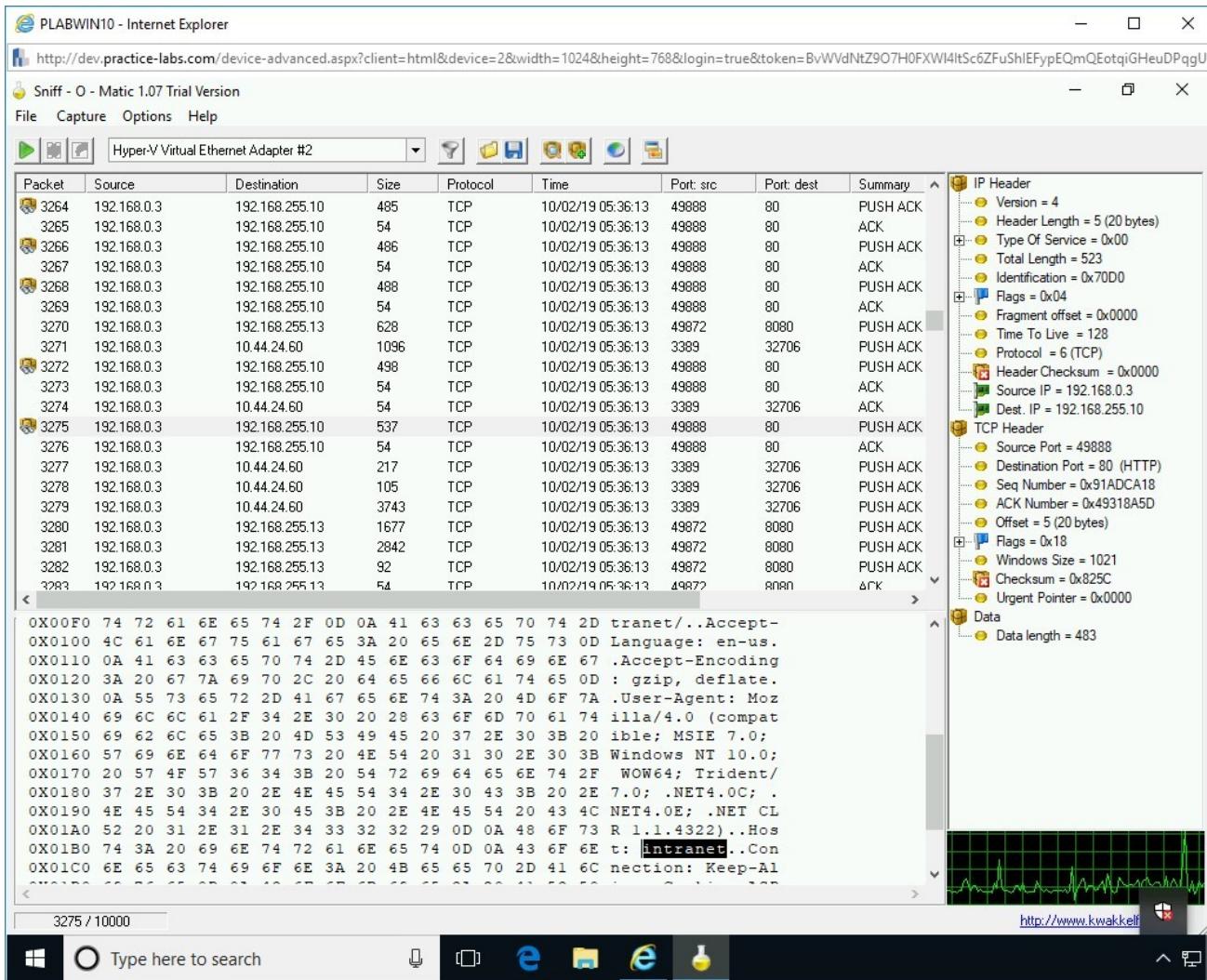


Figure 1.100 Screenshot of PLABWIN10: Showing the details of this packet on the hexadecimal pane.

Close **Sniff-O-Matic** when done.

## Exercise 2 - Sniffing Prevention Techniques

There are various methods that can be used against sniffing, which usually takes place with the use of weak protocols, such as HTTP and FTP. You can follow a few simple rules to avoid sniffing:

- Avoid using HTTP and use HTTPS instead
- Avoid using FTP and use SFTP instead
- Avoid using a hub and use a switch instead

- Configure DHCP Snooping
- Configure Dynamic ARP inspection
- Configure Source guard
- Use a tool like XArp to detect ARP-based attacks
- Use a sniffing detection tool to detect a network adapter working in promiscuous mode
- Use appropriate encryption

In this exercise, you will learn to prevent sniffing attacks.

## Learning Outcomes

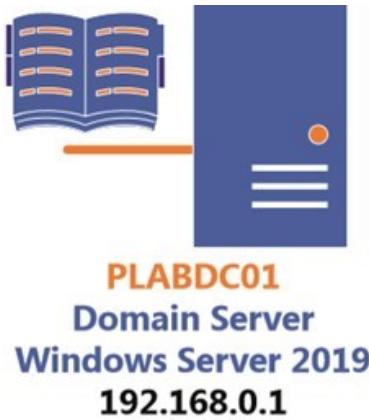
After completing this exercise, you will be able to:

- Use XArp utility

## Your Devices

You will be using the following devices in this lab. Please power these on now.

- **PLABDC01** - (Windows Server 2019 - Domain Server)
- **PLABWIN10** - (Windows 10 - Workstation)



## Task 1 - Use XArp Utility

XArp helps you detect an ARP-based attack. It can use active or passive methods to detect the ARP-based attacks on a network. It can perform network monitoring to perform ARP spoofing detection.

In this task, you will learn to use XArp. To use XArp, perform the following steps:

## Step 1

Ensure you have powered on all the devices listed in the introduction and connect to **PLABWIN10**. Restore Internet Explorer from the taskbar. You should be on the **Hacking Tools** page. Locate **xarp-2.2.2-win.exe**, and then click on it.

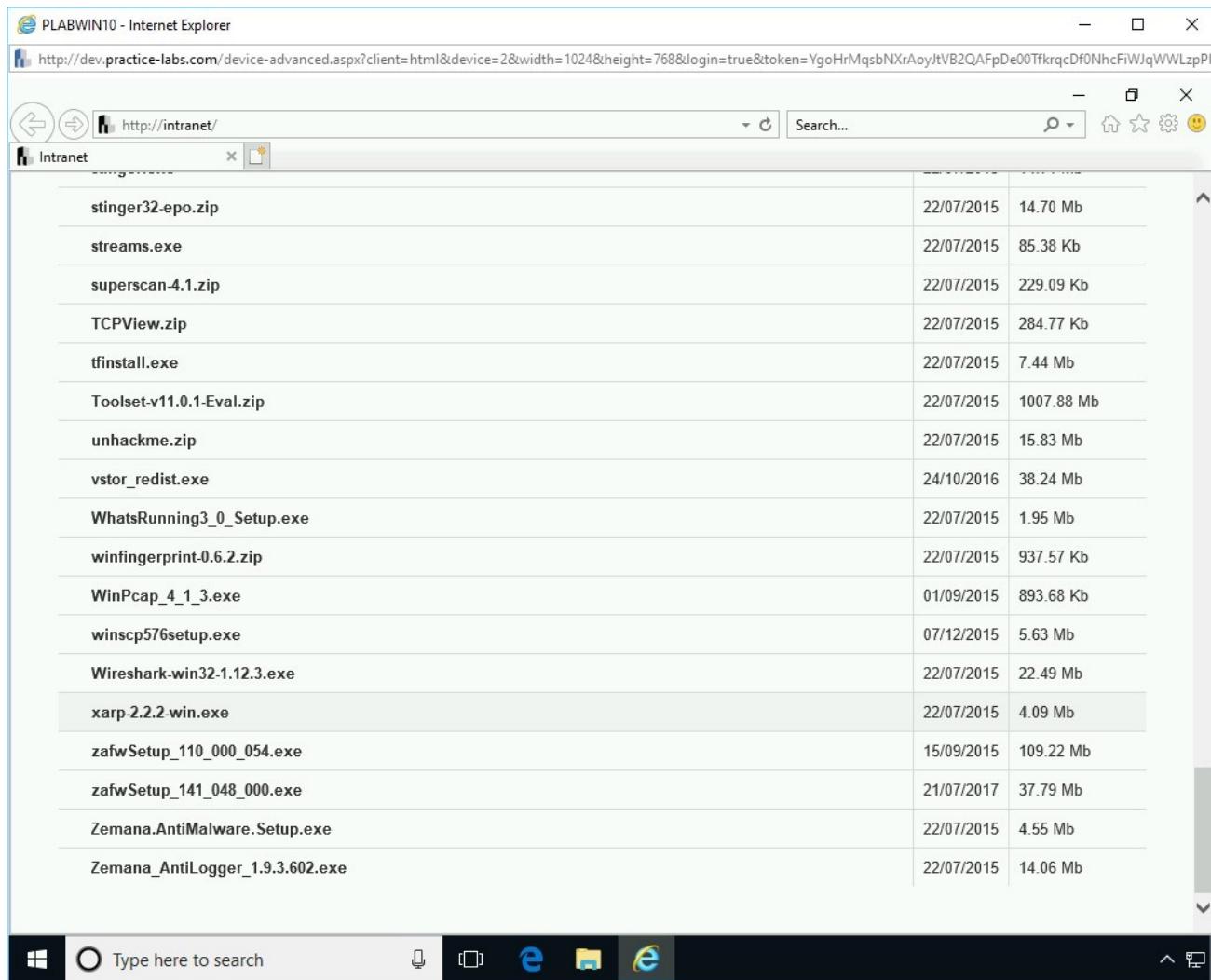


Figure 2.1 Screenshot of PLABWIN10: Clicking the xarp-2.2.2-win.exe file.

## Step 2

In the notification bar, click **Run**.

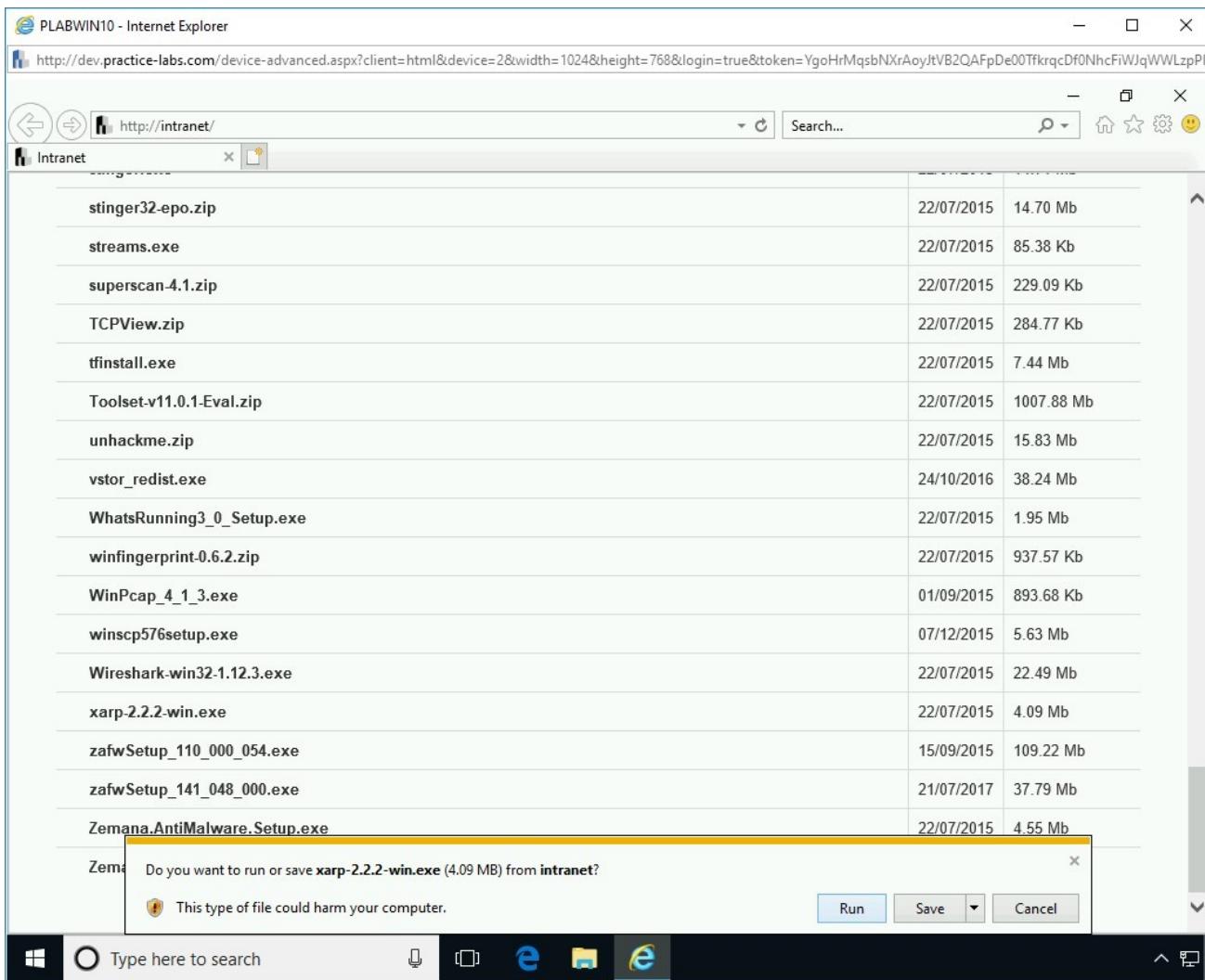


Figure 2.2 Screenshot of PLABWIN10: Clicking Run on the notification bar.

## Step 3

The **XArp 2.2.2 Setup** wizard is displayed. On the **Welcome to the XArp 2.2.2 Setup Wizard** dialog box, click **Next**.

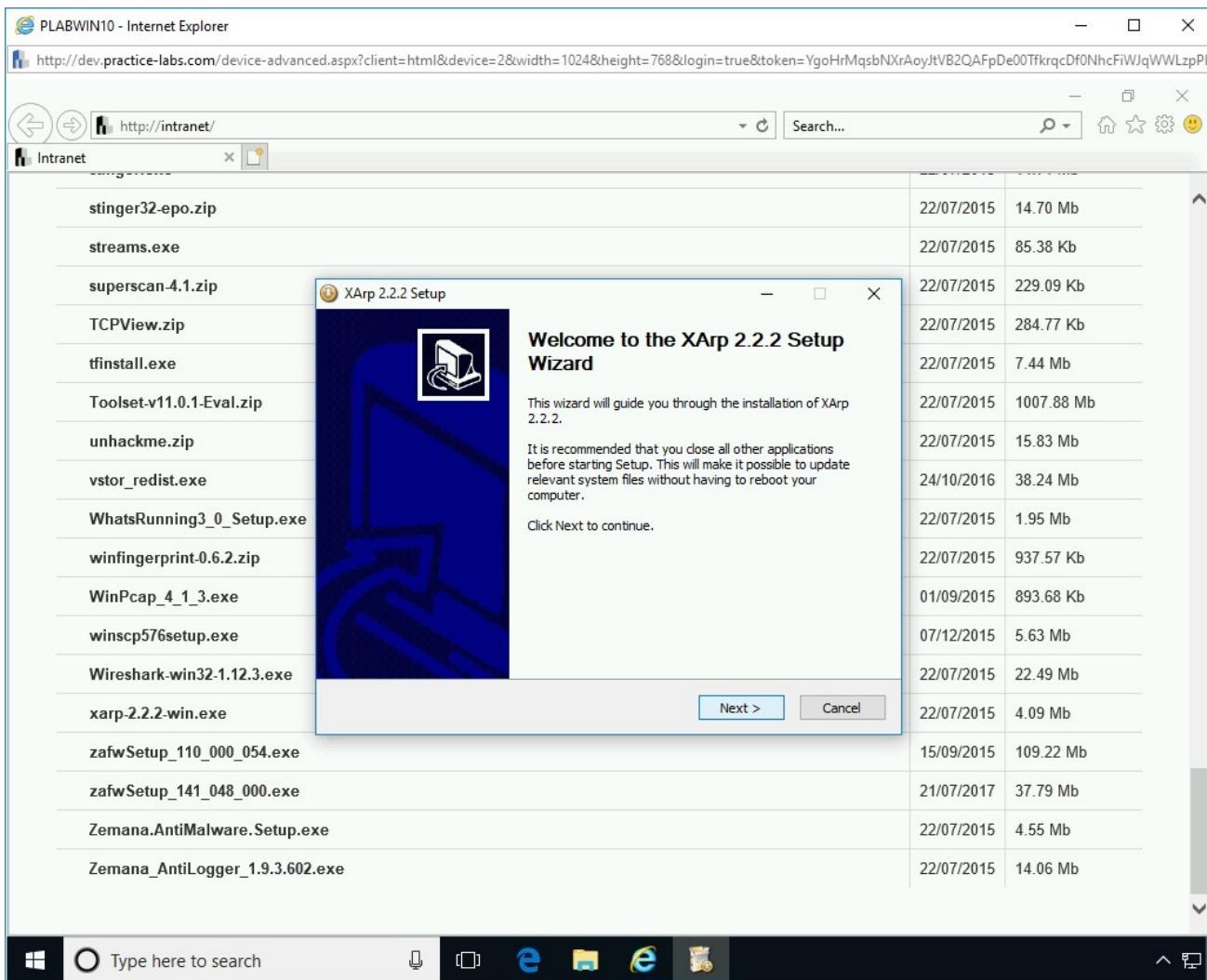


Figure 2.3 Screenshot of PLABWIN10: Showing the welcome page of the XArp 2.2.2 Setup wizard.

## Step 4

On the **License Agreement** page, click **I Agree**.

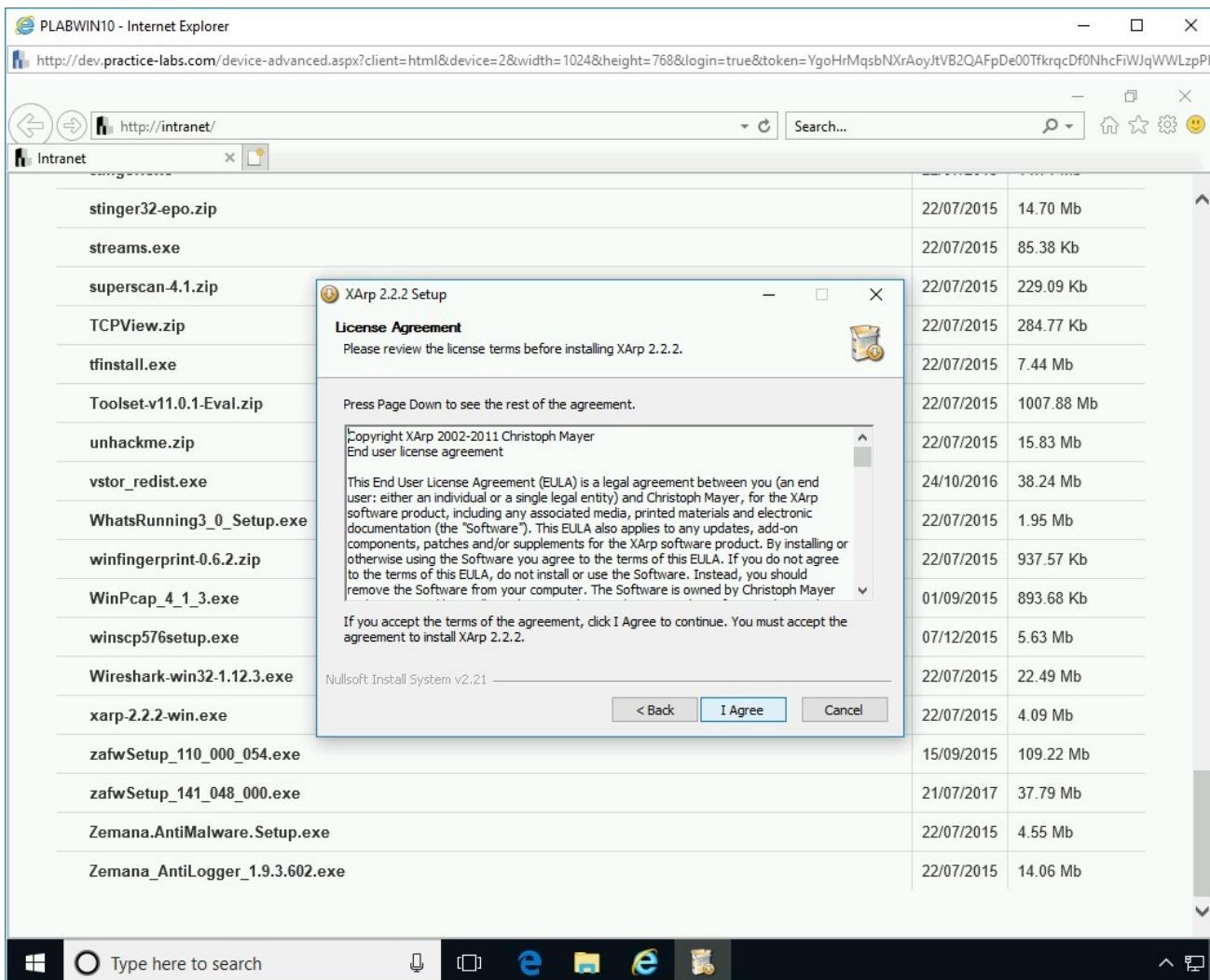


Figure 2.4 Screenshot of PLABWIN10: Clicking I Agree on the License Agreement page.

## Step 5

On the **Choose Install Location** page, keep the default location and click **Next**.

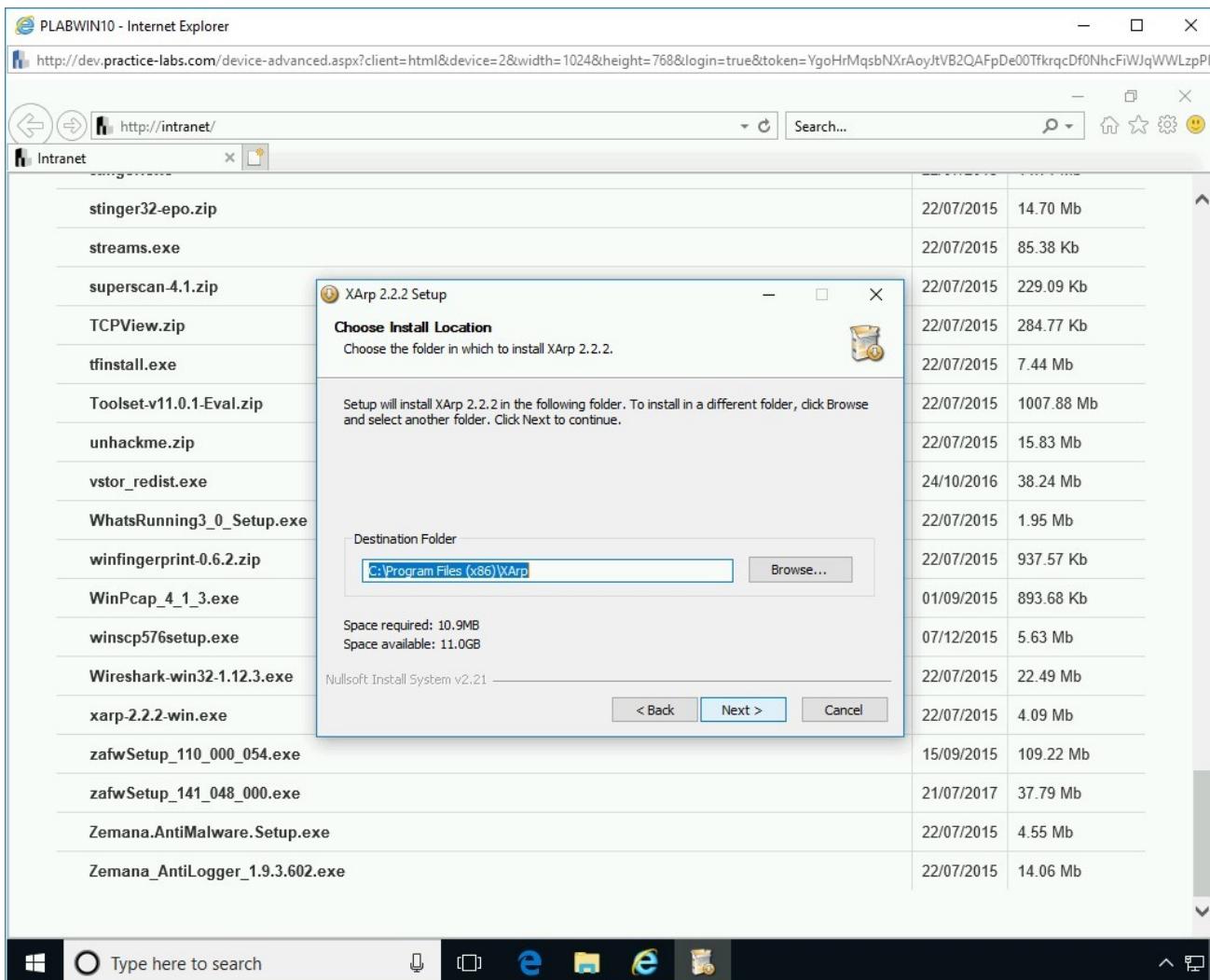


Figure 2.5 Screenshot of PLABWIN10: Keeping the default installation location and clicking Next.

## Step 6

On the **Choose Start Menu Folder** page, keep the default menu name, and click **Install**.

The installation process starts.

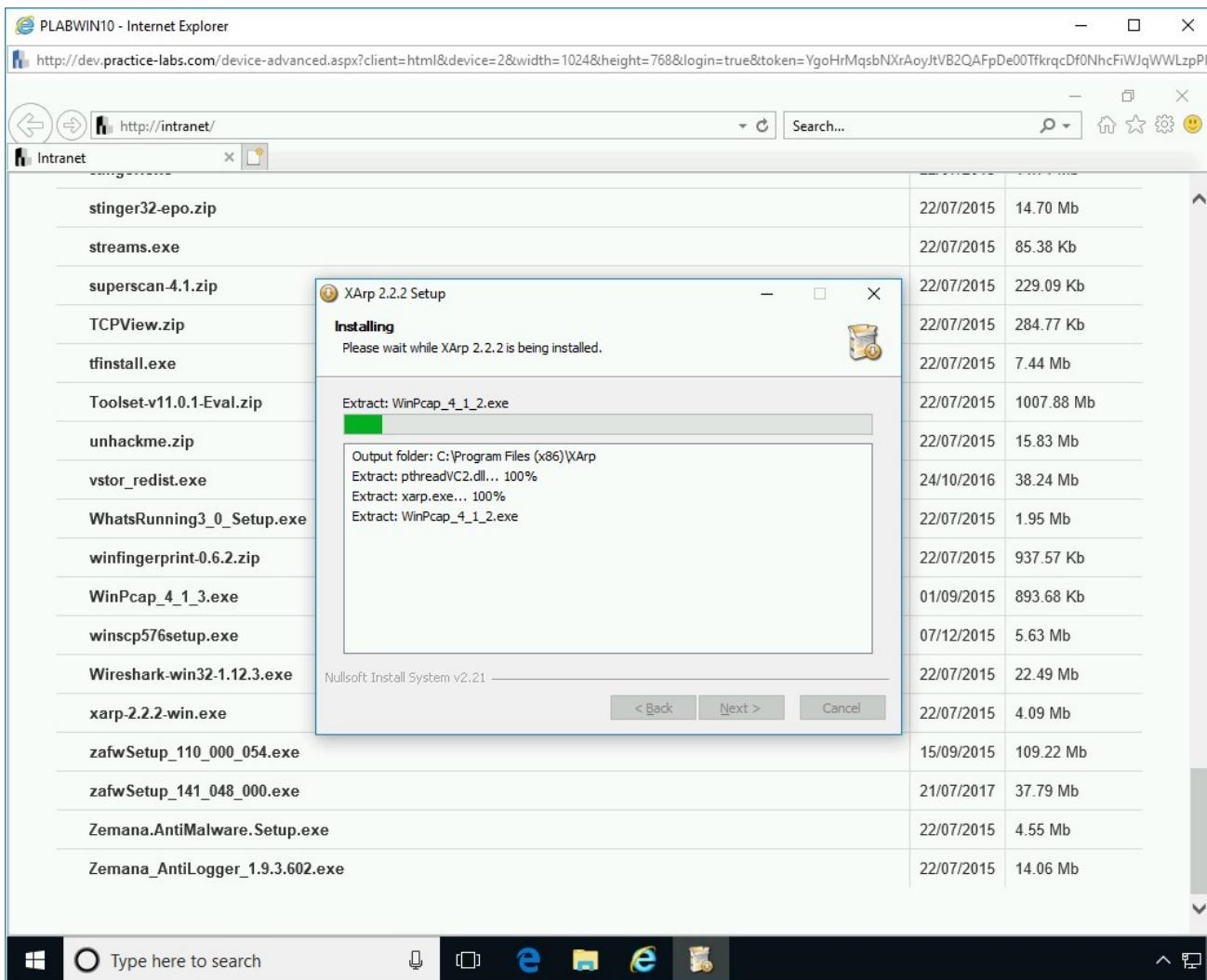


Figure 2.6 Screenshot of PLABWIN10: Showing the installation progress.

## Step 7

**Alert:** The WinPcap 4.1.2 installation will be initiated ONLY if you have not installed WinPcap with any other tool. If WinPcap is found on the system, the XArp installation will proceed without Step 7 to Step 11. These steps will be skipped.

The **WinPcap 4.1.2 Setup** wizard is displayed. On the **WinPcap 4.1.2 Installer** page, click **Next**.

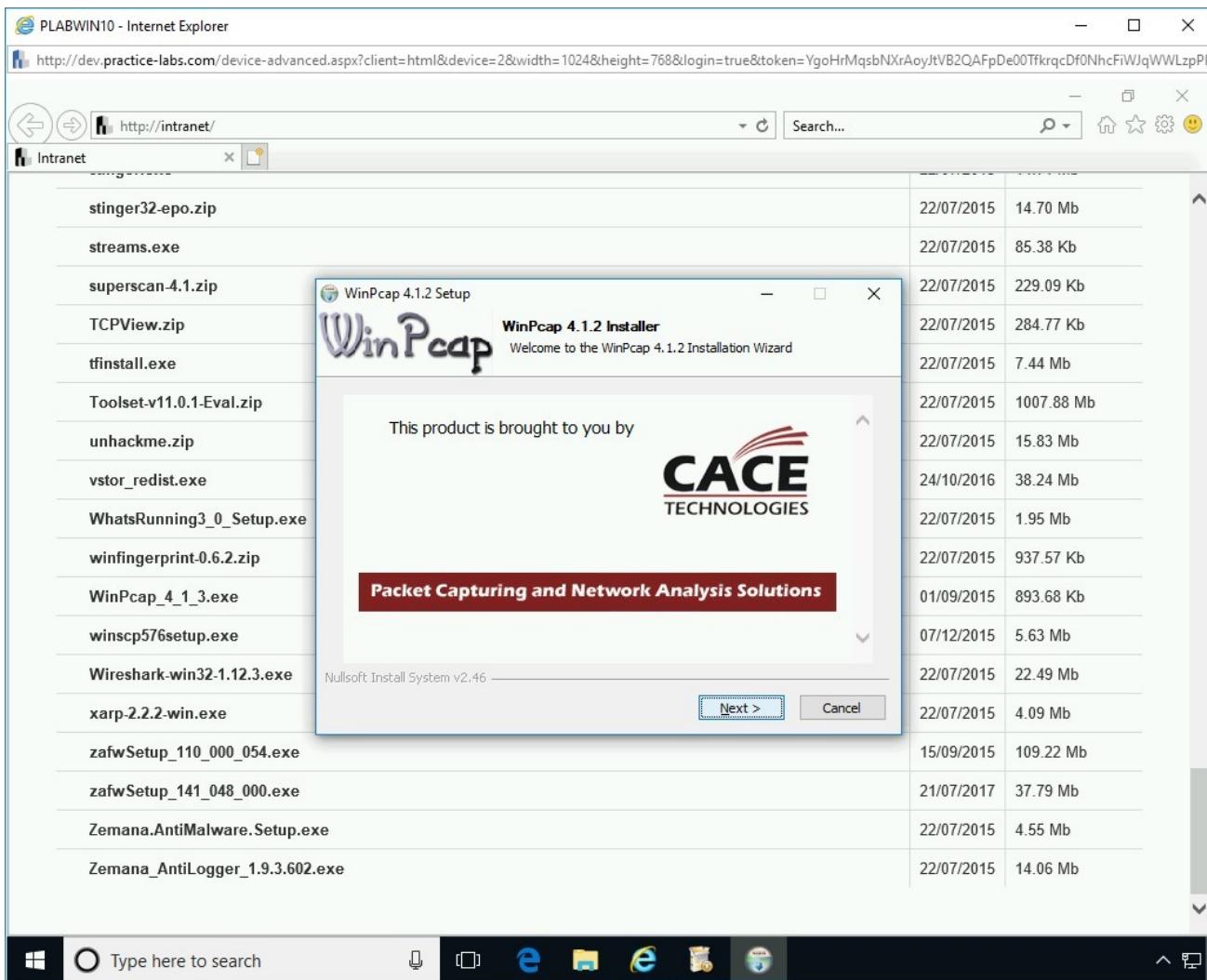


Figure 2.7 Screenshot of PLABWIN10: Clicking Next on the WinPcap wizard.

## Step 8

On the **Welcome to the WinPcap 4.1.2 Setup Wizard** page, click **Next**.

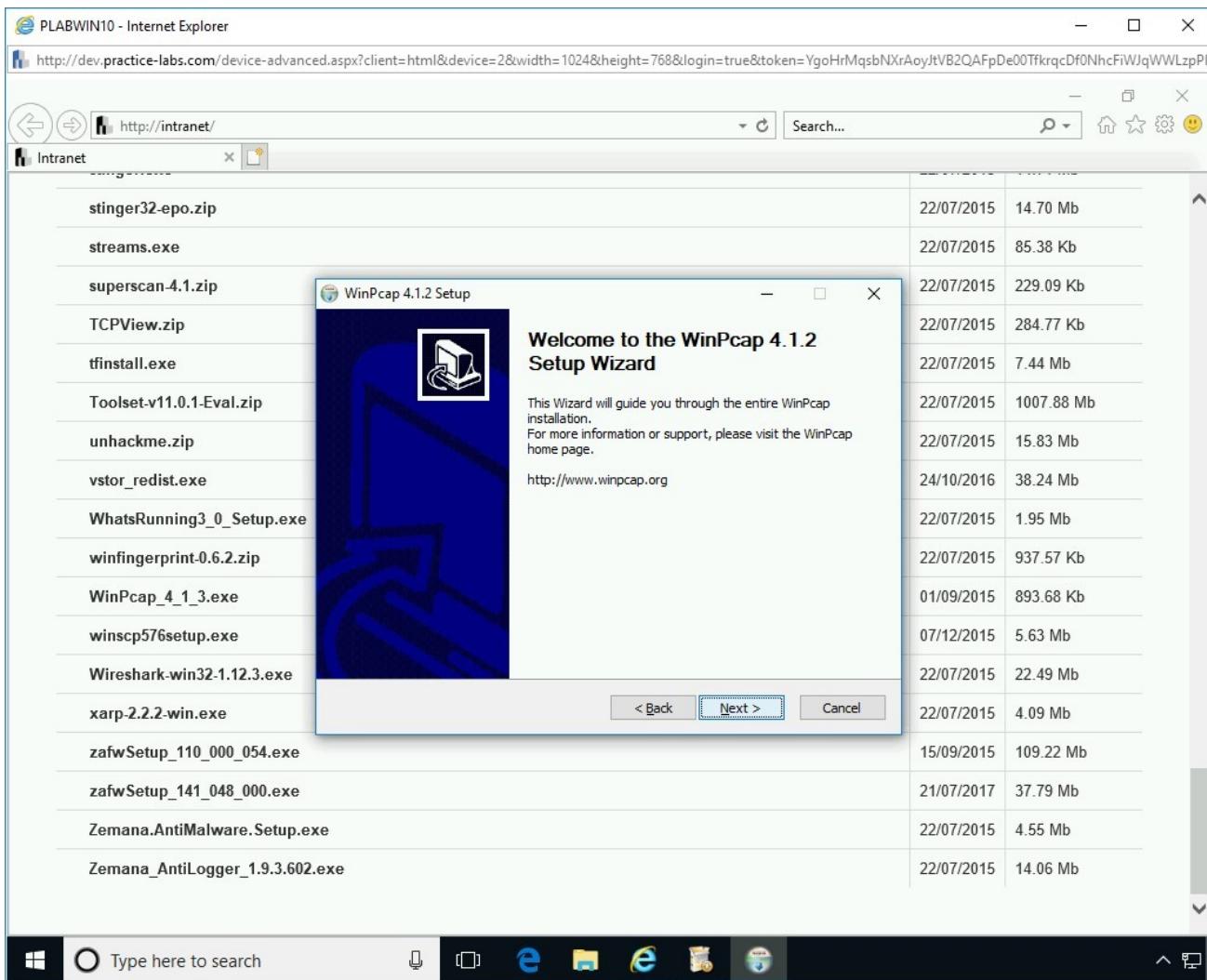


Figure 2.8 Screenshot of PLABWIN10: Clicking Next on the welcome page.

## Step 9

On the **License Agreement** page, click **I Agree**.

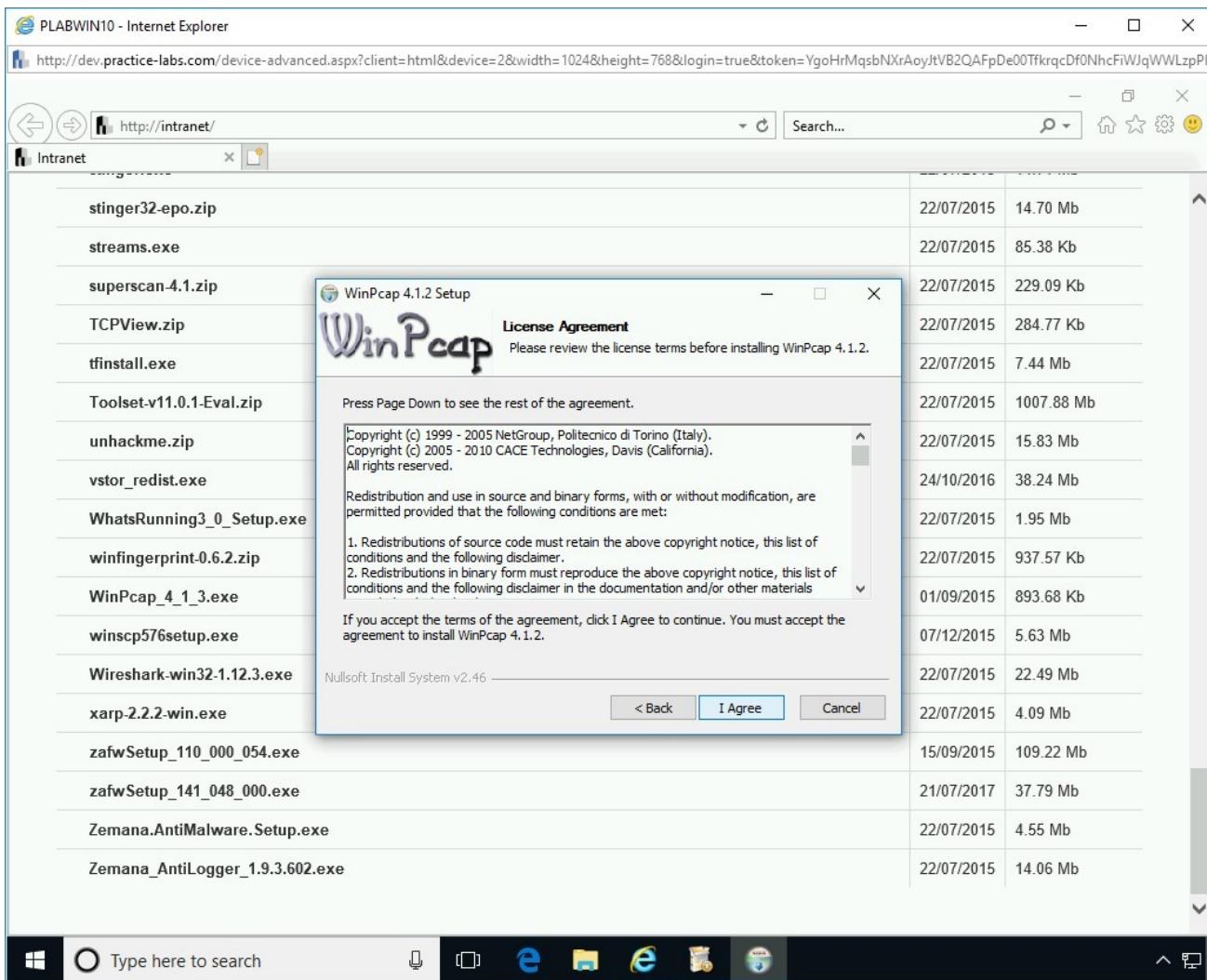


Figure 2.9 Screenshot of PLABWIN10: Clicking I Agree on the License Agreement page.

## Step 10

On the **Installation options** page, keep the default option selected and click **Install**.

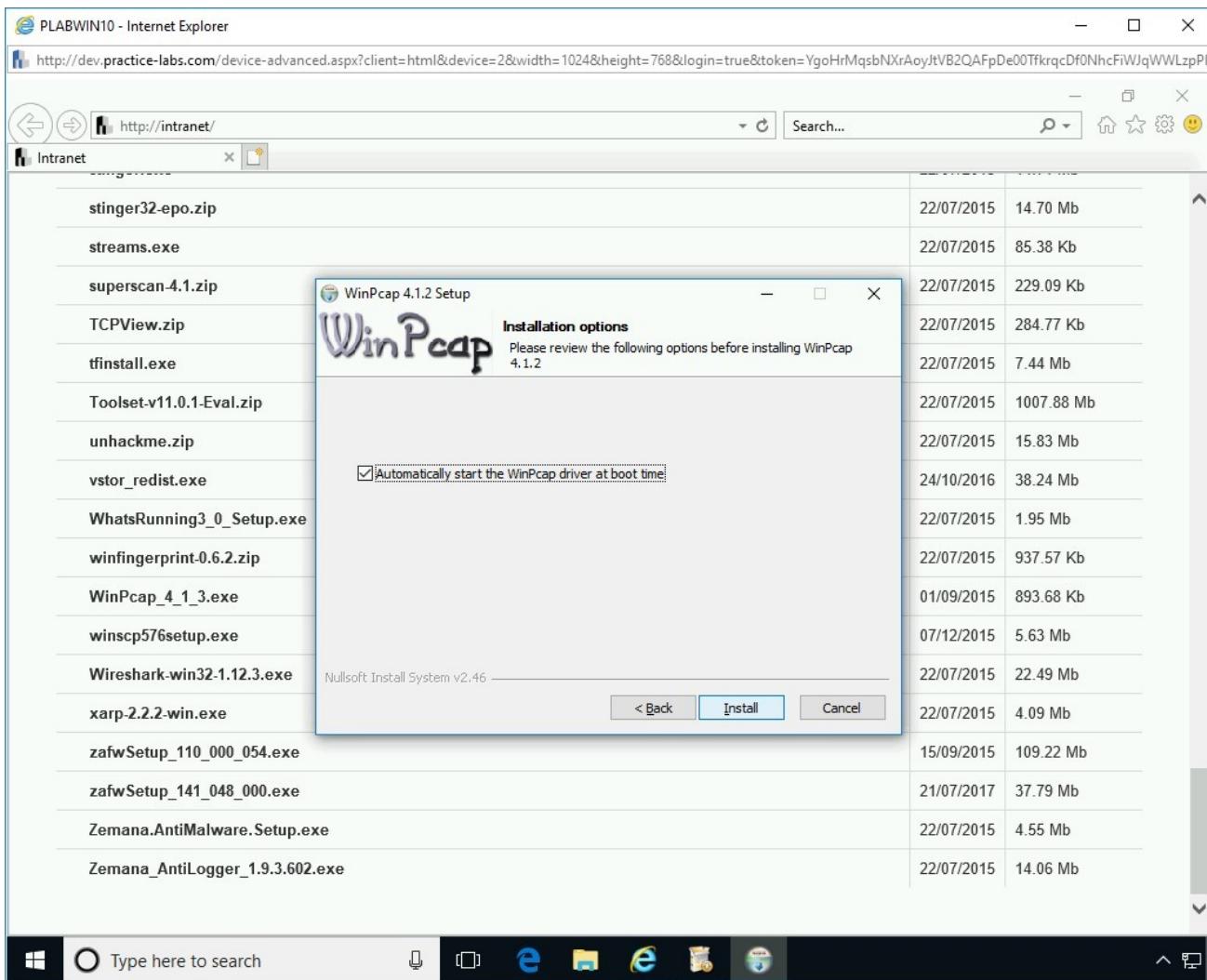


Figure 2.10 Screenshot of PLABWIN10: Clicking Install on the Installation Options page.

## Step 11

The installation completes quickly. On the **Completing the WinPcap 4.1.2 Setup Wizard** page, click **Finish**.

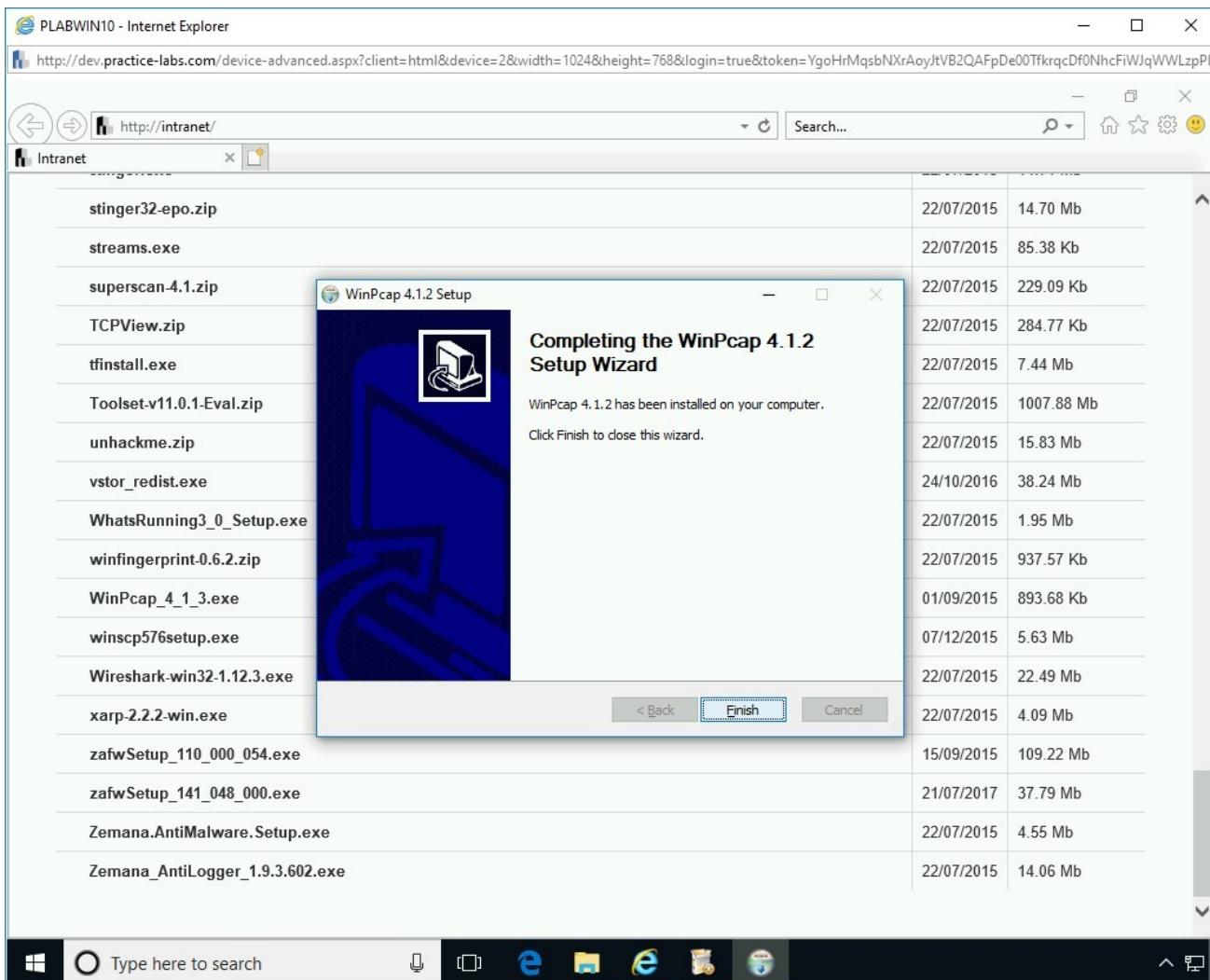


Figure 2.11 Screenshot of PLABWIN10: Clicking Finish on the completion page.

## Step 12

On the **Completing the XArp 2.2.2 Setup Wizard** page, keep the default option selected and click **Finish**.

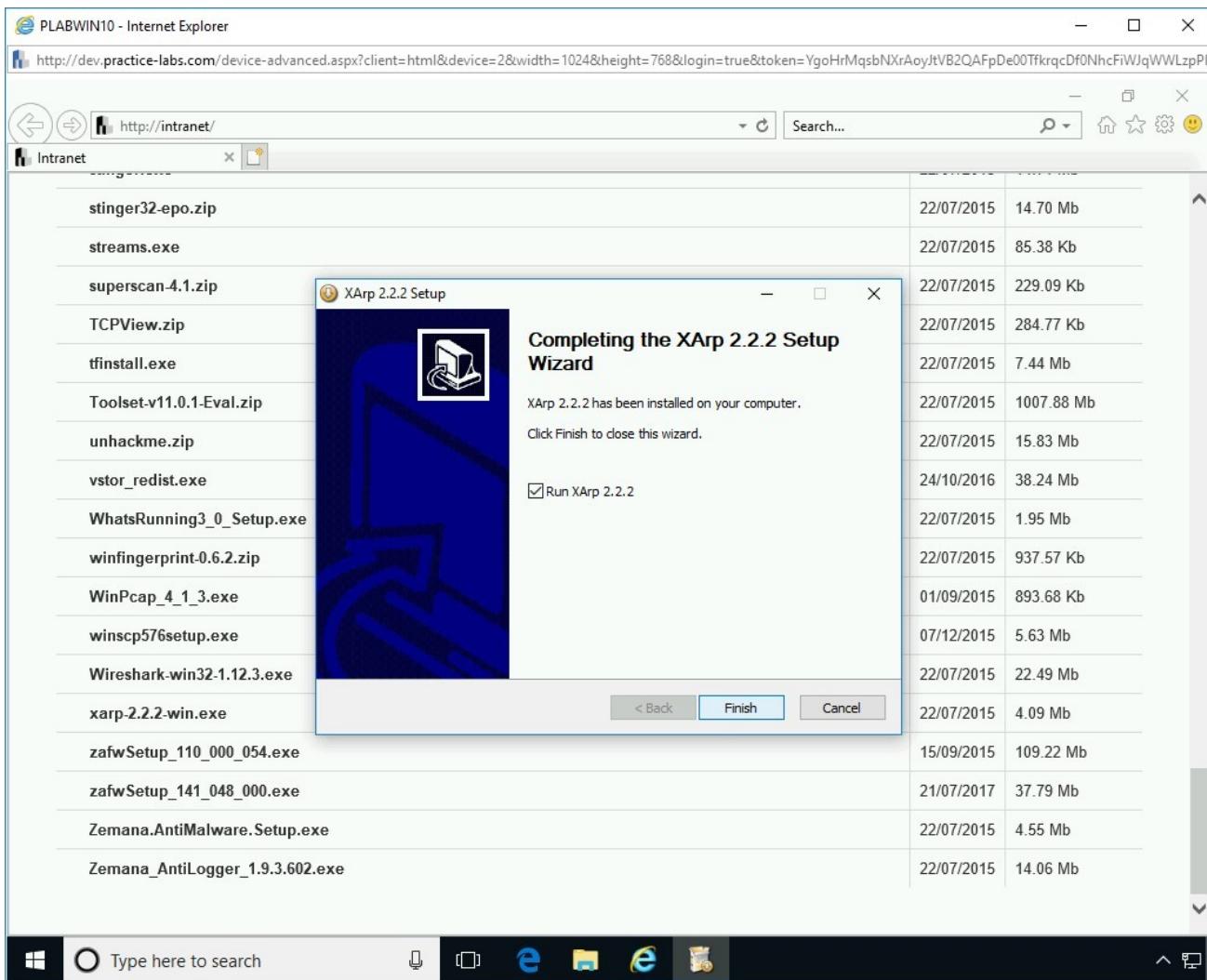


Figure 2.12 Screenshot of PLABWIN10: Clicking Finish on the completion page.

## Step 13

Minimize Internet Explorer.

XArp automatically opens after installation.

Note that the default security level is set to **basic**.

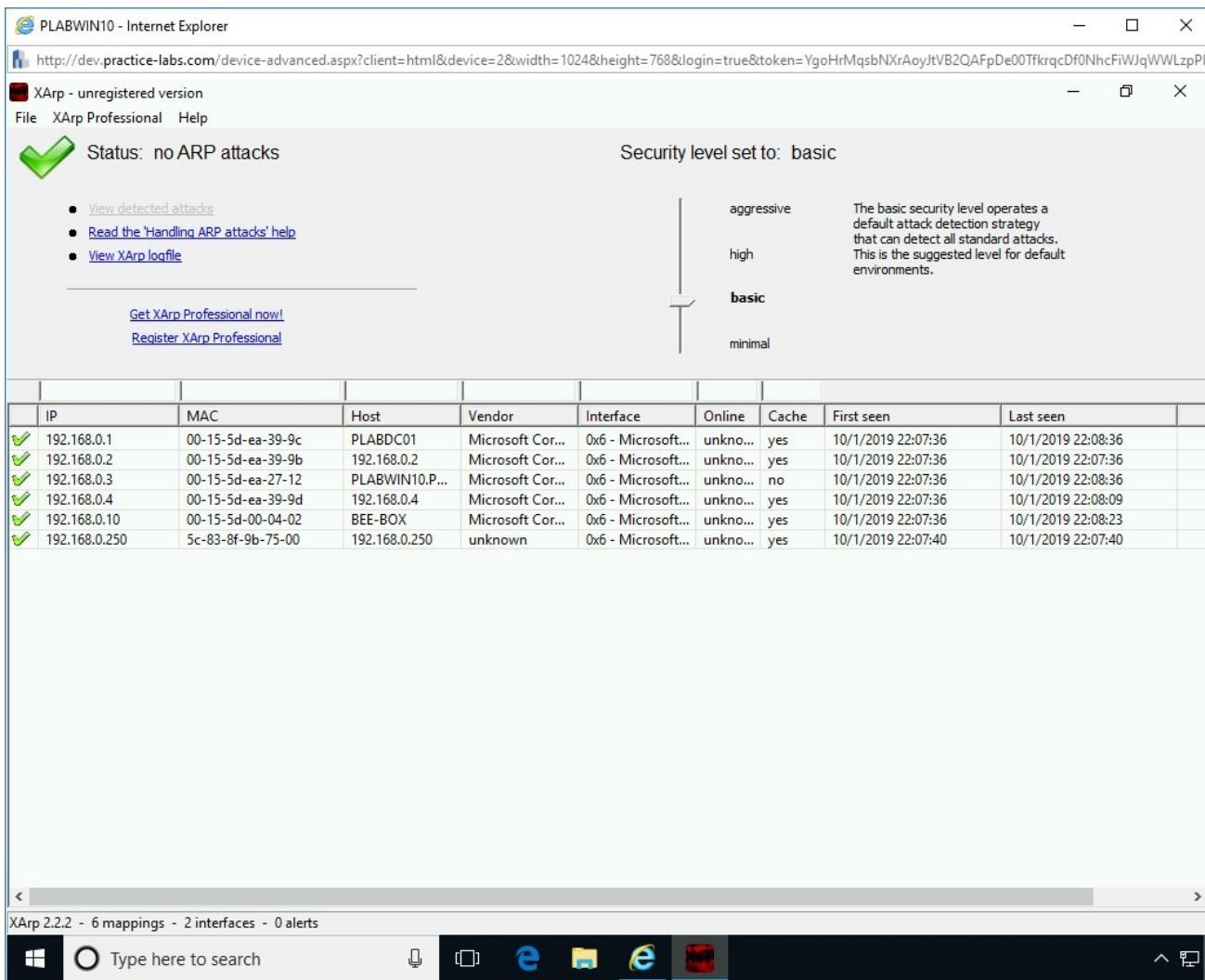


Figure 2.13 Screenshot of PLABWIN10: Showing XArp window with the basic security level.

## Step 14

Move the slider to **aggressive**. Notice that there are ARP attacks on the network are detected. Click **OK** in the right-hand pane.

**Note:** *It may take a few seconds for XArp to detect an attack.*

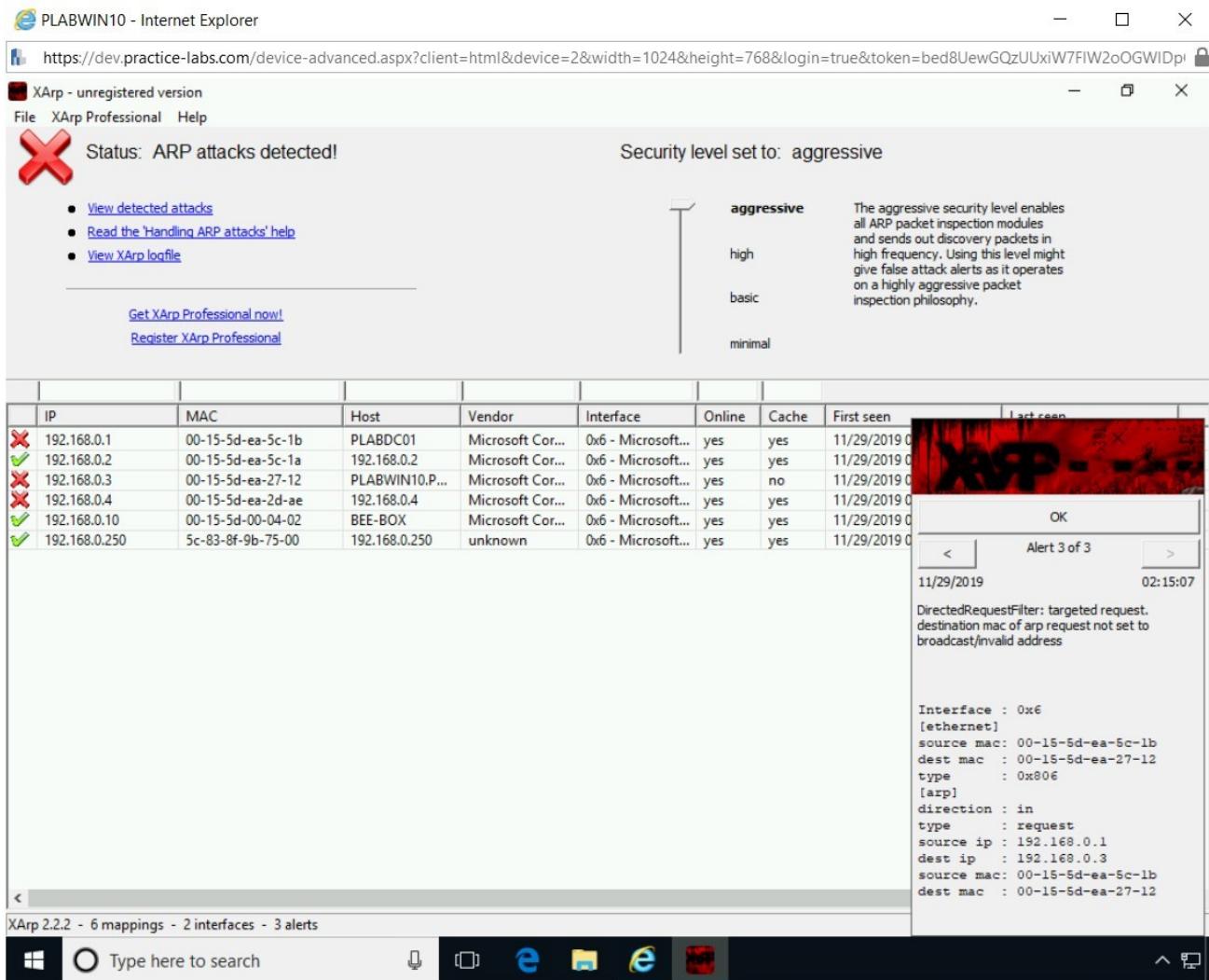


Figure 2.14 Screenshot of PLABWIN10: Showing XArp window with the high security level and arp attack detected.

## Step 15

You can also view the detailed log.

Click **View XArp logfile**.

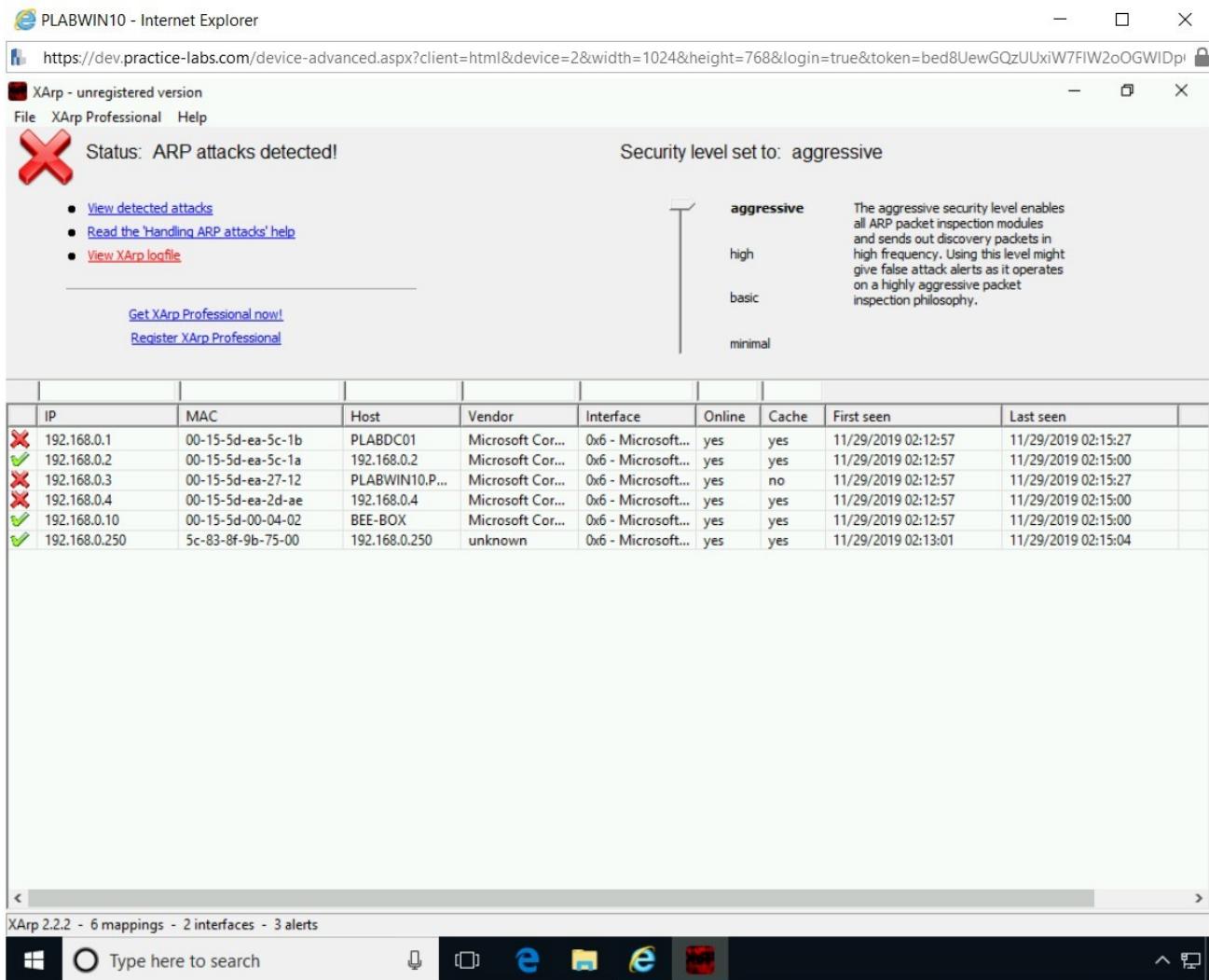


Figure 2.15 Screenshot of PLABWIN10: Clicking the View XArp logfile link.

## Step 16

The **Log Output** file is displayed.

A detailed list of events is entered into this log file.

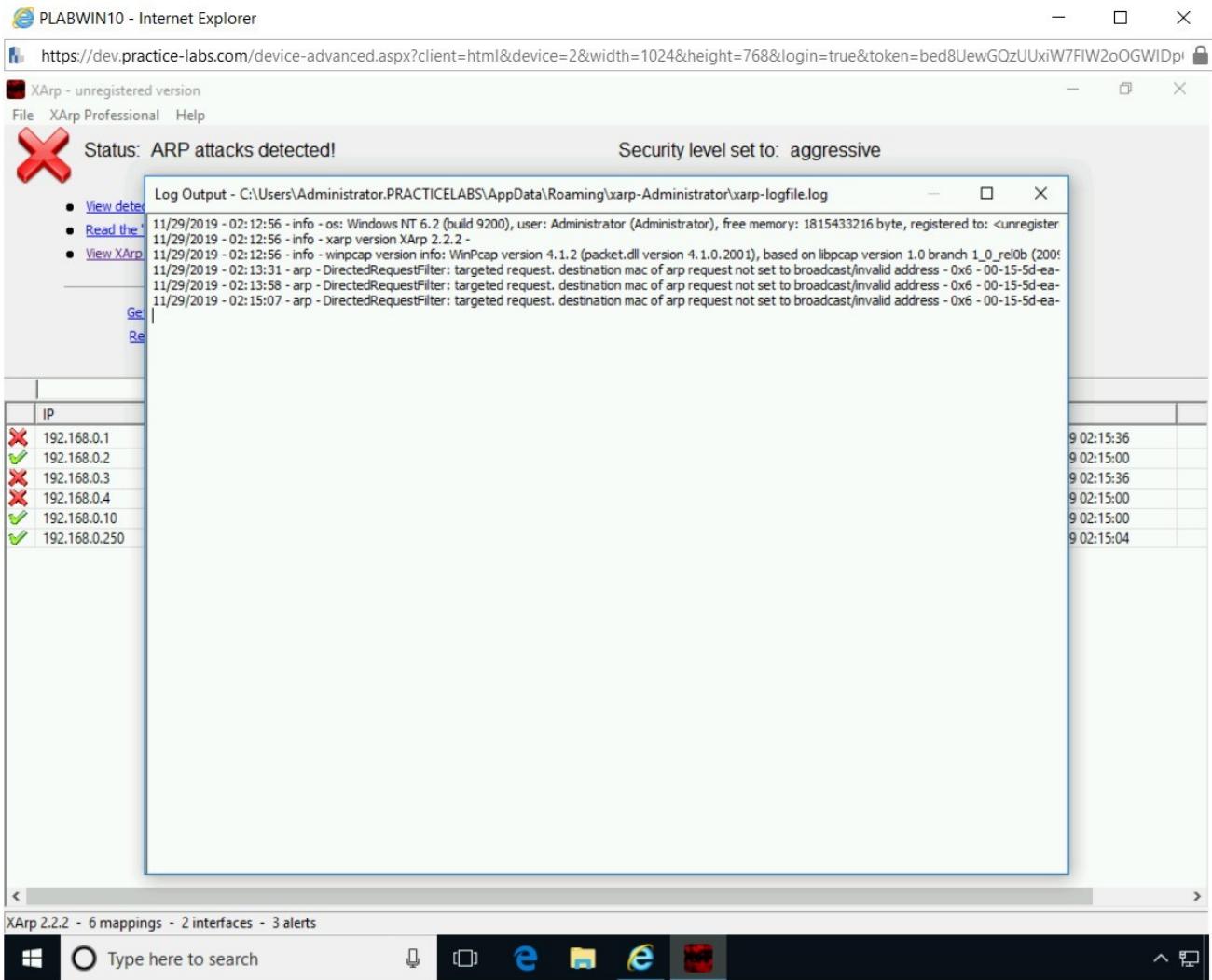


Figure 2.16 Screenshot of PLABWIN10: Showing the log file and closing XArp.

Close XArp.

## Review

Well done, you have completed the **Sniffing** Practice Lab.

## Summary

You completed the following exercises:

- Exercise 1 - Sniffing Techniques and Analysis

- Exercise 2 - Sniffing Prevention Techniques

You should now be able to:

- Use MAC Address Changer: Change MAC Address
- Use SMAC 2.0
- Install Wireshark
- Use Wireshark
- Use Sniff-O-Matic
- Use XArp utility

## Feedback

Shutdown all virtual machines used in this lab. Alternatively, you can log out of the lab platform.