

Forum:[Hack Forums](#)

Thread: [Sandboxing safely where to start](#)

Techedoutdolphin - February 15, 2024, 10:23 am

with metasploitable 3 being old and seemingly sketch I am unsure about what distro to use and how to sandbox safely...I was thinking a good sandbox target would be a fresh parrot (sec edition) VM. I am unsure about possibly exposing my other machines and causing security concerns on the hosting box for the VM particularly.. any ideas on how to do this right or maybe a better distro to use..further after vuln scans is msf my best starting point..

DramaKing - February 15, 2024, 5:07 pm

(Feb 15, 2024 11:23 AM)Techedoutdolphin Wrote: [\[CITE\]](#) with metasploitable 3 being old and seemingly sketch I am unsure about what distro to use and how to sandbox safely...I was thinking a good sandbox target would be a fresh parrot (sec edition) VM. I am unsure about possibly exposing my other machines and causing security concerns on the hosting box for the VM particularly.. any ideas on how to do this right or maybe a better distro to use..further after vuln scans is msf my best starting point..

I would use a Metasploitable VM.

Techedoutdolphin - February 16, 2024, 10:28 am

How do I run it without exposing it to the rest of the Internet I'm good with bash cli

DramaKing - February 16, 2024, 10:52 am

(Feb 16, 2024 11:28 AM)Techedoutdolphin Wrote: [\[CITE\]](#) How do I run it without exposing it to the rest of the Internet I'm good with bash cli

Use something like VirtualBox's internal network adapter configuration. Shouldn't be a way for malware to escape from that.