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  - Topic Name: Network and Perimeter Hacking: Sniffing
  - Episode Name: Network Sniffing Basics
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## Network Sniffing Basics

### Objectives:

- Define network sniffing
  - Explain the process of network sniffing
  - Explain the usefulness of network sniffing to an attacker
  - Describe how an attacker can sniff a switched network
  - List and describe common sniffing attacks against network switches
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- Sniffing Concepts and Tools
  - Capturing network traffic and inspecting its contents
    - Promiscuous Mode
      - Wireshark
      - TCP-Dump
      - Mobile apps
    - SPAN port aka "Port Mirroring"
    - Hardware Sniffers
      - <https://www.gigamon.com/products/access-traffic/network-taps.html>
- Sniffing Types
  - Passive
    - No activity to solicit or generate further network traffic
  - Active
    - Activity which generates more network traffic
      - Spoofing
      - Poisoning
      - Host Compromise
        - Compromised host used as internal sniffer
    - Malware
- Sniffing Switched Networks
  - Hubs vs. Switches
  - Switching
    - Switch Ports
    - Content Addressable Memory (CAM) Table
      - VLAN ID
      - MAC Address
      - Port ID
      - Learning Mode
        - Broadcasts out all ports

- CAM Attack
  - Flooding the switch with fake MACs will fill up the CAM
    - Learning Mode becomes the default mode
      - Switch fails open to Learning Mode
    - **macof** CAM flooding tool
      - Look at `macof` man page
- Switch Port Stealing
  - Is a 'MAC spoofing', 'Flooding' and 'Poisoning' attack against switch
    - Flood switch with spoofed MAC via ARP
      - MAC Spoofing Tools
        - `macchanger`
        - Advanced Properties of Network Interface in Windows
          - Labeled 'Network Address'
        - Windows Registry entry
        - Technitium MAC Address Changer
          - <https://technitium.com/tmac/>
      - Race real host for control over switch "truth"
      - Switch is fooled or 'Poisoned', data is sent to attacker
- Other Switch-based attacks
  - VLAN Hopping
    - Allows you to access to other VLANs
      - Attacker can now sniff that traffic
    - Accomplished through...
      - Switch Spoofing
        - Attacker-controlled switch
          - Connects to target network
            - Forces trunk link to attacker switch
      - or Double-Tagging
        - Attacker creates Ethernet Frames with 2 802.1Q tags
          - Inner tag
          - Outer tag
        - Target switches receive malicious Frame
          - Strips off outer tag
            - Forwards Frame using Inner tag through all trunk interfaces
- STP Attack
  - Attack switch is set to gain Root-Bridge status
    - All traffic now flows through Root-Bridge and can be sniffed