After successfully installing Windows XP and any necessary drivers it is important that Windows Update is run to patch all vulnerabilities.

Download and install Mozilla Firefox from http://www.mozilla.com

Download and install Vmware Server (http://www.vmware.com/products/server/)

Register Vmware Server to receive a serial number
(http://register.vmware.com/content/registration.html)

Download and install .net framework 1.1
(http://www.microsoft.com/downloads/details.aspx?FamilyId=262D25E3-F589-4842-8157-034D1E7CF3A3&displaylang=en)

Download, for later, .net framework 2.0
(http://www.microsoft.com/downloads/details.aspx?FamilyID=0856EACB-4362-4B0D-8EDD-AAB15C5E04F5&displaylang=en) Certain tools require .net 1.1 installed and others require 2.0 installed. You can't have both installed at the same time.

Install Windows XP and Windows 2003 Resource Kit/Support Tools
Windows XP Res Kit - http://www.petri.co.il/download_windows_xp_reskit_tools.htm
Windows 2003 Res Kit - http://www.petri.co.il/download_windows_2003_sp1_support_tools.htm

Download the following utilities to c:\tools from http://www.packetstormsecurity.org:

- cachedump-1.1.zip
- pwdump2.zip

Download the latest PwdumpX from http://reedarvin.thearvins.com/tools.html

Download and install DumpSec (http://www.systemtools.com/free.htm)
Somarsoft DumpSec is a Windows NT program that will dump the permissions and audit settings for the file system, registry and printers in a consise, readable listbox format, so that "holes" in system security are readily apparent. Somarsoft DumpSec also dumps user/group info. Somarsoft DumpSec is a must-have product for Windows NT systems administrators.

Download (c:\tools) Enum: NetBIOS enumeration tool (http://www.darkridge.com)
enum is a console-based Win32 information enumeration utility. Using null sessions, enum can retrieve userlists, machine lists, sharelists, namelists, group and member lists, password and LSA policy information. enum is also capable of a rudimentary brute force dictionary attack on individual accounts.

Download (c:\tools) NBTScan: Gathers NetBIOS info from Windows networks
(http://www.unixwiz.net)
NBTscan is a program for scanning IP networks for NetBIOS name information. It sends NetBIOS status query to each address in supplied range and lists received information in human readable form. For each responded host it lists IP address, NetBIOS computer name, logged-in user name and MAC address.

Download (c:\tools) NBTEnum: Enumerates NetBIOS information
(http://www.securityforest.com/downloads/NBTEnum30.zip)

NetBIOS Enumeration Utility v3.0 is a utility for Windows which can be used to enumerate NetBIOS information from one host or a range of hosts. The information that is enumerated includes the account lockout threshold, local groups and users, global groups and users, shares, and more. This utility will also perform password checking with the use of a dictionary file. Runs on Windows NT 4.0/2000/XP.

Download and extract (c:\tools) Pstools (http://download.sysinternals.com/Files/PsTools.zip)

Download and extract (c:\tools) sid2user and user2sid (http://www.hackerz.ir/tools/Enumeration/sid/welcome.html)

Download and install SiteDigger (http://www.foundstone.com/us/resources/proddesc/sitedigger.htm)

Download and install BiDiBlah (http://www.sensepost.com/research/bidiblah/BiDiBLAH_v1.0_eval.zip)

Download and install perl-camelpack from http://sourceforge.net/project/showfiles.php?group_id=158775 . This version of perl installs ActivePerl and comes with a C++ compiler whish is an optional install.

Download and extract getsyskey.exe and gethashes.exe (c:\tools) from insidepro.cab downloaded from http://www.insidepro.com/download/insidepro.cab

Download and install Cain & Abel from http://www.oxid.it/cain.html