

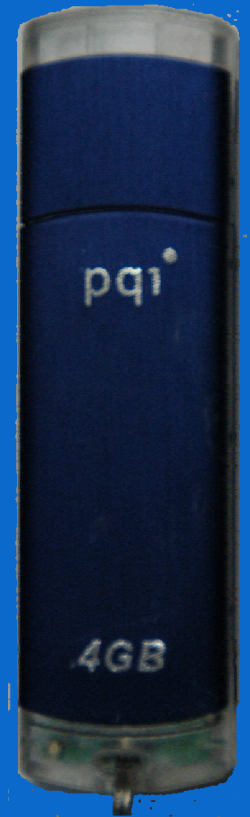
# Session 1450: Get on the Stick

—

## A Road Warrior's Guide to Replacing Your Laptop with a USB Memory Stick

--

Portable Tools for traveling with  
(and living on)  
USB memory sticks



SHARE 111

Summer 2008

San Jose, CA

August 09 - 15

Monday 8:00 AM.

# Disclaimer



## Everybody has lawyers:

The ideas and concepts set forth in this presentation are solely those of the respective authors, and not of the companies and or vendors referenced within and these organizations do not endorse, guarantee, or otherwise certify any such ideas or concepts in application or usage. This material should be verified for applicability and correctness in each user environment.

Since this is mostly about windows . . .  
No warranty of any kind is available.



# Rules of the Room

- MOST of this is about choices and limits
- Advice is free, Decisions cost money:
  - I'll give the advice
  - YOU have to make the decisions ||-

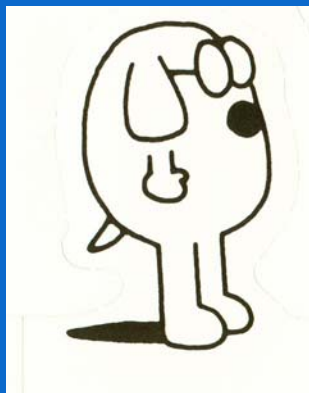
||- Rate quotes on decision making available after the presentation



# This presentation

is structured and paced for Information Technology Professionals familiar with Microsoft Windows terminology and systems.

If you are having difficulty . . .



**PLEASE LISTEN FASTER**

GetOnTheStick!!

When you can't take a Laptop  
Get on the Stick





# No-Laptop Travel

## My Reasons

- Heightened Security (random seizure)
- Country entry restrictions
- Carry-on luggage limitations
- Tired of lugging that nineteen pounds
- VACATIONS
  
- ? Got any other reasons ?





## The Main Issues

- TSA security restrictions
- TSA Random laptop seizure
- Country entry/exit restrictions
- Theft rates / hotel security
  
- Laptop / Toolkit Weight
  - Exhaustion / Stress / Annoyance
  - Bursitis / Rotator Cuff injuries







## Europe on a Keychain

- June/July:
- Three week, three USB-drive vacation:
  - London, Paris, Rural France
  - Toolkit (2Gb)
  - Portable Apps (1Gb)
  - Photo Archive (30Gb)
  - Internet Cafes, Airports, Shops, Hotels



# Security Issues

- If your PC is connected to the internet, **it is vulnerable.**
- If your stick is plugged into a PC, **it is just as vulnerable.**
- Develop a start-up security routine.  
**You are the only one who will protect you.**



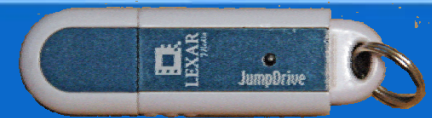
# Application Issues

- Most tools you use are generic
  - And easy to clone or borrow
- Some are specific to:
  - Vertical Markets
  - Business Discipline
  - Job Function
  - And may be harder to make portable



# Data and Applications

- Identify your critical data
- Make it portable
  - Formats / Usability
  - Encryptions
  - Independence
- Organize around portable apps
  - You may have to learn a few new ones



## Using the "Stick Method"

- If you're the sort that walks off without your cellphone, loses your car keys, or forgets the wife at the mall, then
- **THINK TWICE** about trying the stick method. A stick is small, and easy to leave "sticking" in someone else's computer. – or buy yourself a leash.



# The stick method

- Works for me (so far) in:
  - Internet cafes
    - ( LHR CDG BWI MSP ORD SJC LGA)
  - Demo machines in Stores
  - Hotelling Offices with Desktops
    - (BP IBM Alcatel NIST )
  - Family and home machines
  - Machines in hotels / libraries



## Information Issues

- Lots of software collects and sends information on your activities.
- XP is no different than web sites – TURN OFF all the optional info transmissions – IF you can find them.
- XP Anti-Spy is my favorite tool for this problem. AND it works from a stick!



# Content Issues: Know Thyself

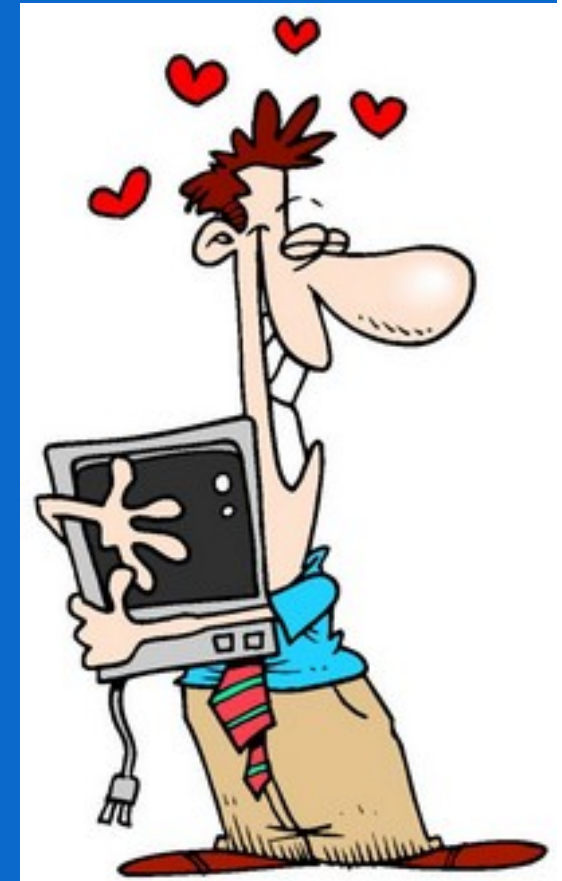


- Your Patterns of use are important
  - Places, networks, environments
  - Hours per day, Minutes per session
  - Volume of Data, Number of Apps
- Stand alone apps vs. network access
- Private / public / VPN network use
- Stability of your applications

# Content Issues: Know Thyself



- You don't have to tell anyone else, BUT
- Tell yourself the truth about:
  - On-the-road app use
    - Critical vs. Convenient vs. Nice
    - Are you REALLY going to use it ??
  - Need for Data
    - Critical vs. Convenient vs. Nice
  - Data security level
    - Risk level
    - Loss consequence
    - Policy

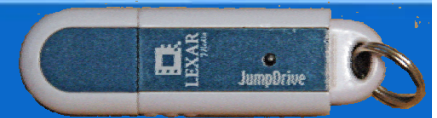


*These things influence many of your choices*



# Environment Goals:

- Stability
- Easy for YOU to use
- No data left behind
- 99 Percent less weight
- 9 Percent less effective
- FAST as possible
- Easy to Clean off



# Application Strategy

- If You travel A LOT:
  - Should contain everything you might use
  - Backed up or Sync'd to a base station / HD
- If You travel occasionally:
  - Should contain most things you might need  
ON THE ROAD
  - Data re-synch'ed or re-copied before each trip or after major changes.



# Application Strategy

- If you can stand the sluggishness,  
Use the stick all the time
  - Verifies the apps work
  - Ensures current data
  - Develops backup & unplug habits
  - Keeps the bookmarks current
  - Portable is portable even in town



# Data Strategy

- Only take what you need
  - **Secure it if losing it will get you fired**
  - Don't assume.
  - **Back it up.**
- 
- Test any needed synchronizations
  - Don't assume.
  - **Back it up again.**



# Security Strategy

- Protect the stick
- Secure your data
- Encrypt if important
- Take your own scanners
  - Virus / Trojan / Spyware
  - And maybe a firewall
- Separate sticks for Apps & Data ??



# Portable Applications

- Two competing USB Stick software tools
  - U3 and CEEDB
    - Software.U3.com
    - Ceedo.org
  - Neither one very good (yet)
  - U3 Getting Better
  - Both have stick-specific licensed clones
    - Lexar, Sandisk, Seagate, etc. offer them.
- LOTS of applications have been converted for use on ANY stick
- LOTS of tools and simple apps are stand-alone .EXE
- Go To [Portableapps.Com](http://Portableapps.Com) to get started







# Pick a PC. Any PC.

The **NEW** PortableApps Suite™



## Convenient

Now you can carry your favorite computer programs along with all of your bookmarks, settings, email and more with you. Use them on any Windows computer. All without leaving any personal data behind.

## Open

PortableApps.com provides a truly open platform that works with any hardware you like (USB flash drive, iPod, portable hard drive, etc). It's open source built around an open format that any hardware vendor or software developer can use.

## Free

The Portable Apps Suite™ is free. It contains no spyware. There are no advertisements. It isn't a limited or trial version. There is no additional hardware or software to buy. You don't even have to give out your email address. It's 100% free to use, free to copy and free to share.

As Seen In...

What is a **PORTABLEAPP**  
LEARN MORE...

## What's New

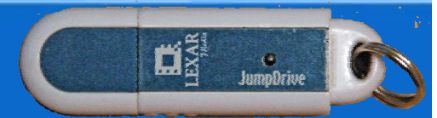
Today's big news is that PortableApps Suite 1.0 has been released! This integrated package of portable software includes popular programs like Firefox, OpenOffice.org and Thunderbird along with an integrated menu and easy-to-use backup utility. The other big news is that **Firefox Portable 2.0, OpenOffice.org 2.0.4** and many other portable apps have been released in conjunction with the new suite.

[Read the Full Announcement...](#)

- Get our [Monthly Newsletter](#)
- [Login Now](#) if you have an account or
- [Register for a Free Account](#)

[Make a Donation](#)

GetOnTheStick!!



# My Kit is Based on the PortableApps.Com Suite

*The PortableApps.Com site is a SAFE place to start.*

*There are portable app collections all over the web.*

The image displays three side-by-side screenshots of the PortableApps.com desktop environment. Each window has a red title bar with the PortableApps.com logo and the text "PORTABLEAPPS.COM YOUR DIGITAL LIFE, ANYWHERE™". The desktop background is dark grey with a grid of application icons. On the right side of each desktop, there is a vertical sidebar with icons for "Documents", "Music", "Pictures", "Video", "Explore", "Backup", "Options", "Help", and "Search".

**Left Window:** Shows a collection of Microsoft Office systems (2007), 7-Zip Portable, AbiWord, Adobe ImageReady CS2 Portable, Adobe Photoshop CS2 Portable, Astonsoft DeepBurner, ClamWin Portable, ContextEdit, DiskPie, everest, FileZilla Portable, Foxit Reader, Free Atomic Clock, FSResizer, Gaim Portable, GIMP Portable, and Lavasoft Ad-Aware SE.

**Middle Window:** Shows McAfee Stinger, Media Player Classic, Microsoft Windows 95, Mozilla Firefox (Portable Edition), Mozilla Thunderbird (Portable Edition), Notepad++, OpenOffice.org Base Portable, OpenOffice.org Calc Portable, OpenOffice.org Draw Portable, OpenOffice.org Impress Portable, OpenOffice.org Math Portable, OpenOffice.org Writer Portable, ShellExView, Skype, SpyBot-SD, Start PortableApps, Start, StartEd, Sudoku Portable, and Sunbird Portable.

**Right Window:** Shows OpenOffice.org Impress Portable, OpenOffice.org Math Portable, OpenOffice.org Writer Portable, ShellExView, Skype, SpyBot-SD, Start PortableApps, Start, StartEd, Sudoku Portable, Sunbird Portable, Sysinternals autoruns, Sysinternals Rootkitrevealer, SysRestorePoint.exe, URD Application, USB Stick Tester Application, VLC Media Player Portable, XMPlay, XnView, and xp-AntiSpy.

At the bottom of each window, the taskbar shows "PortableApp (G:)" and "14.1MB free of 966MB".



## Install and Customize

- Start with basic apps
- Use everything before you leave town
- Make sure data moves both ways
- Make a backup copy



# Basic Applications

- Browser
- Mail reader
- Spreadsheet
- Presentation tool
- Instant Messaging Client
- Text Editor / Word Processor
- Graphics Editor / Photo Tools



# Plan and build your personal stick

- Decide on “Must Have” apps first
- Assure your data can move
- Build and **T E S T** your environment
- Back it up before you leave.



## Test it Thoroughly

**Invested thought and effort** before you leave the house/office/country with a memory stick will avoid painful, frantic, last-minute efforts on the road / in front of the customer / in the motel late at night . . . . And so forth.

NOW – go build yourself one !

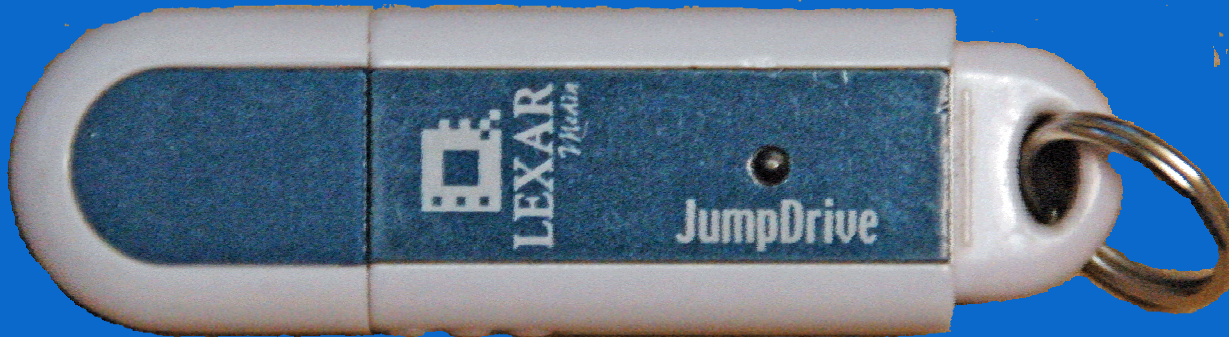
GetOnTheStick!!

# Any Size Can Play



- 256Mb = Browser

- 1Gb = PA Suite



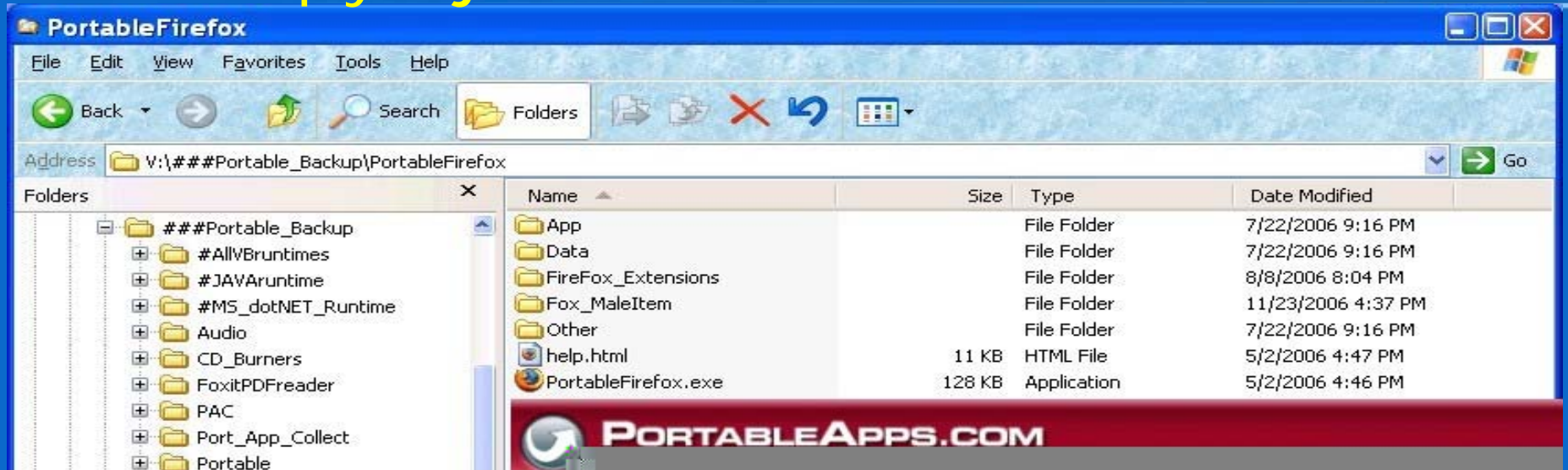
- 512Mb = Basic Set

- 4Gb = Full App Set



# Start Simply – just a browser

GetOnTheStick!!







# Start Simply

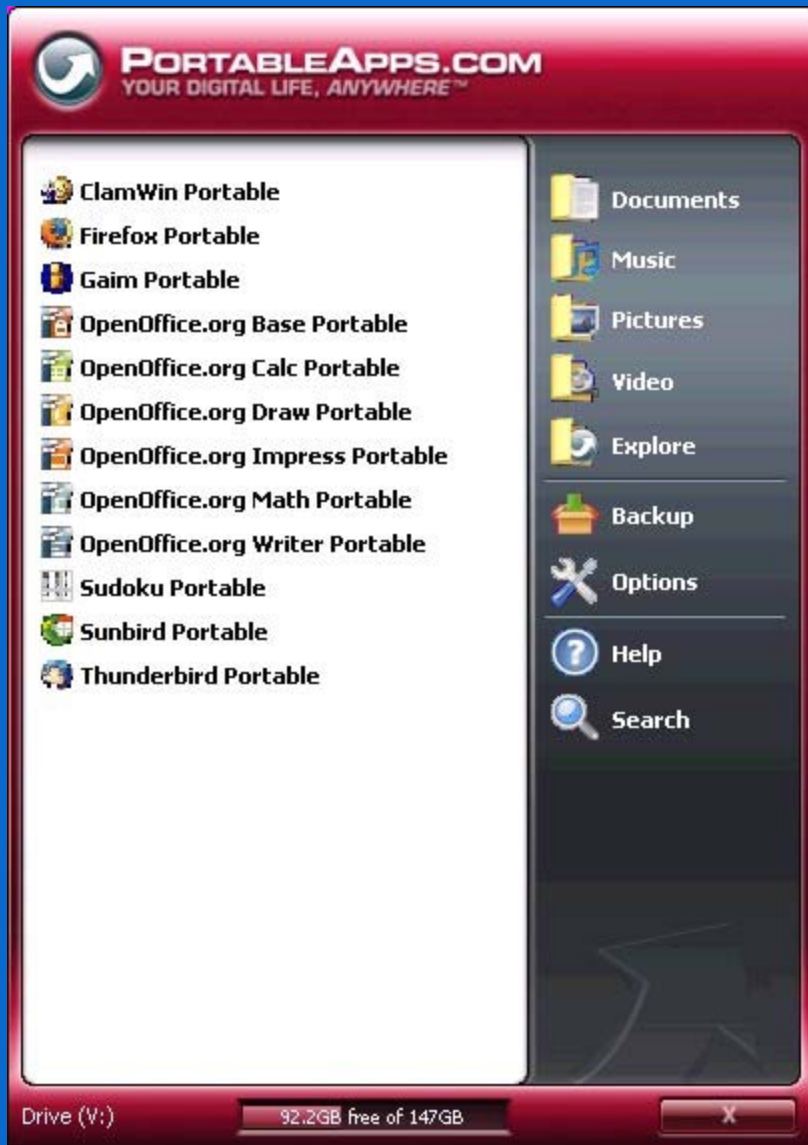
- PortableApps.com
  - Try their suite and add to it later - OR -
  - Pick your own set from their list
  - PA suite is a good basic tool set
  - Site provides applications and advice
- Easy to add your own apps to a working "PortableApps" stick



## U3 Is still out there

- Still harder to use (just a little)
- Packaging app available
  - Easy to use
  - More apps include “.U3P” installs
  - Some Mainstream tools available
- Getting much better

# PortableApps - Suite





## Helpful Tools

- Goodsync -- specific to sticks
- Thinstall -- creates portable app  
(Now called ThinApp)
- PStart -- alternate launcher
  
- Stinger -- Standalone virus/trojan scanner
- RootkitRevealer – rootkit detector from Sysinhternals



# Helpful Sites

- [PortableApps.com](http://PortableApps.com)
- [PortableAppZ.blogspot.com](http://PortableAppZ.blogspot.com)
- [Theinfobox.com](http://Theinfobox.com)
- [NedWolf.com](http://NedWolf.com)
- [JohnHaller.com](http://JohnHaller.com)
- [Software.U3.com](http://Software.U3.com)
- [Ceedo.org](http://Ceedo.org)
- [Programurl.com/Utilities](http://Programurl.com/Utilities)
- [Everythingusb.com](http://Everythingusb.com)
- [En.WikiPedia.org/wiki/list\\_of\\_portable\\_software](http://En.WikiPedia.org/wiki/list_of_portable_software)
- [The Loose Wire Blog](#)

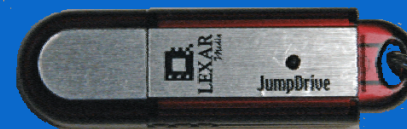
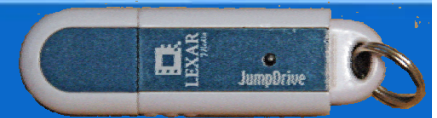


END  
OF

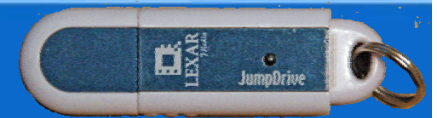
GENERAL  
REMARKS

# My Sticks by Type

- Portable Applications
- Technical Toolkit
- Encrypted Data
  - (Under development)
  - (Still risky)



# Encrypted Data Problematic



Still some problems with the hardware

## Secure USB Memory Stick Hack

by **Alan Parekh** @ 5:04 am. Filed under [Electronic Hacks](#), [Complex Hacks](#)



Not everything that costs lots of money and comes in a velvet case is good quality. [Sprites mods](#) has a good article about [hacking a "secure" USB memory stick](#). It seems that the manufacturer broke all the rules when attempting to implement security.

"Seemingly, the checking of the password and the unlocking of the stick are two separate processes, both initiated from the PC. From the point of view of the stick, they're both separate processes and unlocking can happen just fine if no valid password is entered. This is a Big Flaw. As an indication to how big: The best sticks handle all the encryption to/from the flash themselves and don't keep a password at all: the fact that the data can't be decrypted without it makes it safe. The mediocre sticks store a password inside the flash-memory and check it against a password sent by the PC before unlocking the flash-memory. This way, the password can't be found by reading out the flash-chip manually. The bad ones do the same but store the password on flash. The Secustick is even worse than that: it stores the password on flash and lets the PC do the validation, while as soon as the stick gets stolen, the PC it is put into is completely non-trustworthy."

Thanks Geekabit.



GetOnTheStick!!



# Questions

# ?

# Portable Tools

~ Collected So Far ~



The Sticks

GetOnTheStick!!



**THE  
END**



GetOnTheStick!!



# BUILDING A TOOL KIT

BETTER TO HAVE ONE AND NOT  
NEED IT THAN THE REVERSE !



Cooltool\_Exes

File Edit View Favorites Tools Help

Back Search Folders

Address J:\JUMP512\_NEW\_081305\Cooltool\_Exes Go Norton AntiVirus

Folders	Name	Size	Type	Date Modified
JUMP512_NEW_081305	AutoRuns		File Folder	2/16/2005 3:04 PM
#AllVBruntimes	CharMap_Pro		File Folder	2/16/2005 3:04 PM
#Books	Net		File Folder	2/16/2005 3:05 PM
#Dilbert	NETdos		File Folder	2/16/2005 3:05 PM
2xExplorer	newt		File Folder	2/16/2005 3:05 PM
Adobe Acrobat Reader 7.0	NT_NETDIAG		File Folder	2/16/2005 3:05 PM
Adobe_Reader_Speedup	Processes		File Folder	2/16/2005 3:04 PM
Cooltool_Exes	Scanner		File Folder	2/16/2005 3:05 PM
Cursor_XP	shadowsysinfo		File Folder	2/16/2005 3:05 PM
DirPrinters	TCP_fix		File Folder	2/16/2005 3:04 PM
DiskPie	TimeClients		File Folder	5/30/2005 1:41 PM
DiskToolz	Windows_Service_Finder		File Folder	8/13/2005 5:29 PM
J2RunTime50	WINhex		File Folder	2/16/2005 3:05 PM
Magazine_Util	autoruns.chm	44 KB	Compiled HTML Help...	8/18/2004 5:01 PM
Mozilla	autoruns.exe	152 KB	Application	9/10/2004 6:19 AM
MS_Viewers_2003	Bginfo.exe	361 KB	Application	5/29/2002 2:21 PM
NetTools	BGinfo.TXT	1 KB	Text Document	3/27/2002 4:29 PM
NewGibsonFreeware	ContextEdit.cnt	1 KB	CNT File	12/3/2000 10:26 AM
REGhacks	ContextEdit.exe	172 KB	Application	1/9/2001 9:52 PM
REShacker	ContextEdit.HLP	28 KB	Help File	1/9/2001 9:52 PM
SCRsavers	cpuidmax2.exe	722 KB	Application	7/7/2003 2:23 AM
SYStool_Insts	EasyDTMF.cfg	1 KB	CFG FILE	6/6/2003 4:29 PM
Walls_XP_Icons	EasyDTMF.exe	456 KB	Application	8/29/1999 5:59 AM
WeatherPulse	Eview.exe	405 KB	Application	12/11/1997 10:03 PM
WinAmp	ExitWindows.exe	32 KB	Application	6/20/2002 12:39 AM
Winternals_Uilities	fl.exe	438 KB	Application	3/9/1997 9:39 AM
ZIPtools	hotfxctl.exe	300 KB	Application	7/30/1998 1:00 PM
Recipes_Ours	K.I.S.S. RegName Changer...	28 KB	Application	2/6/2000 2:43 AM
Share_Pitch	listdlls.exe	52 KB	Application	6/10/2003 12:21 PM
	MyPrinter.exe	161 KB	Application	3/7/1999 2:54 PM

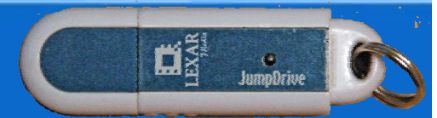
52 objects (Disk free space: 32.1 MB) 5.82 MB Local intranet



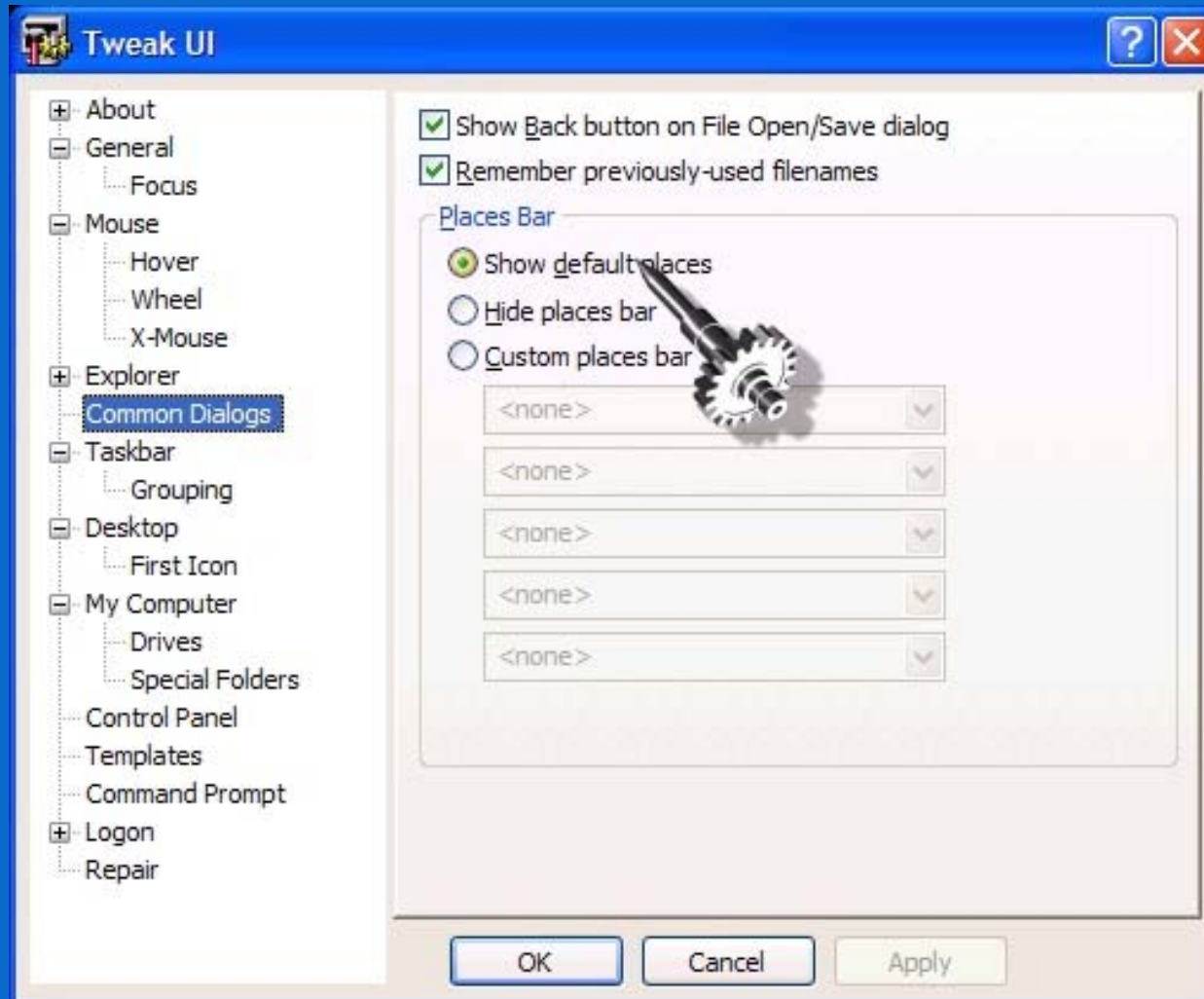


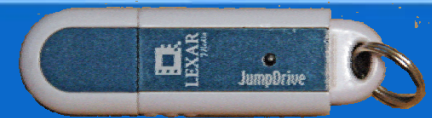
# Tools for Defense

- A toolkit is essential for self-defense.
- Decide what you want to do before you select tools.
- A few tools can minimize surprises and improve life quality.
- There are LOTS of tool categories; not everyone needs a tool from each.
- A Sample toolkit is available as a starting point
- My favorites follow – some freeware, some shareware, some purchased software.

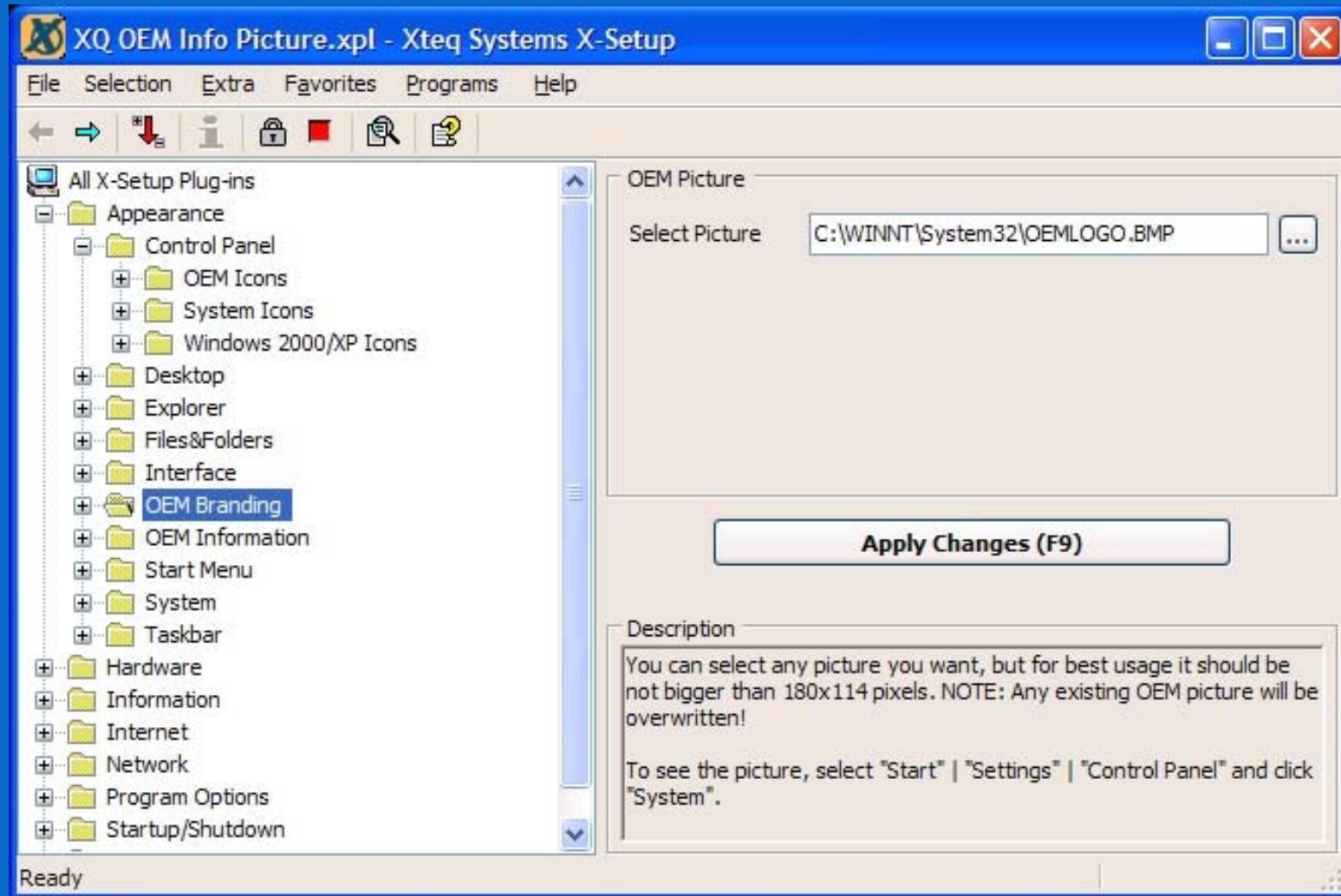


# Tools : TweakUI



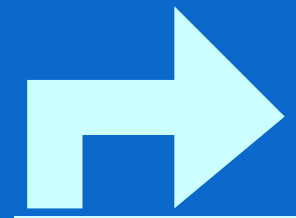
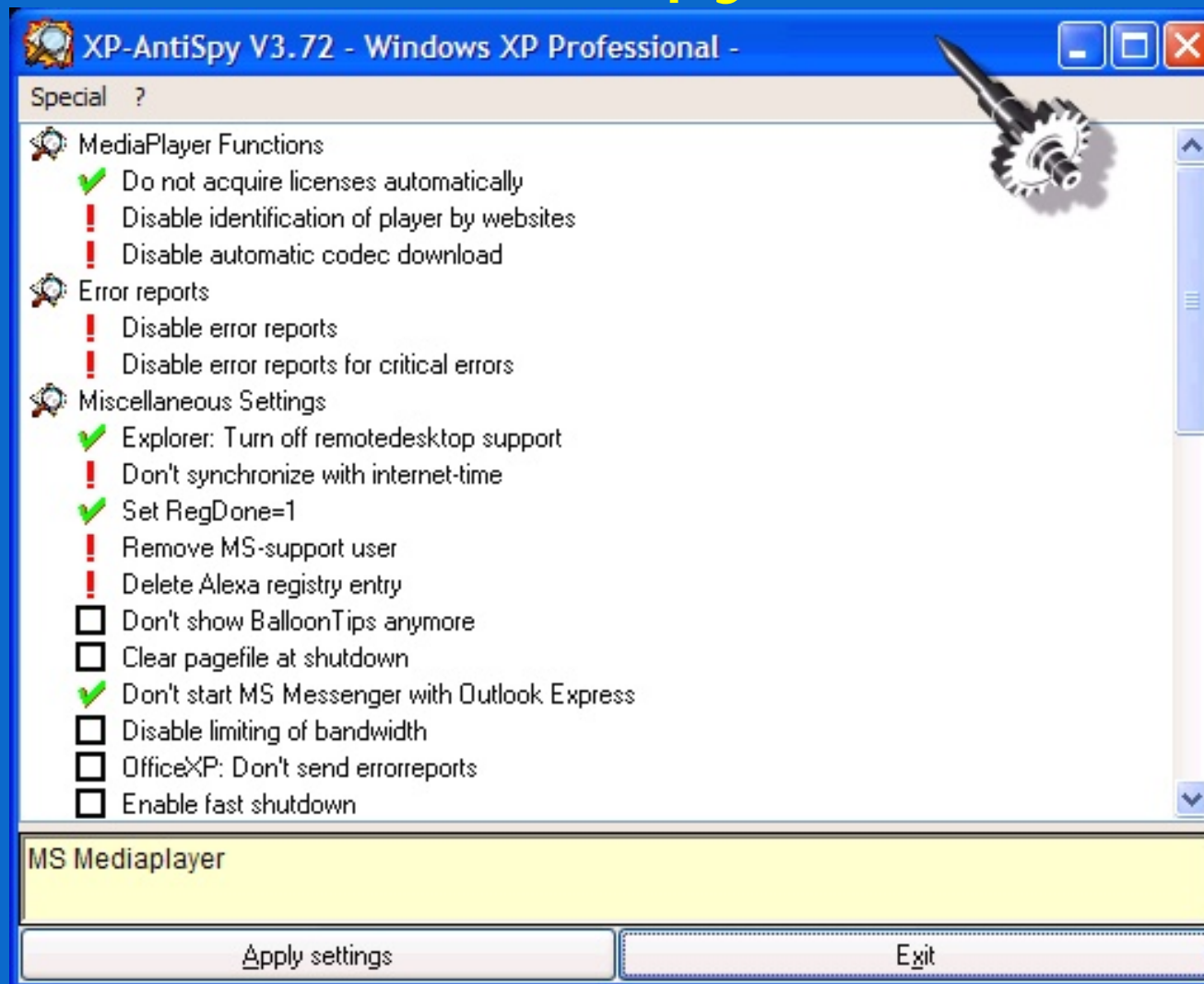


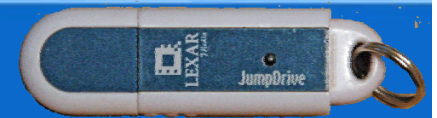
# Tools: XTEQ x-setup





# Tools: XP Anti-Spy





## Tools: XP Anti-Spy

- Control of personal information is always important.
- Produced during the WPA paranoia wave . . . Still useful.
- MS does not always disclose collection and/or destination of information unless coerced.
- Other vendors will copycat.



# Tools: StartEd



SMARTER, FASTER, AND  
BETTER THAN MSCONFIG



**StartEd 4.01**

File Edit Options Help

Reload Restore Save Backup Add Launch Delete Paste Print

Name:  Clear

Command line:  ...

Start method:

Name	Command line	Start method	file exists
<input checked="" type="checkbox"/> TransparentB.exe.lnk	C:\XPparent42\TransparentB.exe	Startup Folder	Yes
<input checked="" type="checkbox"/> ZoneAlarm Pro.lnk	D:\Tools\ZoneAlarm\zapro.exe -nopopup	All Users Startup Folder	Yes
<input checked="" type="checkbox"/> EzWare EzDesk.lnk	C:\WINNT\EzDesk.exe	All Users Startup Folder	Yes
<input checked="" type="checkbox"/> NetPerSec.lnk	D:\Tools\NetPerSec\NetPerSec.exe	All Users Startup Folder	Yes
<input checked="" type="checkbox"/> CursorXP	D:\Tools\CursorXP\CursorXP.exe -s	Current User Run	Yes
<input checked="" type="checkbox"/> HP Network Registry Agent	C:\WINNT\System32\HPNRA.EXE	Local Machine Run	Yes
<input checked="" type="checkbox"/> Tweak UI	RUNDLL32.EXE TWEAKUI.CPL,TweakMeUp	Local Machine Run	Yes
<input checked="" type="checkbox"/> AtomicTime	D:\Tools\AtomicTime\AtomicTime.exe s	Local Machine Run	Yes
<input checked="" type="checkbox"/> NeroCheck	C:\WINNT\system32\NeroCheck.exe	Local Machine Run	Yes
<input checked="" type="checkbox"/> ccApp	"C:\Program Files\Common Files\Symantec Shared\...	Local Machine Run	Yes
<input checked="" type="checkbox"/> ccRegVfy	"C:\Program Files\Common Files\Symantec Shared\...	Local Machine Run	Yes



# Tools: Spybot





# Tools: AdAware SE

**Ad-Aware SE Personal**

**Ad-Aware<sup>se</sup>**  
Copyright 1999-2004 Lavasoft Sweden. All rights reserved.

Status  
Scan now  
Ad-Watch  
Add-ons  
Help

### Ad-Aware SE Status

**Initialization Status**

▶ Definitions file SE1R28 16.02.2005 Loaded [Details](#)

**Usage Statistics** [Reset](#)

Ad-Watch status	<b>Not available</b>
Last system scan	11-10-2004 12:26:18 PM
Objects removed total	2
Total Ad-Aware scans	1
Objects in ignore list	0 <a href="#">Open ignore list</a>
Objects quarantined	2 <a href="#">Open quarantine list</a>

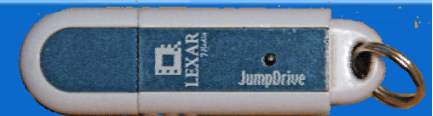
**Status ok** Ad-Aware SE initialized [Check for updates now](#)

Ready [Start](#)

**LAVASOFT**

Ad-Aware SE Personal, Build 1.05





# Tools: Pserv

p-nand-q.com

pserv 2.2: services on local machine

Display Object Templates Options View ?

Service	Section	Stat...	Start	Type	Path
Net Logon	Netlogon		Manual	Shared	C:\WINNT\System32\sass.exe
QoS RSVP	RSVP		Manual	Process...	C:\WINNT\System32\rsvp.exe -s
Remote Procedure Call (RPC) Locator	RpcLocator		Manual	Process	C:\WINNT\System32\locator.exe
NetMeeting Remote Desktop Sharing	mnmsrvc		Manual	Process...	C:\WINNT\System32\mnmsrvc.exe
Distributed Transaction Coordinator	MSDTC		Manual	Process	C:\WINNT\System32\msdtc.exe
Windows Installer	MSIServer		Manual	Shared ...	C:\WINNT\System32\MsiExec.exe /V
MSSQLServer	MSSQLServer		Manual	Process	C:\MSSQL7\bin\sqlservr.exe
Internet Connection Sharing	SharedAccess		Manual	Shared ...	C:\WINNT\System32\svchost.exe -k ne
Network DDE	NetDDE		Manual	Shared	C:\WINNT\system32\netdde.exe
Network DDE DSDM	NetDDEdsdm		Manual	Shared	C:\WINNT\system32\netdde.exe
Routing and Remote Access	RemoteAccess		Disabl...	Shared ...	C:\WINNT\System32\svchost.exe -k ne
Remote Access Auto Connection Mana...	RasAuto		Manual	Shared ...	C:\WINNT\System32\svchost.exe -k ne
Norton AntiVirus Auto Protect Service	navapvc	Run...	Auto...	Process	"C:\Norton AntiVirus\navapvc.exe"
Iomega App Services	Iomega App Services	Run...	Auto...	Process	"C:\PROGRA~1\Iomega\System32\App
DNS Client	Dnscache	Run...	Auto...	Shared	C:\WINNT\System32\services.exe
Protected Storage	ProtectedStorage	Run...	Auto...	Shared ...	C:\WINNT\system32\services.exe
TCP/IP NetBIOS Helper Service	LmHosts	Run...	Auto...	Shared	C:\WINNT\System32\services.exe
Remote Access Connection Manager	RasMan	Run...	Manual	Shared ...	C:\WINNT\System32\svchost.exe -k ne
TrueVector Basic Logging Client	minilog	Run...	Auto...	Process...	C:\WINNT\system32\ZONELABS\minilo
Messenger	Messenger	Run...	Auto...	Shared	C:\WINNT\System32\services.exe
Remote Registry Service	RemoteRegistry	Run...	Auto...	Process	C:\WINNT\system32\regsvc.exe
Server	lanmanserver	Run...	Auto...	Shared	C:\WINNT\System32\services.exe
Remote Procedure Call (RPC)	RpcSs	Run...	Auto...	Shared	C:\WINNT\system32\svchost -k mcss



# Tools: TaskInfo

4.01% TaskInfo2003

File Edit View Configuration Tools Registration Help

Vrt=12% Other 11 Swap 1  
 Ram=23% Cache 9 DS+App 14  
 Swp=3% Swap 3  
 MMapIO<1M Rd 0K Wrt 63K  
 FileIO<1M Rd 70K Wrt 2K  
 Client<1M Get 0K Snd 0K  
 Server<1M Snd 0K Get 0K  
 TCP/IP<100 Get 49 Snd 0  
 Cpu=4% User 2 Kernel 2 Int+dpc 1

ProcessID	Process	% CPU	CPUGraph	LT % CPU
	+ Interrupts Time			0.57%
	+ DPC Time	0.99%		1.03%
	+ Idle	95.99%		56.15%
572	+ TaskInfo.exe	1.99%		37.51%
220	+ services.exe	0.49%		0.92%
1184	+ ledit.exe	0.49%		0.51%
1264	+ Explorer.exe			0.48%
172	+ csrss.exe			0.23%
8	+ System			0.09%
1236	+ CursorXP.exe			0.09%
144	+ smss.exe			
192	+ winlogon.exe			
232	+ lsass.exe			
404	+ svchost.exe			
440	+ spoolsv.exe			
468	+ ccEvtMgr.exe			
556	+ svchost.exe			
568	+ hpwebjtd.exe			
596	+ AppServices.exe			

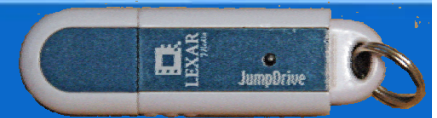
System	CPU	All Open Files	Connections	Drivers	OS	RAS
CPU Clock MHz	1,000	% Idle Pri Threads				
% CPU	4.01%	% Idle	95.99%			
CPU's Number	1	Queue for CPU	0			
Processes	33	Threads	345			
Thread Sw/s	536	HW Ints/s	532			
Total Ph KB	785,976	Free Ph KB	605,960			
File Cache KB	72,444	File cache peak KB	74,616			
Free Virt KB	1,120,544	Committed KB	154,420			
Paged Pool KB	57,252	NonPaged Pool KB	8,836			
Max Swap KB	536,576	Swap in Use KB	13,864			
Page Faults/s	6					
Page Ins KB/s	0	Page Outs KB/s	63			
File Read KB/s	7	File Write KB/s	2			
File Reads/s	18	File Writes/s	12			
Client Read KB/s	0	Client Write KB/s	0			
Srv Transmit KB/s	0	Srv Receive KB/s	0			

General Modules Files Handles Connections Env Version

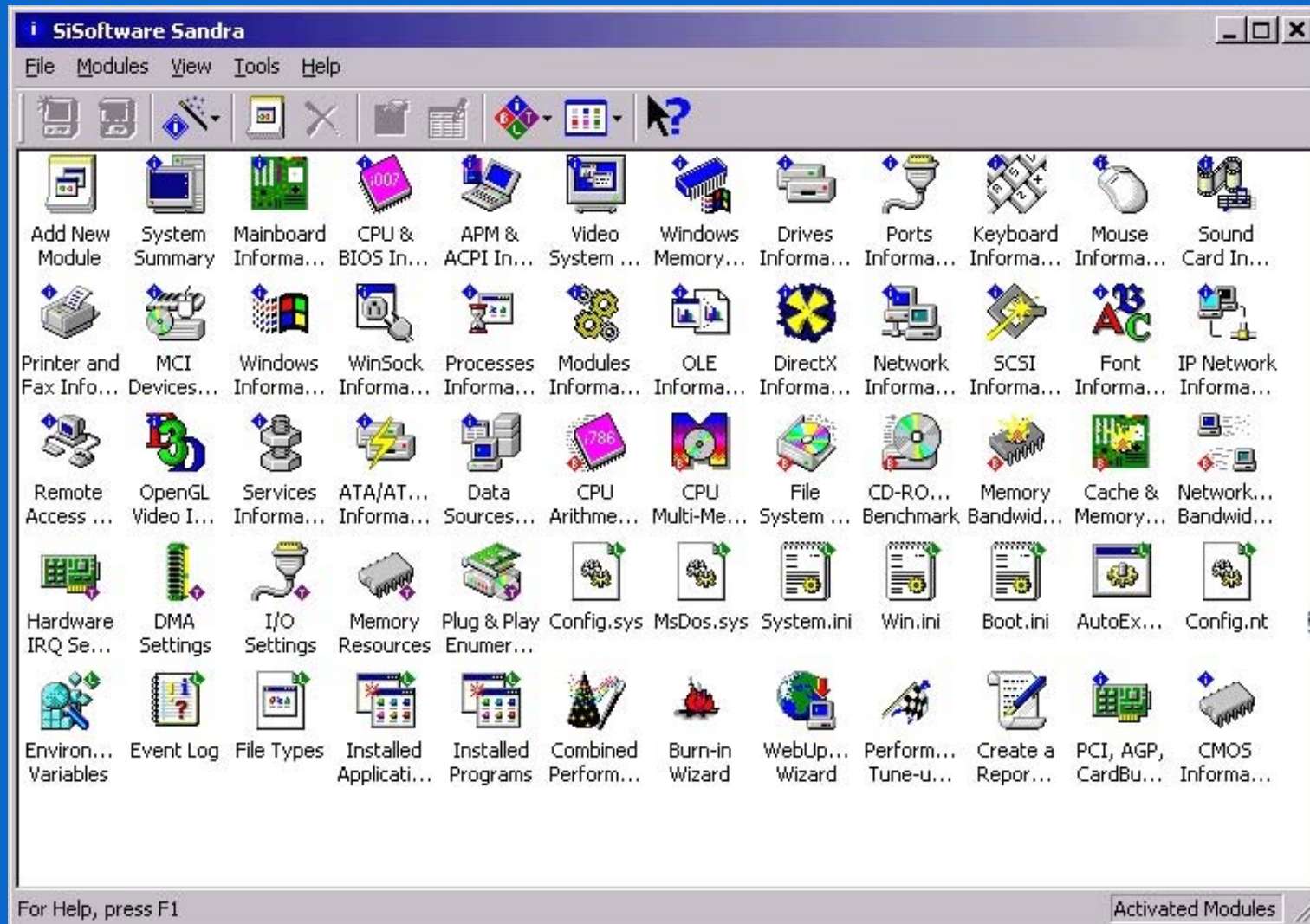


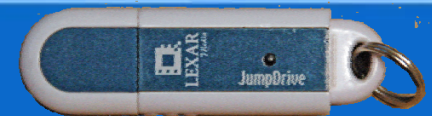
# Tools: Fresh Diagnose

The screenshot displays the FreshDiagnose application window. The title bar reads "FreshDiagnose - [Personal License]". The menu bar includes "File", "Info", "Benchmark", "Help", and "Support Site". A toolbar at the top contains icons for Refresh, Up, Save, Print, Report, Windows, Hardware, Devices, Networks, Multimedia, and Resources. The left sidebar shows a tree view with categories: FreshDiagnose, Software System, Hardware System, Devices (with sub-items like Drives, Display Adapters, Keyboard, Mouse, Printers, Ports, Plug and Play, SCSI Devices), Network and Internet (with sub-items like Winsock, Internet Settings, Internet Explorer, Network, Network Resources), Multimedia (with sub-items like Multimedia Devices, MCI Info, DirectX, DirectDraw, DirectSound), Hardware Resources, Snapshot, and Benchmarks. The main pane is titled "Software System" and contains a grid of system modules: Accessibility, Appearance, Engines, Environment, File Associations, Fonts, Libraries, Memory, OLE Objects, Operating System, Scheduled Tasks, Services, Shell Folders, StartUp, System Files, System Policies, Timezone, and User and Locale Info. A gear icon is positioned at the bottom center of the main pane.

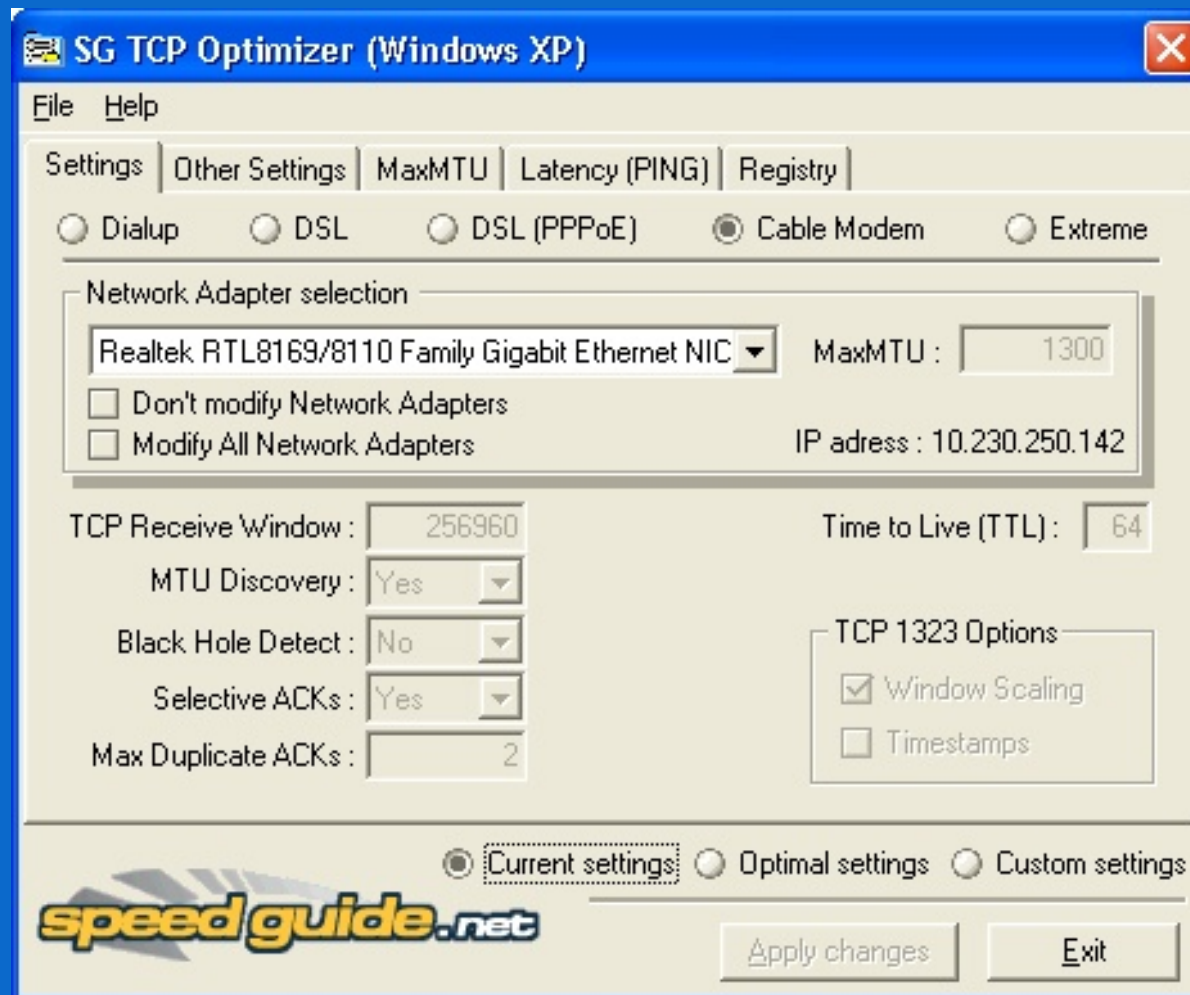


# Tools: SiSoft Sandra





# Tools: TCP Network Optimizer





# Tools: DriverManager

**Driver Manager**

Information:

Driver Manager Version: 1.02  
 Refresh  
 Installed Drivers: 238

Boot Startup: 38  
 System Startup: 38  
 Automatic Startup: 14  
 Manual Startup: 115  
 Disabled Startup: 47

Drivers Started: 142  
 Drivers Stopped: 93  
 Drivers Paused: 0

Name	Display Name	Description	Startup Type	Status	Event Log
Abiosdsk			disabled	Stopped	Yes
abp480n5			disabled	Stopped	Yes
ACPI			disabled	Stopped	Yes
ACPIEC			disabled	Stopped	Yes
adpu160m			disabled	Stopped	Yes
aec	Microsoft Kernel ...		manual	Stopped	No
AFD	AFD	AFD Networking...	system	Running	No
agp440	Intel AGP Bus Fil...		boot	Running	No
Aha154x			disabled	Stopped	Yes
aic78u2			boot	Running	Yes
aic78xx			disabled	Stopped	Yes
Alilde			disabled	Stopped	Yes
amsint			disabled	Stopped	Yes
Anydlc			manual	Running	No
Appn			manual	Running	No
AppnApi			automatic	Running	No
AppnBase			manual	Running	No
Arp1394	1394 ARP Client...	1394 ARP Client...	manual	Stopped	Yes
Asapi			system	Running	No
asc			disabled	Stopped	Yes
asc3350p			disabled	Stopped	Yes
asc3550			disabled	Stopped	Yes

Properties  
 Remove  
 About  
 Exit



# Tools: DriverManager

**Driver Properties**

Information:

Driver:	CVirtA	Internal Name:	CVirtA.SYS
Company:	Cisco Systems, Inc.	Original File Name:	CVirtA.SYS
File Version:	4.0.0.106	Has Event Logging?:	No
Product Name:	Cisco Systems VPN Client	Status:	Stopped
Product Version:	4.0		
Language:	English (United States) (0409), Unicode (04B0)		
Path:	system32\DRIVERS\CVirtA.sys		

Adjustable Settings:

Display Name:	Cisco Systems VPN Adapter	REG_SZ
Description:		REG_SZ
Type:	00000001	REG_DWORD
Tag:	00000011	REG_DWORD
Error Control:	00000001	REG_DWORD
Group:	NDIS	REG_SZ
Depend On Group:		REG_SZ
Depend On Service:		REG_SZ

StartupType:

Boot  System  Automatic  Manual  Disabled

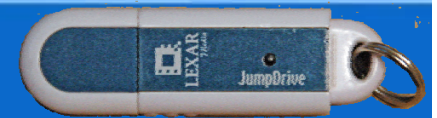
Buttons: Refresh, Properties, Remove, About, Exit



## Tools: GRC.COM

- Steve Gibson still writes in Assembler
- Several single-use utilities
  - UPNP shutoff
  - Vulnerability tests
  - Raw socket switchoff
  - Network Neighborhood on/off
- All fast, clean & safe
- [GRC.COM/download](http://GRC.COM/download)





## ToolKit Websites

- Don't forget Microsoft:
  - MS Antispyware beta
  - MS Memory Diagnostic
  - MS Reg Clean
  - TweakUI (and others in XP Powertools )
  - The Resource kit tools
  
  - OP Sys Built-in Tools



# Tools: MS Management Console map

Certificates	certmgr.msc
Indexing Service	ciadv.msc
Computer Management	compmgmt.msc
Device Manager	devmgmt.msc
Disk Defragmenter	dfrg.msc
Disk Management	diskmgmt.msc
Event Viewer	eventvwr.msc
Shared Folders	fsmgmt.msc
Group Policy	gpedit.msc
Local Users and Groups	lusrmgr.msc
Removable Storage	ntmsmgr.msc
Removable Storage Operator Requests	ntmsoprq.msc
Performance	perfmon.msc
Resultant Set of Policy	rsop.msc
Local Security Settings	secpol.msc
Services	services.msc
Windows Management Infrastructure (WMI)	wmimgmt.msc
Component Services	comexp.msc



# ToolKit Website Pointers

- TweakUI
  - <http://www.microsoft.com/windowsxp/downloads/powertoys/xppowertoys.msp>
- XTEQ X-Setup
  - <http://www.xteq.com/products/xset/>
- XP Anti-spy
  - <http://www.xp-antispy.org/>
- StartEd
  - <http://www.outertech.com>
- Spybot S&D
  - <http://www.safer-networking.org/en/download/>
- Adaware SE
  - <http://www.lavasoftusa.com/software/adaware/>
- PServ
  - [http://p-nand-q.com/download/pserv\\_cpl.html](http://p-nand-q.com/download/pserv_cpl.html)
- TaskInfo
  - <http://www.iarsn.com/taskinfo.html>
- FreshDiagnose
  - <http://www.freshdevices.com/freshdiag.html>
- SiSoft Sandra
  - [http://www.sisoftware.co.uk/dload/sware\\_figure.php?&a=&langx=en](http://www.sisoftware.co.uk/dload/sware_figure.php?&a=&langx=en)
- TCP Optimizer
  - <http://www.speedguide.net/downloads.php>
- Driver Manager
  - <http://www.l5sg.com/products/downloads/drivermanager/index.php>



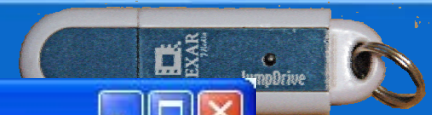
# Session Handout CD

The screenshot shows a Windows Explorer window titled '####1455CD'. The address bar shows the path 'V:\####1455CD'. The left pane shows a tree view of folders under '(V:) Disk 1 on 'Cpiserive'', with '####1455CD' selected. The right pane displays a list of files and folders:

Name	Size	Type	Date Modified
#AllVBruntimes		File Folder	8/8/2006 9:28 PM
#JAVAruntime		File Folder	8/8/2006 6:15 PM
#MS_dotNET_Runtime		File Folder	8/8/2006 6:15 PM
S1455_Baltimore		File Folder	8/8/2006 6:16 PM
SHARE_Session_Tools		File Folder	8/9/2006 12:23 PM
CD_Contents.rtf	1 KB	Rich Text For...	8/8/2006 6:23 PM

The status bar at the bottom indicates '6 objects', '841 bytes', and 'Local intranet'.

# Session Toolkit



SHARE\_Session\_Tools

File Edit View Favorites Tools Help

Back Forward Refresh Search Folders

Address V:\####1455CD\SHARE\_Session\_Tools

Name	Size	Type	Date Modified
ADaware		File Folder	8/9/2006 12:23 PM
DriverManager		File Folder	8/9/2006 12:23 PM
Ewido		File Folder	8/9/2006 12:21 PM
FreshDiagnose		File Folder	8/9/2006 12:21 PM
GibsonFreeware		File Folder	8/9/2006 12:23 PM
MS_MemDiag		File Folder	8/9/2006 12:23 PM
MS_RegClean		File Folder	8/9/2006 12:22 PM
MS-DefenderBeta2		File Folder	8/9/2006 12:20 PM
MS-MalSWremover		File Folder	8/9/2006 12:20 PM
NetStumbler		File Folder	8/9/2006 12:20 PM
PServ		File Folder	8/9/2006 12:20 PM
REGhacks		File Folder	8/9/2006 12:20 PM
SiSoft SandraLite		File Folder	8/9/2006 12:23 PM
SpyBotSD		File Folder	8/9/2006 12:22 PM
STARTedit		File Folder	8/9/2006 12:21 PM
TaskInfo		File Folder	8/9/2006 12:22 PM
TCP_fixes		File Folder	8/9/2006 12:20 PM
Tech_Doc		File Folder	8/9/2006 12:22 PM
TweakUI_XP		File Folder	8/9/2006 12:21 PM
Windows_Service_Finder		File Folder	8/9/2006 12:21 PM
WNTipcfg		File Folder	8/9/2006 12:23 PM
XP-AntiSpy		File Folder	8/9/2006 12:21 PM
XTEQ_Xsetup		File Folder	8/9/2006 12:21 PM
XP_ToolKit.rtf	3 KB	Rich Text For...	8/8/2006 9:41 PM

24 objects 2.40 KB Local intranet