How to Set Up Virtual Machines (VMs) for Sessions

For Cam Work, Device Control, and Safe Experimentation

Using a virtual machine (VM) adds a powerful security layer when conducting device control sessions or hosting cam work. It creates an isolated 'sandbox' where your main system stays untouched. If a sub tries to infect you with malware or record sessions, they'll only interact with the VM - not your real computer.

What You'll Need

- A reliable computer (8GB RAM minimum, ideally 16GB)
- Virtualisation software: VMware Workstation Player (Windows/Linux) or VirtualBox (cross-platform)
- An OS ISO: Windows 10/11 or Linux (Ubuntu is easiest)

Step 1: Install VirtualBox or VMware

- Download VirtualBox: https://www.virtualbox.org
- Download VMware Player: https://www.vmware.com/products/workstation-player.html
- Install and launch your chosen software.

Step 2: Create a New Virtual Machine

- Open your VM software and choose 'New Machine'.
- Allocate at least 2 CPUs and 4-8GB RAM.
- Attach your ISO file when prompted.
- Choose at least 25GB of virtual storage.

Step 3: Configure Networking

- For safest practice, select 'NAT' or 'Host-only networking'.
- Avoid 'Bridged' mode - it exposes your real IP to anyone connected.

Step 4: Install the Guest OS

- Boot up the VM and follow the OS installation steps.

- Set up a separate username (not linked to your real identity).

- Do not connect to personal accounts like Gmail, Dropbox, etc.

Step 5: Install Session Tools Safely

- Only install apps you need: TeamViewer, AnyDesk, OBS, browser.

- Avoid syncing services like iCloud, Chrome profiles, etc.

- Use separate passwords for everything inside the VM.

Step 6: Snapshot Your Clean Install

- Take a 'snapshot' (VirtualBox or VMware option) once your VM is configured.

- After risky sessions, restore to the clean state instantly.

Bonus Tips

- Keep a firewall enabled inside the VM.

- Don't drag files from VM to your host machine.

- If using for video calls, enable 'Virtual Webcam' in OBS and direct it into the VM.

- Shut down the VM completely after each session.