Wireshark for windows

1. Go to wireshark.org
2. Find version 3.4.9 (or you can use a previous stable release)
3. Click on the windows installer that's suitable for your system (32 bit or 64 bit)
4. Follow the wizard

Wireshark for Linux (Ubuntu)

(In case you use a different Linux distro, you can find instructions online for your package manager)

1. Update the APT package repository cache:
   
   ```
   sudo apt update
   ```
2. Install Wireshark:
   
   ```
   sudo apt install wireshark
   ```
3. In the “configuring wireshark-common” screen, select <yes> to be able to run wireshark without sudo
4. Create a wireshark group:
   
   ```
   sudo groupadd wireshark
   ```
5. Add yourself in the wireshark group:
   
   ```
   sudo usermod -aG wireshark $(whoami)
   ```
6. Reboot your pc