

Obtaining Testnet ETH & Liquid Staking Tokens (LSTs)

In this guide, we will show you how to use a Goerli faucet to load your wallet with [testnet ETH](#) and how to obtain Goerli Liquid Staking Tokens so you can start testing liquid restaking.

Prerequisites

Before you can use a faucet to load your wallet with testnet ETH, you will need:

- An Ethereum-compatible wallet (e.g. MetaMask).
- Your ETH address.

Obtain Goerli ETH (aka goETH) via a Faucet

Once you have a Goerli-compatible wallet and a Goerli ETH address, you can use a Goerli faucet to load your wallet with testnet ETH. Here are options available to obtain goETH:

- Option 1: [Paradigm Goerli Faucet](#)
- Option 2: [Alchemy Goerli Faucet](#)
- Option 3: [Bridge \(convert\) Mainnet \(L1\) ETH to Goerli ETH via LayerZero](#)

Swap goETH for stETH (Lido stETH)

Once you have goETH in your wallet you simply send a transaction to the stETH token contract address for the amount of stETH you want to swap:

- Find the current deployed contract address for [Lido and stETH token proxy here](#)
- .
- Open your wallet.
- ClickSend.
- Paste the contract address in your wallet transaction.
- On MetaMask click "I Understand".
- Enter the amount you want to swap & confirm the transaction.
- ClickNext.
- ClickConfirm.
- Import the Lido and stETH token address to your wallet to view the available stETH tokens.

Swap goETH for rETH (Rocket Pool goETH)

Use the Uniswap Goerli deployment to convert ETH to rETH:

- Visit the [Uniswap Frontend](#)
- , switch to the ETH Goerli testnet. You may also review the [Uniswap Deployment Documentation](#)
- as needed.
- Initiate a swap from ETH to rETH.
- Import the [Rocket Pool testnet deployment](#)
- address to your wallet to view the available rETH tokens.

Swap goETH for ETHx (Stader)

To convert Goerli ETH to ETHx you must send a deposit transaction to the Stader contract:

- Click "Connect to Web3" to connect your web3 wallet.
- Visit the Stader Goerli proxy [contract in Etherscan here](#)
- .
- Click either of the deposit() functions to expand their section.* payableAmount: Enter the ETH amount you wish to deposit.
- .
 - _receiver: the recipient of the ETHx. Most likely this will be your wallet address.
- .
 - _referralId (string): use the empty string (""), if prompted.
- Click Write to initiate the transaction.
- Approve the transaction in your web3 wallet.
- Add the Goerli ETHx token to your web3 wallet via the following contract address in order to view your token balance: 0x3338eCd3ab3d3503c55c931d759fA6d78d287236

Stake goETH for ankrETH (Ankr)

To convert Goerli ETH to ankrETH follow the instructions below:

- Visit <https://testnet.ankr.com/staking/stake/ethereum/>
- Follow the instructions on screen to stake (convert) your desired amount of Goerli ETH for Goerli ankrETH.
- Click "Add ankrETH to wallet" to add the ankrETH token to your web3 wallet and view your available balance.

Swap goETH for LsETH (Liquid Staked ETH)

- Navigate to the [Uniswap app](#)
- and connect your web3 wallet.
- In the app's settings, make sure you toggle testnet support "on" and select Ethereum Goerli as the active network.
- Click on your wallet address in the upper right hand corner of the app.* Select the Settings wheel.
- - Toggle "Show Testnets" to On.
- - In the list of networks to the left of your wallet address, change the active network to Goerli.
- Click "Select Token" and search for LsETH.* If the token does not appear, search instead for the token address manually: 0x3ecCA3e11c1Cc3e9B5a53176A67cc3ABDD3E46
- Initiate a swap from ETH to LsETH.
- Import the token address to your wallet to view the available LsETH tokens:
0x3ecCA3e11c1Cc3e9B5a53176A67cc3ABDD3E46

Stake goETH for mETH (Mantle ETH)

- Visit the [Mantle ETH Goerli Proxy contract](#)
- .
- Click Connect to Web3
- to connect to your web3 wallet.
- Select "Contract"
- Select "Write as Proxy"
- Scroll down to the "19. stake" function.* Note: you must plan to stake at least 0.1 Goerli ETH
- - in order for the stake function to work properly.
- - For the first parameter, "stake", input the amount of Goerli ETH you want to deposit.
- - For the second parameter, "minMETHAMount", input the value "0" (number zero without quotes).
- Click Write
- to initiate the transaction via your web3 wallet.
- Import the token to your web3 wallet via address 0x20d7E093B3fa5eBfA7a0fa414FaD547743a2400F .

Deposit goETH for wbETH (Binance Staked Ether)

- Visit the [Binance Staked Ether proxy contract](#)
- .
- Click Connect to Web3
- to connect to your web3 wallet.
- Select "Contract"
- Select "Write as Proxy"
- Scroll down to the "7. deposit" function.* For the first parameter, "payableAmount", input the amount of Goerli ETH you want to deposit.
- - For the second parameter, "referral", input the address you want to receive the wbETH.
- Click Write
- to initiate the transaction via your web3 wallet.
- Import the token to your web3 wallet via address 0xE7bCB9e341D546b66a46298f4893f5650a56e99E [Previous Stage 2 Testnet Next Restake LSTs](#)