

# 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: 0x3ecCAdA3e11c1Cc3e9B5a53176A67cc3ABDD3E46
- Initiate a swap from ETH to LsETH.
- Import the token address to your wallet to view the available LsETH tokens:  
0x3ecCAdA3e11c1Cc3e9B5a53176A67cc3ABDD3E46

## 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](#)