

---

Subject: Protecting headphones from sweat  
Posted by [minora](#) on Tue, 26 Apr 2016 07:31:58 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

My friends and I like to work out while listening to our music via headphones. At the end of the sessions the ear parts can get pretty wet from the sweat. Do we need to add extra protection sponge to avoid further problems? Or is it enough to just wipe it dry every time?

---

---

Subject: Re: Protecting headphones from sweat  
Posted by [Nouri](#) on Wed, 27 Apr 2016 00:02:08 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

Those little sponges wouldn't hurt anything. They add comfort actually. I don't know if the manufacturers took moisture into account when making headphones, but extra protection wouldn't hurt.

---

---

Subject: Re: Protecting headphones from sweat  
Posted by [minora](#) on Sat, 30 Apr 2016 11:56:36 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

Nouri wrote on Wed, 27 April 2016 08:02 Those little sponges wouldn't hurt anything. They add comfort actually. I don't know if the manufacturers took moisture into account when making headphones, but extra protection wouldn't hurt.  
Headphones usually don't have the extra sponge for protection like earphones. That's why I asked if I need to add one because my friends and I are daily active and we have headphones most of the times. I thought the sweat may destroy the pads quicker without protection.

---

---

Subject: Re: Protecting headphones from sweat  
Posted by [PlayerNM](#) on Sat, 03 Jun 2017 20:13:56 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

Sweat is the exact reason I use ear buds! I used to walk every morning at 5 am and by the time I would get back, me and the headphones would be drenched. They finally died so I switched to ear buds and the problem was solved.

---