

## Wear and Care Tips for Garmin Watches

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Following the tips in this FAQ should help you avoid having an issue from wearing a Garmin watch. However, if you develop a skin rash, redness or irritation, discontinue wearing the watch until your skin has healed. Make sure you thoroughly clean your watch body and band, following the respective wear and care tips below. If symptoms persist, consult a physician or dermatologist.

### Wear Tips

#### The Proper Fit

The band on your Garmin smartwatch or fitness tracker should be worn loosely enough that it can move back and forth on your wrist. However, a watch that features a wrist-based heart rate sensor benefits from a snug but comfortable fit during an activity. Wear the band 2 finger widths above your wrist, and remember to loosen it after a workout.

#### Keep Things Clean and Dry

Thoroughly rinse and allow your device to dry after exposure to sweat from a workout or water from swimming or showering. Prolonged exposure to moisture may result in skin irritation.

#### Take a Break

Give your skin a break from long-term wear. Switch up the wrist on which you wear your device to help prevent skin irritation.



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### Cleaning

We recommend cleaning your watch band frequently to remove sweat buildup and other particles or residue, and to prevent odor. A good practice is to follow the recommended cleaning methods below each time you shower. Choose your band material below to reveal cleaning tips.

## **Leather Bands**

- Leather or suede leather bands are intended for casual wear and are not recommended for vigorous activity.
- To clean, wipe the leather band with a soft, clean, lint-free cloth. You may dampen the cloth lightly, if needed, to remove dirt buildup. Allow the band to dry completely before wearing.
- Leather cleaners and polishes may cause discoloration.
- Note that leather is a natural material and will develop a patina with normal use.

## **Metal Bands**

- To clean, wipe the metal band with a soft, clean, lint-free cloth. If necessary, dampen the cloth with water. Allow the band to dry completely before wearing.
- Do not use metal polish or abrasives to clean or refinish your metal band. This may result in damage to cosmetic finishes.

## **Nylon Straps**

- To clean, wash the band in cold water. A mild soap may be used to remove stubborn dirt or stains. Rinse thoroughly with fresh water, and allow to dry completely before wearing.

## **Silicone or TPU Elastomer Bands**

- Rinse with water, and allow the band to dry before wearing.
- To remove residue from lotions, sunscreens, insect repellent, etc., use rubbing alcohol and a lint-free cloth, followed by rinsing with water. Allow the band to dry before wearing.

## **How do I clean the body of the watch?**

- Use water to rinse off, or use a dampened lint-free cloth for cleaning.
- Use a soft-bristled toothbrush to clean debris away from charging contact points on the device.

**IMPORTANT:** Do not use a toothbrush to clean cavities or holes on the watch.

## **Can I use a disinfectant on my watch?**

- You can use a 70% isopropyl alcohol wipe to gently wipe the exterior of your watch module, silicone and/or metal band.
- You can also use a disinfecting wipe, but we recommend that you rinse the watch under water to remove any chemical residue left behind by the wipe to avoid possible skin irritation.
- Do not use disinfectants on fabric or leather bands.
- Do not clean the watch or bands with bleach, and do not submerge your watch or bands in any cleaning agents.

## Can I use an ultrasonic cleaner?

- Ultrasonic cleaners are not recommended for use. Using one may result in damaging the watch.



## Care

### Things to Avoid

To preserve the appearance of your watch and to avoid possible skin irritation, we recommend avoiding exposure to the following chemicals:

- Hair dye
- Insect repellents
- Moisturising creams and lotions
- Oils
- Perfumes
- Sanitisers
- Soaps
- Solvents, detergents or household cleaners
- Sunscreens

**Note: Please ensure the software is update on Garmin Express.**  
(<https://www.garmin.com/en-US/software/express/windows/>),

**Contact Garmin customer care for further troubleshooting: 0808 238 0000.**

**For GPS accuracy: Please try to leave the device outside in clear view of the sky longer before use, this will help with accuracy.**