Can I Wear My Reebok Smartwatch in the Shower?

Inas B. - 2026-11-24 - Before You Buy

We recommend removing your Reebok smartwatch before showering.

Although your watch is water-resistant, showers can expose it to hot water, steam, soap, shampoo, and direct water pressure. Repeated exposure to these conditions may affect the watch or its seals over time.

To help protect your watch:

- Remove it before showering or bathing.
- Avoid exposing it to soaps, shampoos, detergents, and other chemicals.
- If your watch gets wet, dry it thoroughly with a soft, clean cloth.
- Make sure your watch is completely dry before charging it.

Water resistance does not mean your watch is protected against every type of water exposure.