

Prevent foggy goggles

Four simple habits that keep your view clear, swim after swim.



Every pair fogs eventually. That's physics, not a fault. The fix isn't a new set of goggles; it's a **short routine** you repeat before and after each swim.

01

01

HANDLE WITH CARE

Treat a new pair gently and never touch the inner lens. After each swim, run warm water over it and shake dry.



02

TREAT BEFORE YOU SWIM

Add a squirt of anti-fog spray, or a drop of baby shampoo, to the lens, then rinse gently.



03

FIT THEM UNDER

Submerge your face first, then fit your goggles. Matching the temperature inside and out keeps the lens clear.



04

RINSE AFTER EVERY SWIM

Once the goggles begin to lose their anti-fog layer, add this routine. Hold the goggles under hot water, work a little soap over the inner lens and gusset with a fingertip, rinse well, and leave to air-dry.

Note If you develop red or itchy skin around the eyes, make sure to rinse the gusset in soap and hot water.