

Sauna Dress-Code Decision Guide

Use this one-page guide when you are unsure what to wear. Start with the facility's posted rules, not assumptions from another sauna.

Step	Question	What to do
1	Is this a gym, spa, hotel, or public sauna?	Yes → Check the posted dress and towel rules before changing. If nothing is posted, ask staff. No → For a private/home sauna, follow the sauna instructions and your comfort.
2	Does the facility require swimwear or coverage?	Yes → Wear clean, facility-compliant swimwear or the coverage it specifies. No → Continue to the next step.
3	Is towel-only use allowed?	Yes → Use a clean towel for coverage and/or the bench as the facility requires. No or unsure → Follow the stated dress rule or ask staff.
4	Are you arriving from a workout?	Yes → Change out of sweaty workout clothing before the sauna when possible. Choose clean clothing or swimwear that matches the facility rules.
5	Are you still unsure?	Ask staff rather than guessing. Dress expectations can differ by venue, country, mixed-gender policy, and sauna type.

Fast choices

Swimwear required: wear clean facility-compliant swimwear.

Towel-only allowed: use a clean towel and follow bench/seat-cover rules.

Private/home sauna: use clean, comfortable clothing or a towel as appropriate for the sauna instructions and your preference.

Not sure: ask staff. Do not assume another facility's dress code applies.

This guide is about clothing decisions only. For phones, showering, talking, personal space, doors, and other shared-space behavior, use the full Sauna Etiquette Guide on HotTubPatio.com.