

Headphone & adapter recommendations

Headphones and adapters that you can provide to your audience.

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In our experience, when you communicate well 95% of participants will bring their own headphones. If you want to have some spare headphones (and adapters) as a backup, here is what we can recommend.

Headphones

iPhones 14 or older: [Lightning headphones](#)

iPhone 15 or newer and Android phones: [USB-C headphones](#)

Audio jack: [3,5 mm audio jack headphones](#) (cheapest, but you might need adapters, see below)



Adapters for smartphones

If you have headphones with a 3.5 audio plug, but your phone has USB-C or Lightning jack only, we recommend the following adapters for listeners.

iPhones 14 or older: [Lightning adapters](#)

iPhones 15 or newer & Android phones: [USB-C adapters](#)

For speakers: Some 3rd party adapters might not work for microphone input on iPhones, but only for listening. If you want to use the LiveVoice app as speaker, we recommend to get original Apple adapters.

iPhones 14 or older: [Original Apple Lightning adapters](#)

iPhones 15 or newer: [Original Apple USB-C adapters](#)

