

Kit and transition

IRONMAN 70.3 Málaga

Your personal packing list, grouped by race stage.



Entry and documents

- ☐ Entry confirmation and my chosen format
- ☐ ID required by the current athlete guide
- ☐ Bib and organiser-supplied timing equipment

Swim

- ☐ Goggles
- ☐ Cap required or supplied by the organiser
- ☐ Race clothing
- ☐ Wetsuit, if allowed or required for my start (optional)
- ☐ Small towel, if I use one (optional)

After the race

- ☐ Bag, keys and dry clothing
- ☐ My equipment-collection requirements checked
- ☐ Agreed meeting point and contact

Bike

- ☐ Bike checked before travel
- ☐ Helmet and working fastening
- ☐ Bike shoes, if I use them (optional)
- ☐ My usual bottles and planned contents
- ☐ Repair kit I know how to use, if carried (optional)

Run and transition

- ☐ Running shoes
- ☐ Socks, if I use them (optional)
- ☐ Bib fastening I normally use
- ☐ My own place in transition identified
- ☐ Mount and dismount instructions checked

This is a personal packing list. Optional choices are not race rules; check equipment and facilities in the current athlete guide.

02 / YOUR REFERENCE CARD

Make the kit yours.

IRONMAN 70.3 Málaga

Published references are separate from your personal planning spaces.



My entered format / wave

The required ID I will bring

My wetsuit decision after confirmation

My extra kit

Complete athlete registration by Saturday 14:00, then deliver your bike and both transition bags by 19:00.

Attend Saturday's briefing and confirm any changes to swim groups or the venue layout.

Pack blue for bike gear, red for run gear, white for streetwear; keep the chip and wristband available for collection.

Leave transition by 08:30 on Sunday and follow your assigned/self-seeded swim procedure.

Save the official venue map; agree a finish-area reunion and a coastal-road alternative with supporters.

Bring photo ID, your registration QR and a valid FETRI licence or the event's one-day licence.

Keep the athlete wristband on; number bike, helmet and blue/red bags. Collect the chip at bike-and-bag check-in.

Registration sold out on the current official race page.

WHAT STILL NEEDS A CHECK

- The guide briefing page calls the session Saturday 18th; the calendar and programme confirm Saturday 17 October.
- The guide repeats 08:55 in one rolling-start paragraph, while its schedule and current website say 08:45-09:30. Confirm the race-morning procedure at briefing.
- IRONMAN's published terms restrict deep links and cached content. Its own guide and GPX addresses are research records, not permitted public download buttons; no local IRONMAN GPX is published.

YOUR OFFICIAL SOURCE

Official event site: final athlete instructions and updates

www.ironman.com/

