

Kit and transition

Ocean Lava Lanzarote 2026

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.

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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

Reserve Friday for bib collection and the 19:00 briefing at Plaza de las Naciones. Saturday bib pickup needs organiser approval.

Confirm your final start and check-in closure before filling the morning plan; the organiser's two current timetables disagree.

Drafting is allowed in Olympic and Supersprint; handlebar extensions are prohibited. The rules list no bike-course aid station: prepare your own bottles.

Use the verified 2026 road plan for travel and the last walk. Exact entrances and parking are still pending; use Canary Islands local time.

Choose a supporter meeting outside transition. The programme lists bike collection from 11:15; confirm access and timing at the briefing.

Olympic and Supersprint allow drafting; handlebar extensions are prohibited.

Transition access requires a valid triathlon ID or the day licence arranged with entry.

The organiser-linked 2026 registration page is open; the rules set 18 October at 23:59 as the deadline, or earlier if full. Check your entered format. All clocks here are Canary Islands local time, one hour behind mainland Spain on race day.

WHAT STILL NEEDS A CHECK

- The programme says Olympic/relays 08:00 and Supersprint 08:10; rules and the entry widget say 08:30 and 08:00. Check-in closure also differs: 07:30 versus 07:00. Confirm your final allocation.
- The 2026 rules include conflicting Olympic swim text (400 m versus 1,500 m elsewhere). Exact swim laps, Supersprint bike kilometres and the cutoff timing basis need confirmation.

YOUR OFFICIAL SOURCE

Official event site: final athlete instructions and updates

oceanlavalanzarote.com/

