

# How to delete 'iOS Files' which is taking up your Mac's memory?

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If you only bought the Mac version of 128GB memory to save money and now regret, you probably want to save space, so deleting unnecessary data is a must.

When checking the device capacity, you notice that the 'iOS Files' section takes up quite a large amount of memory. So, what exactly are these files, how do I delete them when they are no longer needed?

## What is iOS Files on Mac?

You see iOS Files on a Mac when backing up data from an iOS device to a computer. All your valuable data (contacts, photos, application data .) will be contained in that file, so you should be careful when touching them.



### iOS Files in Mac memory

If you still want to back up to a Mac, you don't need to delete these files. You will need them when something goes wrong with your iOS device and you need to retrieve all the data. You will lose it without these iOS files.

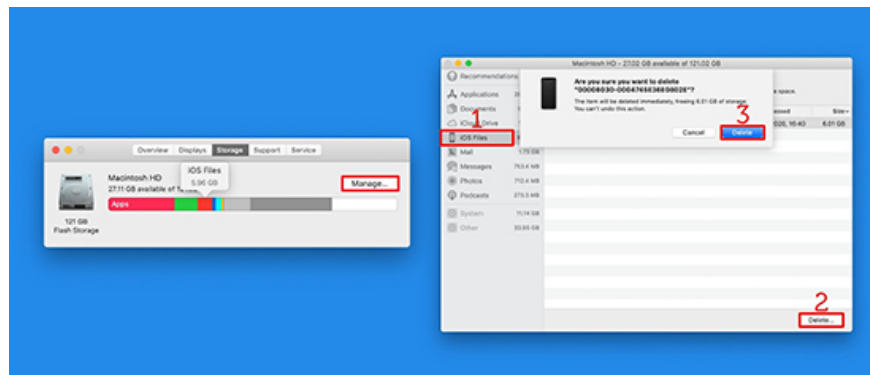
However, most people now choose to back up to iCloud instead of Mac. iCloud is more convenient, it's all automatic, and this means you don't have to rely on your Mac to recover data. Using iCloud itself is a bunch of iOS Files that can be deleted, freeing up your computer's memory.

# How to delete iOS Files

The following steps will help you to free up memory in the easiest way:

1. Click on **the Apple logo** in the left corner of the screen
2. Select **About This Mac > Storage**
3. Select **Manage** .
4. Select **iOS Files** from the left column
5. Select the item you no longer need, then press **Delete**
6. Select **Delete** again to confirm

If you notice, you will see the last access date each time, this tells you the access time of the data. You may want to retain new data and only delete old, unused files.



Steps to delete iOS Files

## If you back up multiple iOS devices

If backing up multiple iOS devices to your Mac for years, erase the data to free up memory for your computer. Those few waits are worth it, especially when your storage is running out.

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