

# Namibia: Kit List



## PERSONAL ESSENTIALS

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Mountain bike specific helmet (current and fit for purpose)

Mountain bike specific shoes

Bike gloves x 2 pairs (long finger, not fingerless)

Biking glasses

Padded cycling shorts/ trousers (x3)

Arm warmers/ arm screens (for sun protection)

Short-sleeved cycling tops

Long sleeved light top for sun protection

Windbreaker

Warm jacket, long trousers and long-sleeved tops for evenings

Binoculars

Sunscreen (including one for lips)

Hydration system (Camelbak)

Re-usable drinks bottle

16 litre daypack

Flip-flops

Comfortable shoes

Sun hat

Insect repellent and bite relief cream

Torch/ flashlight

Extra camera batteries and memory card

## OWN BIKE ESSENTIALS

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Bike specific brake pads (x2 sets)

Bike specific rear mech (derailleur) hanger

Bottle of dry lube

Inner tubes (x4) or bottles of tubeless fluid (x2)

Chain specific 'quick link'

Professional service must be undertaken prior to trip with dry lube on drivetrain

If there are parts unique to your bike, please bring spare(s) of these

## OWN BIKE TYRE RECOMMENDATIONS

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Tubeless tyres are best for the terrain

Front; Maxxis Minion or Schwalbe Hans Dampf

Rear; Maxxis High Roller or WTB Vigilante

## RENTAL BIKE ESSENTIALS

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You must bring your own pedals for rental bikes

## NOTES

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A small bottle of detergent for kit hand-washing is recommended

**These items are noted as 'ESSENTIAL' for very good reasons!  
For your own safety & comfort please bring them all.**