

# Namibia: Kit List

## PERSONAL ESSENTIALS

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Mountain bike helmet (current and fit for purpose) + helmet bag/carrier

Mountain bike specific shoes

Bike gloves (long finger, not fingerless)

Biking glasses

Padded cycling shorts/ trousers (x3)

Buff/ neck gator (to protect from wind and sand)

Short-sleeved and long-sleeved cycling tops

Windbreaker

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

Binoculars

Sunscreen (SPF 30 or more, 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 (for camping)

Extra camera batteries and memory card

Personal toiletries and moisturiser



## 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'

Tyres: Medium nobs/tread suitable for rocky and sandy trails.

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

## RENTAL BIKE ESSENTIALS

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You must bring your own pedals for rental bikes; own saddle optional

## 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.**