

# E-MTB 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

High factor 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 (for camping)

Extra camera batteries and memory card

Personal toiletries and moisturiser



## RENTAL BIKE ESSENTIALS

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You must bring your own pedals for your rental E-MTB

## RENTAL BIKE RECOMMENDATIONS

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We recommend you bring your own saddle for your rental bike

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