

## What's included:

- Safety gear: helmets, elbow pads, and gloves.
- Instruction
- Equipment: boards, boots for Stand Up Boarders, Polish.
- Transportation to the dune
- Light lunch; We provide the makings for sandwiches from fresh bread rolls, cold meat, cheese, tomato, cucumber, onion, mustard, mayonnaise, margarine - so it's suitable for vegetarians and lactose intolerant people.
- Drinks: water, soft drinks and Tafel Lager
- Video



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## What to bring:

- Closed shoes are a must for lie down boarders. Socks for stand up boarders.
- Dress according to weather. Long sleeves and long pants are not necessary for safety reasons.
- Jacket, windbreaker or fleece.
- Sunglasses.
- Sunscreen.
- Cameras in a backpack or sand proof case.



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### **The Schedule:**

The sandboarding trip leaves every day from Swakopmund at 9:30 and returns to town at 13:30. We will pick up the clients at their place of accommodation or they can meet us at the Far Out Booking Office, 25 Moses Garoeb Street in the Amanpuri Travellers Lodge.

