

	Aaron	Alex	Rob	Group	Conclusions
Bike	Several year old Specialized Tri-Cross (aluminum frame)	Several year old Focus Mares (aluminum frame)	2014 Gravity Liberty CX (aluminum frame, \$399)		Aaron: We all rode 'cross-style' road bikes that gave us the benefit of road-bike efficiency and mountain-bike durability. When the roads were smooth we could paceline like roadies, and when the roads were rough, dirt, and filled with washboard and potholes, we could charge on with the confidence of a mountain biker. I already had this bike and used it as a commuter and rain bike bike at home. For Cuba, it fit the bill perfectly. Not overly fancy, comfortable geometry, bomb-proof, and fast. All three bikes worked fine. Good to coordinate that all the bikes can utilize the same tools should adjustments or repairs be necessary repair set (headset, pedals, cranks - now can mostly be maintained with allen keys).
	Tires, rear: 700 x 32, Continental Gatorskin	700 x 32, (Continental) Gatorskin	700 x 38, Specialized Hemisphere Armadillo		Aaron: These tires have good reviews for durability and so I bought a set and rode them at home on my road bike for 1,500 miles with no flats so I purchased a set for the Cuba tour. No flats. No issues. They are slick style so they roll really fast. I highly recommend these tires. I'm back home now and have logged many more miles...to date 2,500 miles on these tires and zero flats!
	Tires, front: 700 x 28, Continental Gatorskin	700 x 28, (Continental) Gatorskin	700 x 38, Specialized Hemisphere Armadillo		
	Gearing: Front: Triple crank (50/39/30). Rear: 9 speed, 11/30	double crank in front: 50/34. Rear: 9 speed, 11/34	triple front 52/42/30. 11/34 rear		Alex happy with his gear choices and not having to use a triple. Aaron liked his gearing choice.
	Bottles & cages: 2 cages for long bottle, and another spare in the bag	cage for long bottle, cage for 1.5 liter bottle	cage for long bottle cage for 1.5 liter bottle		Alex liked his bottle set-up - Aaron was have bigger volume capacity in the cages. Aaron was fine with his.
	Pedals: SPD	pedals that have SPD one side, platform on the other (and spare toe clip set)	SPD		Aaron likes his. Alex likes the fault tolerance of the platform side, coupled with a spare set of toe-clips (but has never actually had a pedal failure that would necessitate its use).

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Bike Accessories	rear rack	rear rack	rear rack, Blackburn EX-1			
	Bags: two rear panniers. Overland Expedition brand (no longer made), Capacity EACH side estimated at 1700 cm ³ (total capacity = 3400*3)	A single Avenir Excursion Rack - Top Bag. 830 cm ³ capacity	2 rear panniers. Overland Equipment (no longer made), 1700cc each. These are two of the four bags I carried on the Arctic Expedition in 1992			We all had a slightly different setup. Aaron: I ran a rear rack, two Overland panniers, and a handlebar bag. I was happy with my setup. We were traveling light and so I had ample room for my gear in my two panniers. The handlebar bag was convenient for food, wallet, map, camera/phone, etc.... and it detached easily so I could keep my valuables with me at all times. My capacity was probably a little more than necessary, particularly by the end (after we had given away things that we were not using). Rob ran a rear rack, two Overland panniers, and a small bag mounted on his head tube. Alex ran a rear rack, an expandable trunk bag, and handlebar bag. He was pleased to push minimalism to an extreme, but the bag was a little too low on volume (had to stuff it tight in the beginning of the trip), and it was not durable (multiple seams came undone).
	Handle bar bag: REI Topeak compact	Handle bar bag: REI Topeak compact	Frame bag, Timbuk2 Goody Box			It worked well as a handlebar bag. The bar-mount is great and was able to fit in amongst a lot of other gear (dual-action brake levers, cyclometer). However, two complaints: It would be great to have a clear, water-proof pouch on the top to fit either a map or (preferably) an iPhone. The unit comes with a waist-belt and it easily de-taches from the handlebar mount, but it has a massive plastic brack that digs into your back, making it strangely non-viable as a real fanny pack.
	Front light - Cygolite, rechargeable, with helmet mount	Front light - Cygolite, rechargeable, with helmet mount	Front light, Cygolite, 280 lumens, rechargeable, bar mount			Aaron: Touring Cuba in December with relatively short days, lighting was imperative as we often departed at dawn or arrived at dusk. On a 120 mi/200km day into Havana we ended up biking the last 20 miles in full darkness, and with our lights and reflective gear we were ultra visible. Another night after hiking Pico Turquino, the tallest peak in Cuba, we rode 30 miles on the remote South Coast in full darkness, and our lights worked great, though they were fading after 3 hours (manufacturer stated life) and mine actually died - I hooked it up to my spare battery pack (see more info on spare battery pack below). Overall, I'm very pleased with these lights. They are easy to charge on a USB cord and standard 110 wall charger, hold their charge well, and when used last as long as Cygolite states. Alex: Worked well and the ability to recharge ut of a socket was great (loved that all of our gear was wall-chargable (no disposable batteries!), but the light's duration would ideally be longer - definitely cutting it close several times.
	rear LED flasher	rear LED flasher	rear light, Cygolite rechargeable LED flasher			Great. FYI, did not see a single LED rear bike light flasher on the island.
	cyclometer	cyclometer with cadence				
	light cable lock	light cable lock	light cable lock, (combo, no keys to lose)			Each rider brought one. Alex gave his away. We used the locks a couple of times as a precaution in cities or more conspicuous locations (often to the laughs of Cubans and the comment heard more than once "... there is no crime in Cuba!") One lock would be sufficient for group.

	Aaron	Alex	Rob	Group	Conclusions
Tools	pump	pump	pump		Never used them, but everyone should have one. They keep getting better and smaller.
	tire levers	tire levers	tire levers		Never used them, but everyone should have a set.
	multi tool	multi-tool	multi-tool		Tons of great multi-tools out there.
			small vice grips	small vice grips	A little on the heavy side, but a great tool to get you out of a pinch. We used them and I recommend them.
			duct tape	duct tape	
			cassette remover	cassette remover	
			drill bit for rims	drill bit for rims	We brought a drill bit for the odd chance that we used up all of our tubes and patches, could not find any spares, and had to go to schraders. Never used it.
			packing (filament) tape	packing (filament) tape	When you are back in Havana and need to re-pack your box, great to have this ready. You will not be able to find it there!
		mini bottle of chain lube	mini bottle of chain lube	Don't need much! Bring one for the entire group.	

	Aaron	Alex	Rob	Group	Conclusions
Spare Parts	spokes	spokes	spare spokes, 3 each, front & rear		We used one spare spoke for the group.
	chain links	chain links	spare chain links and pins		
	tubes: 3 spare 700cc x 28-32 (presta)	3 heavy tubes (presta)	3 spare tubes (Presta). Also brought Shraeder adaptor just in case		We had 9 tubes for the group (3 each). We used zero. Best to plan for the worst, then give them away as it becomes clear that you wont need them.
	patch kits	patch kits	patch kit with extra patches		Did not use any of them, but of course should bring them
				spare tire	Never used the tire (gave it away), but definitely recommend bringing one.
				film canister full of all sorts of bolts, nuts, parts	The spare nuts and bolts is a good idea - we ended up using the spare SPD cleat and mouting bracket with bolts. Things rattle loose. Easy to put together a small collection of parts in the US, a nightmare to try to find replacement parts in Cuba.
				zip ties	

	Aaron	Alex	Rob	Group	Conclusions
Clothing	helmet	helmet	helmet		
	bike shoes	bike shoes (SPD)	cycling shoes		
	light running shoes	light running shoes	light running shoes		Don't need a lot! Sun protection is a big deal. If you stay at CPs, can do laundry (you or them for you) easily. Alex: Only biked in long sleeve shirts. In the spirit of minimalism, he only had one pair of biking shorts, one other pair of shorts, one pair long pants, one short sleeve shirt, a fleece, and would have been fine with only one long sleeve biking shirt. Aaron and Rob brought a little more. Aaron: I thought about clothing/gear a lot before the trip, especially knowing that once I left, I couldn't change my mind since Cuba has nothing to offer a cyclist. I felt like I pretty much nailed the clothing. I could layer up on cool mornings with my long-sleeve jersey or shell, and off the bike I had what I needed. My biking jerseys were great, one short sleeve and one long sleeve, but I chose to bring a bright yellow short sleeve jersey for visibility, and a white long sleeve jersey for visibility and also to stay cool in the sun. Looking back I wish I left the yellow jersey at home and brought a dark jersey simply because they get so dirty and show it. I hand washed my clothes the whole trip, and even though they were clean, you can't hand wash out the road. My two favorite 'off the bike' clothing items were my comfortable pants with zip off legs and my long sleeve button down shirt. This was of course my 'uniform' on our trip.
	baseball cap	sun protective hat	cycling cap		
	2 jerseys. 1 long sleeve. 1 short sleeve.	2 long sleeve jersey	1 short sleeve cycling jersey		
	1 poly- pro t-shirt	1 nice short sleeve	2 REI short sleeve tech T-shirts		
	1 button down long sleeve traveler shirt	1 light fleece pullover	2 long sleeve sport shirts (non cotton)		
	1 ultra light cycling shell		1 lightweight wind/rain shell		
	1 swim trunks	speedo	1 pair shorts (for off bike, swimming)		
	2 lycra bike shorts	1 lycra bike short	2 pair lycra bike shorts		
	1 baggy bike shorts	1 pair running shorts	1 pair light long pants w/ belt and zip off legs		
	1 belt		1 short sleeve button down shirt		
	1 poly pro boxers	no underwear (free-ball for maximum ventilation)	1 pair REI boxer/briefs		
	1 ultra light pants w/zip off legs	1 ultra light long pants	1 light fleece (left in Havana, used only on airplane)		
	2 pair socks	2 pair socks	2 pair cycling socks		
	biking gloves	biking gloves	biking gloves		
		headband			

	Aaron	Alex	Rob	Group	Conclusions
Toiletries	small bottle Dr. Bronners liquid soap	soap	small bottle liquid soap		
	toothbrush	toothbrush	toothbrush		
	dental floss	dental floss			Ran out and could not find more in Cuba
	toothpaste	toothpaste	toothpaste		
	2 disposable razors	disposable razors	disposable razor		
	sunscreen	sunscreen	sunscreen		Had just enough for 15 days but sunscreen was available for purchase in all the 'tourist hotels'.
	nail clippers	nail clippers			
	hand lotion		ibuprofen		
	bug juice		deet		
	half roll of toilet paper		partial roll toilet paper (glad I brought it)		
	Small roll on "bug juice" Deet stick.				
Small pill box with Advil/ibuprofen, Tylenol/Acetaminophene, Pepto Bismol tablets, Aleve/Naproxen					
lip balm		lip balm			

	Aaron	Alex	Rob	Group	Conclusions
Other	REI ultralight flash daypack		REI ultralight flash 22 backpack		This was an optional item I'm glad I brought. I had a small pack for the airline flights, and it was great to have on hikes and city walks.
	biking glasses & case	biking glasses	prescription sunglasses and regular glasses w/chums		
	REI ultralight bivy	REI ultralight bivy			Old habits are hard to break. Having always camped on previous bike tours, and feeling the need to be self sufficient in an emergency situation, I brought this small 'space blanket' bivy that I purchased at REI for about \$16 and only weighs a few ounces. We never used it and would not bring it again.
	iPod/iphone & charger	iPod mini with 200 songs	iPod		Alex: I was very pleased with my mini. Lasted all day. Much better to have 200 great songs as compared to 10,000 marginal songs. Falco was good for the hills. Billy Squire for dropping people. Led Zepplin best for long pull out of Guantánamo.
	2 headphones/earbuds				Extra pair not needed and eventually given away.
	110 plugs and USB cords	110 usb cords and plugs	110v charger w/ USB cords for camera, Cygolite(s), iPod		Great that this all now works - no more disposable batteries for iPhone, Cygolites, and GPS watch. The only problem with all the technology is 'chasing the charge' but fortunately there were outlets everywhere we stayed.
	Garmin Fenix 2 GPS watch		Timex Ironman watch		I used this in place of a cyclometer and was able to track our entire route including hiking and driving sections. I followed our route on Strava.com (visit me—Aaron Riggs, Issaquah, WA on Strava and follow 'my activities Dec 2014' to see detailed maps of our exact riding path.)
	external USB battery				Aaron: I purchased this for about \$30 right before we left and I used it twice when I was in a pinch for power. Once at night when my cygolight ran out of charge I strapped it to my helmet and plugged it directly into my Cygolite with a USB cord, and the other time on an overnight Viazul bus ride from Bayamo to Sancti Spiritus, I used it to recharge my Garmin GPS watch.
		camera with SD cards	point/shoot camera, Fujifilm XP70 (waterproof, shock-proof)		See this question on our FAQs page. All hail the effectiveness than I would have thought. All hail the iPhone.
					iPhone6. I chose to bring a brand new iPhone 6 as my only camera. It was a good choice. I was able to keep it in the back pocket of my jersey and whip it out for quick photos and video while riding. I also had all of my music on the phone, two digital books to read, and kept my trip journal in the notes section. In Havana I was able to purchase a wifi card and use the internet, email, and even 'check in' on Facebook. At night lying in bed, I could write in mine. It felt like it was the ultimate trip assistant. The true limitation of the iPhone is the camera. It is great for a smart phone, but the flash feature sucks, and the zoom capability of the lens is not very good. Still, for vacation shots on the fly, and web resolution photography, iPhone fits the bill. The HD video camera on the iPhone is remarkably good.
		knife		knife	
		spork	spork		Did not use/gave away.
		maps	maps	maps, proof of health insurance, copies of all passports, emergency contact info, flight info, immigration/customs info, Lonely Planet Cuba	Maps were great (see the ROUTE PLANNING & MAPS section of our website), but next time get it digital and everyone carry the full set on their iPhone.
		passport	passport	passport	
		wallet		California driver's license	
		credit cards			Credit cards were useless in Cuba, but good for Cancun on the way there.
		cash	cash	cash	See FAQs page on website.
		ziplocks & trash bag (water-proof sack)		ziplocks, 20' nylon line, elec. tape, zip ties	
		lighter			
		Tupperware	Tupperware		Theoretical good option for stashing extra food
		Swim goggles	goggles		Goggles worked well. A cheap, small option to use in place of a mask. We saw people on tour with a full set of fins. For minimalist touring, it sure looked silly.
				first aid kit	first aid kit
				passport photocopies for entire group	passport photocopies for entire group
			guide books - Lonely Planet	guide books - Lonely Planet	
				Guide book was great (see that section of the site), but next time get it digital and carry it on the iPhone.	

	Aaron	Alex	Rob	Group	Conclusions
Did Not Bring	tent				
	sleeping bag				
	cold weather gear				
	cooking gear				Leave all this behind. Travel light!
	stove				
	scuba mask				
	credit cards that you intend on using in Cuba				