



## IPMBA EMS CYCLIST II COURSE Required Equipment & Materials Checklist

### DUTY BICYCLE

- Reputable manufacturer mountain bike in good working order, properly fitted
- Street/combination tires (*size 26 x 1.5 - 26 x 2.1; no knobbies*)
- Pedal retention devices (*BMX-style platform pedals are not acceptable*)
- At least one water bottle cage & bottle
- Hydration delivery system (*recommended*)
- Headlight (*42 lumens measured at 10 ft.*)
- L.E.D. steady or flashing red taillight
- Rear mount kickstand
- Heavy duty equipment rack
- Panniers & rack bag
- Off-road tires (*optional; this class does ride off-road*)

### TOOLS

- Patch kit
- Tire levers
- Two spare tubes
- Compact tire pump or CO2
- Allen wrenches (4, 5, 6, 8mm)
- Wrenches (8, 10mm)

### SAFETY EQUIPMENT

- Eye protection (*wraparound, clear and tinted*)
- Bicycle helmet (*ANSI, Snell, or CPSC-approved*)
- Padded cycling gloves
- Body armor protective vest (*if worn on duty*)

### ATTIRE

- Full duty uniform (*worn daily*)
  - Shirt
  - Shorts/Pants
  - Padded cycling shorts (*recommended*)
  - Shoes
- Foul weather gear (*jacket, pants*)
- Off-road cycling clothes

### OTHER

- Pencil/Pen
- Notebook
- Sunscreen
- Bug spray
- Physical Activity Readiness Questionnaire (PAR-Q) (*required*) and medical clearance sheet (*if indicated by PAR-Q*)
- IPMBA waiver (*to be signed on-site*)