



IPMBA EMS CYCLIST 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 at 10 feet*)
- " L.E.D. steady or flashing red taillight
- " Rear mount kickstand
- " Heavy-duty equipment rack
- " Panniers and rack bag

TOOLS

- Patch kit
- Tire levers
- Two spare tubes
- Compact tire pump or CO2

SAFETY EQUIPMENT

- Eye protection (*wraparound, clear and tinted*)
- Bicycle helmet (*ANSI, Snell, or CPSC-approved*)
- Padded cycling gloves

ATTIRE

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

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*)