



IPMBA EMS CYCLIST COURSE

Mandatory 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*)
- Pedal retention devices (*toe clips or clipless pedals*)
- Two water bottle cages & bottles
- Hydration delivery system (*recommended*)
- Headlight (42 lumens measured at 10 ft.)
- Steady or flashing red taillight
- Rear mount kickstand
- Heavy duty equipment rack
- Panniers & rack bag
- Off-road tires (*optional*)

TOOLS

- Patch kit
- Tire levers
- Two spare tubes
- Frame-mounted tire pump 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

ATTIRE

- Full duty uniform (*worn daily*)
 - Shirt
 - Shorts/Pants
 - Shoes
- Rain Gear (*jacket, pants*)
- Off-Road cycling clothes

OTHER

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