



I P M B A

IPMBA INSTRUCTOR COURSE Required Equipment & Materials Checklist

DUTY BICYCLE

- Reputable manufacturer mountain bike properly sized and in good working order
- Street/combo 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 kick stand
- Rear rack with full size rack bag
- Panniers (*EMS students only*)

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 (*if worn on duty*)

ATTIRE

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

FULL DUTY BELT (*police and security only*)

- Duty weapon (*optional; this class does not include live-fire exercises*)
- Baton
- Cuff key
- Keepers
- Magazine
- Handcuffs
- Flashlight

OTHER

- Pen/pencil
- Notebook
- Laptop computer (*strongly recommended*)
- Flash drive or memory stick, 1 GB capacity (*strongly recommended*)
- Instructor materials for in-class presentations (*materials/equipment to prepare visual aids, e.g., laptop with PowerPoint, CD, memory sticks, flipchart, etc. Projectors, screens, and flipcharts for in-class use only will be provided. See Letter of Expectations for clarification.*)
- Complete Guide to Public Safety Cycling* (www.jblearning.com, 800-832-0034)
- Sunscreen
- Bug spray
- Physical Activity Readiness Questionnaire (PAR-Q) (*required*) and medical clearance sheet (*if indicated by the PAR-Q*)
- IPMBA waiver & copyright agreement (*to be signed on-site*)