



## IPMBA SECURITY 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 kick stand
- Rear rack with full size rack bag
- Off-road tires (*optional*)

### TOOLS

- Patch kit
- Tire levers
- Two spare tubes
- Frame-mounted tire pump or CO<sub>2</sub>
- 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
  - Shoes
- Rain gear (*jacket, pants*)
- Off-road cycling clothes (*optional*)

### DUTY EQUIPMENT (as applicable)

- Firearm (*armed security only; optional – no live fire exercises*)
- Baton
- Magazine
- Handcuffs
- Cuff key
- Flashlight
- Keepers

### 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*)
- IPMBA waiver (*to be signed on-site*)