



MMR-IPMBA CORE SKILLS & SCENARIOS CLINIC

Required Equipment & Materials Checklist

DUTY BICYCLE

- Reputable manufacturer mountain bike in good working order, properly fitted
- 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 only*)
- Off-road tires (*this class rides off-road*)

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 (*long fingered preferred for scenarios*)
- Body armor protective vest (*if worn on duty*)

ATTIRE

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

DUTY EQUIPMENT (police & security)

- Full Duty Belt
 - Firearm (*optional; no live-fire exercises*)
 - Magazine
 - Baton
 - Handcuffs
 - Cuff key
 - Flashlight
 - Keepers

STANDARD BASIC FIRST AID KIT (EMS)

OTHER

- Sunscreen skin protection
- 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*)