IPMBA EMS CYCLIST COURSE
Required Equipment & Materials Checklist

**DUTY BICYCLE**
- Reputable manufacturer mountain bike in good working order, properly fitted
- Street/combination tires (size 26-29 x 1.5 – 26-29 x 2.1; no knobbies)
- Pedal retention devices
- 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
- Disposable rubber gloves

**SAFETY EQUIPMENT**
- Eye protection (shatter-resistant, 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)