



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*)