



IPMBA POLICE – EMS - SECURITY CYCLIST II 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 measured at 10 ft.*)
- L.E.D. steady or flashing red taillight
- Rear mount kick stand
- Rear rack with full size rack bag
- Off-road tires (*strongly recommended; this class will ride off-road*)

TOOLS

- Patch kit
- Tire levers
- Two spare tubes
- Compact tire pump or CO2
- Brake wrench
- Chain tool
- Set of metric box-end wrenches, 5-17mm
- Chain lube
- Work stand
- Disposable rubber gloves

SAFETY EQUIPMENT

- Eye protection (*shatter-resistant, 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
 - Padded cycling shorts (*recommended*)
- Shoes
- Foul weather gear (*jacket, pants*)
- Off-road cycling clothes

DUTY GEAR

- Duty Belt (*police and security; as applicable*)
 - Firearm (*optional; this course does not include live-fire exercises*)
 - Magazine
 - Baton
 - Handcuffs
 - Cuff key
 - Keepers
 - Flashlight
- Panniers (EMS)

OTHER

- Pencil/Pen
- Notebook
- Sunscreen skin protection
- Bug spray
- Physical Activity Readiness Questionnaire (PAR-Q) (*required*) and medical clearance sheet (*if indicated by the PAR-Q*)
- IPMBA waiver (*to be signed on-site*)