

IPMBA EMS CYCLIST COURSE MANDATORY EQUIPMENT AND MATERIALS CHECKLIST

Duty Bicycle

- Reputable manufacturer mountain bike in good working order, properly fitted
- Street/combination tires (*size 26 _ 1.5–26 _ 2.1*)
- Pedal retention devices (*toe clips preferred or clipless pedals*)
- Two water bottle cages and bottles
- Hydration delivery system (*recommended*)
- Headlight (*42 lumens measured at 10 ft.*)
- Steady or flashing red taillight
- Rear mount kick stand
- Heavy duty equipment rack
- Panniers and rack bag
- Off-road tires (*optional*)

<p>Tools</p> <ul style="list-style-type: none"><input type="checkbox"/> Patch kit<input type="checkbox"/> Tire levers<input type="checkbox"/> Two spare tubes<input type="checkbox"/> Frame-mounted tire pump<input type="checkbox"/> Allen wrenches (4, 5, 6, 8mm)<input type="checkbox"/> Wrenches (8, 10mm) <p>Safety Equipment</p> <ul style="list-style-type: none"><input type="checkbox"/> Body armor protective vest (<i>if worn on duty</i>)<input type="checkbox"/> Eye protection (<i>wraparound, clear and tinted</i>)<input type="checkbox"/> Bicycle helmet (<i>ANSI, Snell, or CPSC approved</i>)<input type="checkbox"/> Padded cycling gloves	<p>Attire</p> <ul style="list-style-type: none"><input type="checkbox"/> Full duty uniform (<i>worn daily</i>)<input type="checkbox"/> Shirt<input type="checkbox"/> Shorts/Pants<input type="checkbox"/> Shoes (<i>cycling style or stiff sole shoe</i>)<input type="checkbox"/> Rain gear (<i>jacket, pants</i>)<input type="checkbox"/> Off-road cycling clothes <p>Other</p> <ul style="list-style-type: none"><input type="checkbox"/> Pencil/Pen/Notebook<input type="checkbox"/> Bug spray<input type="checkbox"/> Sunscreen skin protection<input type="checkbox"/> Physical Activity Readiness Questionnaire (PAR-Q) (<i>required</i>) and medical clearance sheet (<i>if indicated by PAR-Q</i>)<input type="checkbox"/> Signed IPMBA waiver (<i>to be signed on-site</i>)
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