



## EMS CYCLIST COURSE STUDENT CHECKLIST



Greetings EMS Officer,

You are about to enroll in the most comprehensive EMS bike patrol course offered in the world; the International Police Mountain Bike Association's EMS Cyclist Course. The checklist of equipment and other suggestions listed below will help you prepare for this challenging and exciting course of instruction.

### Mandatory Equipment

Required for the first day:

- Mountain biked in A-1 condition, fit for off-road riding, equipped with bike bag and pedal retention devise (toe clips or \*clipless pedals and shoes)
- Shorts and T-shirt or warmer athletic apparel for winter dates
- Helmet
- Cycling gloves
- Eye protection, both dark and clear for night operations
- 2 Water bottles and water bottle cages on bicycle
- Wet weather gear

Required as announced

- Full duty uniform for 4 hour scenario training, appropriate for summer or winter duty as scheduled
- Extra tire and tube
- Tire repair kit with tire tools
- 10 watt minimum headlight and rear led taillight
- One set of full paniers
- 2) one liter bottles filled with sand
- 2) two liter bottles filled with sand

Optional Equipment

- Sunblock
- Mosquito repellent
- Camel bak or similar hydration pack
- Hand towel
- Long sleeve shirt and or long pants (BDU) for off road riding and training
- Pocket knife, Leatherman tool or similar tool
- Bicycle repair pocket tool (Topeak Alien or similar tool)
- Cable lock
- Floor type air pump

\*Clipless pedals and shoes are often worn by avid off road cyclist, but may not be tactically beneficial for bicycle patrol duties. If you use clipless, consider bringing a set of regular pedals and toe clips as well.

Some days may include a road ride that will be 25-30 miles. Prepare yourself and your bicycle accordingly. You may use road or combination tires for most training, but it is highly advised that you have off-road tires for the off road portion of the course.

If you are not a seasoned cyclist, you may want to invest in padded cycling shorts to reduce the discomfort of long rides. It is recommended that you not wear jewelry for personal safety and possibility of loosing those items.

You are responsible for the transportation of your bicycle and equipment to and from various training sites.

If you have any questions or concerns, do not hesitate to contact the course coordinator, the sponsoring agency/department, or myself by the information listed below. Enjoy your course and we look forward to providing you the upcoming instruction.

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