

IPMBA POLICE CYCLIST COURSE

SAMPLE REQUIRED 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 or clip-less 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
- Rear rack with full size rack bag
- Off-road tires (*optional*)

Tools

- Patch kit
- Tire levers
- Two spare tubes
- Frame-mounted tire pump
- Allen wrenches (4, 5, 6, 8mm)
- Wrenches (8, 10mm)

Safety Equipment

- Eye protection (*wraparound, clear and tinted*)
- Bicycle helmet (*ANSI, Snell, or CPSC-approved*)
- Padded cycling gloves
- Body armor protective vest

Attire

- Full duty uniform (*worn daily*)
 - Shirt
 - Shorts/Pants
 - Shoes
- Rain gear (*jacket, pants*)
- Off-road cycling clothes (*optional*)

Duty Equipment

- Firearm (*optional if live-fire exercises are not included*)
- Magazine
- Baton
- Handcuffs
- Cuff key
- Flashlight
- Keepers

Other

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