



IPMBA BICYCLE RAPID RESPONSE TRAINING Required Equipment & Materials Checklist

DUTY BIKE

- Reputable manufacturer mountain bike in good working order, properly fitted
- Street/combination tires (*size 26 x 1.5 - 26 x 2.1; no knobbies*)
- Pedal retention devices (*BMX-style platform pedals are not acceptable*)
- At least one water bottle cage & bottle
- Hydration delivery system (*recommended*)
- Headlight (*42 lumens measured at 10 feet*)
- L.E.D. steady or flashing red taillight
- Rear mount kick stand
- Rear rack with full size rack bag

TOOLS

- Patch kit
- Tire levers
- Chain tool
- Compact tire pump or CO2 tire inflators
- Two spare tubes
- 4, 5, 6, 8, 9, 10 mm allen wrenches

UNIFORM

- Duty bike uniform (*worn daily*)
 - Shirt
 - Shorts/Pants
 - Padded cycling shorts (*recommended*)
 - Shoes
- Foul weather gear (jacket, pants)

FULL EQUIPMENT BELT

- Duty weapon (*optional; no live fire exercises*)
- Magazines
- Baton
- Handcuffs
- Cuff key
- Flashlight
- Keepers

SAFETY EQUIPMENT

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

SPECIAL EQUIPMENT

- Gas mask with extra filters if required
- Gas mask carry bag

OTHER

- Pencil/Pen
- Notebook
- Sunscreen
- Bug spray
- Physical Activity Readiness Questionnaire (PAR-Q) (*required*) & medical clearance form (*if indicated by PAR-Q*)
- IPMBA Waiver (*signed on-site*)