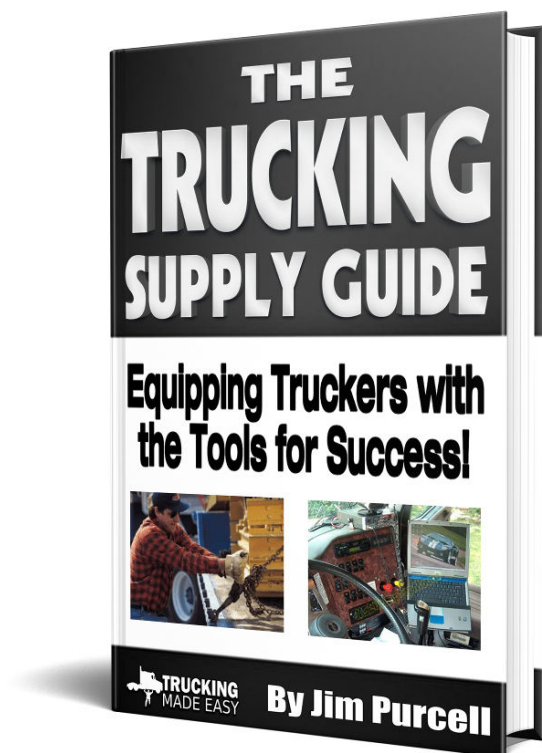


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# THE TRUCKING SUPPLY GUIDE

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Essential Tools and Equipment for Professional  
Drivers



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*Trucking Made Easy*

*The Trucking Supply Guide*

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# Introduction to the Guide



Truck drivers have different equipment and supply needs, depending on the type of trucking performed. This guide breaks down the needs of drivers into several key areas.

In this guide, you'll find several major categories of equipment and supplies. I've tried to include everything you'll need to perform the truck driving job and to live the trucker life. I hope you find it helpful!

## **These lists will help you in many ways:**

- Choosing which items to take with you on the road.
- Discover ways to get, and stay organized.
- Explore the opportunities that are available in the trucking job and life.

- Access resources you can use while you're on the road, to improve job efficiency and increase your personal enjoyment.
- Tips to help you save money, time, and more!

Buying equipment and supplies on the road (in the truck stop, for example) at the last moment **is to be avoided** if you want the best selection and prices. Truck stops can be a good place to purchase trucking specific products, but anything else will most likely be too expensive. They'll *do* in a pinch, and obviously they're convenient, but it's not a great idea to get your stuff there too often.

Money and time-saving links have been provided, where possible. There are no links for certain items (food or cleaning products, for example) which are best bought at a discount store like Walmart.

Search online to find the lowest prices possible. In comparing products with other retailers online, eBay and Amazon usually have the lowest price.

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**Note:** *Some of the following tools, equipment, and supplies may be more appropriate for one type of trucking operation versus another. Obviously, you might not need every item on these lists. Determine which supplies your company provides **before** you run out and purchase them!*

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# Chapter 1: Personal Items to Take with You



Some of the following items are more essential to carry in the truck than others. It just depends on how long you're away from home. Over-the-road drivers who are on the road for several weeks or months at a time will obviously need the most supplies.

## Clothing

A great thing about most trucking jobs is the freedom you have to dress how you want (within reason!). So, you might as well choose comfortable clothing! Truckers need to be prepared for all weather conditions. In some areas of the country, you may need to bring enough essential supplies for several seasons. In Colorado, for example, you can quickly go from spring-like weather to winter conditions in just a few hours.

The amount you'll need will depend on how long you're on the road. It's always a good idea to carry extra, if you have the room.

## Wallet, money, credit cards

Keep a stash of cash somewhere just in case you lose your wallet.

## Pants and Belt

Plan for the weather. Insulated jeans or Carhartts are great for cold weather. The type of work you do will dictate the type of pants you'll need.

- **Jeans**
- **Work pants. Dickies, uniform style.**
- **Carhartts**
- **Shorts**

Of course, it's important that we keep our pants up and appear professional!

- **Suspenders**
- **Belt, belt buckle**

## Shirts

- **Sweatshirts**
- **T-shirts**
- **Tank**
- **Button-up shirts**

## Underwear and Socks

Take enough with you to last the whole trip. Beats having to go front to back, inside out, and front to back again. LOL.



- **Boxer Brief**
- **Undershirt**
- **Briefs**
- **Boxers**
- **Crew socks, no show, tights, leggings, tube, etc.**

## Outerwear

Prepare for every weather condition you're likely to encounter.

- **Coat**
- **Jacket**
- **Sweatshirts. Thin, thick, or insulated.**
- **Flannel shirts. Thin, thick, or insulated.**
- **Coveralls/Overalls.** Some coveralls (Carhartt, Walls) are insulated and graded for specific outside temperatures. Some will even keep your body warm in temperatures -40 degrees or less. This can be a life saver if you get stranded, or just comfortable if you're out working in the cold. You can find some great deals on these on eBay or Amazon.

## Gloves

- **Work Gloves.** Leather. Rubber, waterproof and/or insulated for winter, fueling, pre-trip duties, etc.
- **Driving Gloves.** Many drivers wear driving gloves because it gives them a better grip on the steering wheel.

## Headgear

- **Trucker hat**
- **Baseball cap**

- **Cowboy hat**
- **Visor**
- **Bandana**

## Footwear

Wearing comfortable shoes will make driving long shifts much easier.

- **Work boots**
- **Cowboy boots**
- **Hiking boots**
- **Biker style boots.**
- **Steel toe work boots.** Especially for flatbedders, which many job sites require.
- **Sneakers, Running Shoes**

## Exercise Attire

If you plan to exercise while you're stopped, running shoes or cross trainers are essential.

- **Sweat pants**
- **Running/jogging shoes**
- **Cross-training shoes**
- **Athletic supporters**
- **Sports bras**

## Swim Wear

There are times you could be laid over for days, either because the truck is down for service and/or repairs, no loads in the area, or some other reason.

If you stay in a hotel, why not enjoy your stay and jump in the pool? It's best to be prepared with the appropriate swim wear.

- **Swim trunks, swimsuits**
- **One-piece, bikini**

## Toiletries, Etc.

These are articles used in washing and taking care of one's body, such as soap, shampoo, and toothpaste. Here's an additional [helpful resource](#).

- **Travel Kit.** To keep all your toiletries together.
- **Towels**
- **Wash clothes**
- **Scissors**
- **Nail clippers**
- **Shampoo, conditioner**
- **Soap**
- **Soap Dish**
- **Anti-perspirant/Deodorant**
- **Cologne**
- **Toothbrush**
- **Toothpaste**
- **Dental floss**
- **Mouthwash**
- **Shaving cream**
- **Razors**
- **Curling iron:** RoadPro 12v
- **Hairbrush**

- **Comb**
- **Chapstick**
- **Travel Pillow/ Neck-Support**
- **Travel Shaver**
- **Travel Hair Dryer**
- **Hanging Travel Bag**
- **Shower shoes**
- **Vitamins**
- **Over-The-Counter and Prescription Pills/Drugs.** Bring pain relievers, cold medicine, allergy medicine, antacid, etc.
- **Tissues**
- **Toilet Paper**
- **Baby wipes**
- **Female hygiene kit (females)**
- **Portable/Travel Toilet.** This is an essential item, though not one that's frequently talked about! Often used by campers, this one can be a life-saver for truckers. Great for emergencies in the sleeper.

**Truckers can't always get to a rest room.** Once you've been stuck in a 4-hour long traffic jam, or *had to go* at 3AM on a freezing snowy night at the back of a truck stop (especially in less than safe areas), you'll understand the importance of this one. Check [here](#) for even more information and resources.

- **Disposable Waste Bags**
- **Laundry soap**
- **Anti-static sheets**
- **Laundry bag.** A large laundry bag can hold a good amount of dirty clothes. Just hang it in the sleeper out of your way. If you're

on the road for many weeks at a time, it might be time to bite the bullet and bring it into the truck stop laundromat!

- **First Aid Kit.** Essential for emergencies or minor cuts and abrasions. Drivers don't always have access to truck stops or other stores for supplies.

## Bedding

- **Sheets**
- **Pillow**
- **Pillow case**
- **Blankets**
- **Fleece and/or heated blanket**
- **Sleeping bag**

## Inclement and/or Extreme Weather Gear

### Rain Gear

- **Rain coat**
- **Rugged rain suit w/bibs, w/pants.**
- **Rubber rain boots.** These can be pulled over your regular shoes when you need them. Great for rain or muddy conditions. Just remember to take them off before you get back in the truck to keep the cab interior clean.
- **Umbrella.** Search for an auto open/close umbrella that won't collapse in those high winds. Not practical if you're working - rain gear is essential - but great for when you're walking to the truck stop in the wind and rain!

## Winter Gear

The weather won't seem quite as cold if you're wearing the right clothing.

- **Thermal underwear**
- **Thermal socks**
- **Thick or insulated hats.** Ski Cap, Skull Cap, etc.
- **Other winter essentials (at least for drivers in the north).**
- **Winter Gloves.** Insulated for extreme cold conditions. Get the insulated kind for of work gloves for extreme cold conditions you'll encounter as you're fueling the truck, loading frozen product in a produce cooler/warehouse or in the trailer, securing the load on your flatbed trailer...whatever's called for.

## Gadgets and Gear

- **Wallet.** Money, credit/debit cards.
- **Keys.** Keep on a strong, secure key ring.
- **Smartphone:** These days, this one's a must have! Good news is, they're getting cheaper every year. Preferably, get one with a good camera.
- **Sunglasses:** Driving sunglasses help prevent damage to your eyes and fatigue while driving. To best protect your eyes, look for sunglasses that provide at least 98% protection from both UVA and UVB rays
- **Trucker's backpack:** The 22" trucker's backpack was designed with the professional driver in mind with over 15 pockets to hold your gear, plus special pockets for pens, credit cards, keys, cell phone and much more.

- **Bluetooth headset:** Hands-free, Bluetooth enabled headsets. Perfect for wireless communication while you're driving, walking, eating, etc.
- **Smoking products:** Cigarettes, Cigarette lighters, smokeless tobacco, herbal tobacco alternative, vaping, etc.
- **Quit smoking products:** The nicotine patch delivers a steady stream of nicotine to help fight withdrawal. Also try nicotine gum, which you take only when it's the toughest. These products can help you get over the habit.
- **Wrist watch:** It's easy to get lost in the hours and days when all you do is drive, unless you have a watch and calendar. Helps you keep track of the time, and to stay on schedule.
- **Binoculars:** Compact binoculars are great for getting a better view of all the sights you see out there on the road.
- **Prepaid calling card:** Good for emergencies, if you can still find them.
- **Camera:** Preferably, have a good smartphone with a camera, plus a disposable camera in case of an accident.

## Chapter 2: Trucking Equipment and Supplies



*Courtesy of [Freightliner Cascadia](#)*

Each time you do a major restocking of the truck, try to do so at Walmart, or at a store that sells in bulk (like Sams, for example), or see below for excellent product offers I've found. This is a much smarter option than always getting what you need at truck stops.

Some truckers keep part of their supplies in a large container or milk crate. We've also included easy links to these items with online partners like eBay and Amazon. In any case, we've attempted to find the best items for the best prices.

### In-Cab Equipment and Accessories

- **Clip-on visor mirror**



- **Self-extinguishing ashtray**
- **Steering wheel cover.** For added grip and comfort.
- **Air freshener:** Hang one from your dashboard or other convenient place, and/or use a spray freshener for the whole truck.
- **Cab curtains:** Essential for privacy and security. Takes under a minute to put in place for complete privacy.
- **Spare fuses:** Keep fuses with various amps handy. Especially if you're running appliances and electronic devices in the truck.
- **Extra wiper blades**
- **Flashlight:** Super bright 32 LED flashlight. Mag light: various sizes, from the single cell AAA to the 6 D-cell size which can double as a weapon in a pinch. Check eBay for great deals.
- **Extra batteries.**
- **Spotlight:** Rechargeable Tracker/Spotlight. See what you're doing when you find yourself searching for the right dock at night, or unloading a dark trailer when your trailer lights burn out.
- **Extra LED lights and lamps:** For tractor and trailer, Grote clearance, marker, arrow, stop, turn, tail, interior
- **12-volt extension:** Also, get a 2-way socket adapter. Many times, the appliance you want to plug in must be placed a good distance from a 12-volt plug. For instance, if you keep a cooler in front or on top of the passenger seat like many drivers do, and you already have your satellite radio and laptop connected to the plug up front, you can connect this extension to a plug in the back of the sleeper and you're set to go.
- **12-volt socket adapter:** 2,3,4 sockets. If you want to run several different devices at once, you'll need one of these.
- **12-volt oscillating fan:** Sometimes you need fresh air instead of air conditioning. Also use when you try to sleep in hot weather if you turn the engine off. Circulates your cool air, cuts back on A/C, increases fuel efficiency.

- **Disposable camera:** To use in case of an accident, often provided for by the company. For insurance purposes, having pictures will help to prove your case.
- **Vehicle compass:** On new roads in new country on a cloudy day, even the most astute driver can get turned around.
- **Duct tape:** The standard by which all other accessories and tools are measured! You can never have too much duct tape on hand! Multi-purpose.
- **Electrical tape:** Buy by the sets of rolls.
- **Fly swatter:** Before you go swatting flies, make sure you stop the truck first!
- **Hangers:** Most big truck sleepers have sleepers with closet compartments in them to hang up your clothes.
- **Self-defense equipment:** Stun gun or pepper spray could save your life in a dangerous, isolated area.... or even in the truck. First, however, check state laws regulating the use of these devices.
- **Gym bag, duffel bag:** A large gym bag, duffel bag, or suitcase is essential for carrying all your gear to and from the truck, or supplies into the truck stop when you take a shower.
- **Log books.** If not required to comply with the [electronic logging device \(ELD\) rule](#). Standard, 3-hole punch loose leaf (sets, packs) and binder <http://stores.ebay.com/Interstate-Safety>
- **CB radio.** [Trucker Country's CB Radio Page](#) has more information on CB usage, as well as special offers on new and used CB's.
- **CB accessories.**
- **Travel alarm clock.** If you have a hard time hearing the alarm and waking up, get one with an *extra loud* feature.
- **Power inverter (DC to AC).** Many accessories truckers use in the truck (laptop, printer, microwave oven, etc.) require an A/C connection. The higher-wattage inverter must be connected directly to the truck's batteries.

- **Heated blanket.** Get a 12-volt Heated Blanket that has its own power supply, so you can have it on all night without it draining your truck's batteries if you choose to save fuel by not idling the engine.
- **Sleeping bag.** Essential if you're going to keep the engine off when you're sleeping. You can also use a sleeping bag if you prefer to avoid the hassle of sheets and blankets. If you're with a company that slip-seats, using a sleeping bag is a lot quicker than swapping out sheets and blankets.
- **Walkie-talkie/ two-way radio.** Keeping track of your partner in a team operation, and getting guidance backing your truck into a parking space are a few ideas for this item.
- **Portable hand-held CB radio.** Either the above two-way radio or this hand-held CB radio can come in very handy, especially when you're a new driver. For example, you can have your partner (or another, helpful trucker) stay outside the truck and guide you in with the radio as you're backing into a dock or a parking space.
- **Radar detector.** Note: Radar detectors are prohibited in all commercial vehicles over 10,000 pounds. Go to the [Trucker Country Radar Detector Page](#) for more information and resources
- **Digital camera and camcorder**
- **Scanner.** Many drivers use scanners to listen in to police and fire department broadcasts. The main types of scanners are base station, mobile, and portable. Truckers on the road use either mobile or portable. For more information, go to the [Trucker Country Scanner Page](#)

## Common Tools of the Trucking Trade

- **Tire thumper.** Useful tool to check for flat or insufficiently inflated tires. Many truckers consider it a personal protection item as well.

- **Fifth-wheel pin puller.** A pin puller makes it a lot easier on your arms/back/shoulders. Also, you'll keep your clothes clean in the process. There's a lot of grease under the front of the trailer.
- **Crowbar.** Good for prying open frozen trailer doors and knocking the ice off your mud flaps. Flatbedders (and some van haulers) get a lot of use out of a crowbar...prying up various dunnage (lumber - frames, stakes, wedges, etc. nailed down to secure cargo onto trailer) and nails.
- **Knife.** A folding pocket knife is useful for many tasks in trucking.
- **Funnels.** Various types. For oil and many other liquids.
- **Chalk w/ marker.** Aids as a reference point when sliding trailer tandems. Also, use magnet marker for those rainy, icy days when chalk just won't do.
- **Bungee cords.** Multi-purpose. Strap anything onto anything! Bundle items together. Keep things from flying around in the cab.
- **Shovels.** A big scoop shovel is useful for many purposes including; cleaning out the trailer (especially if you haul nursery products), throwing rock salt for traction in the snow and ice, etc.
- **Foldable shovel.**
- **Lock/padlock.** To lock the trailer doors.
- **Nylon cable/ tie wraps/ zip ties.** Whatever you want to call them. Buy bulk amounts for cheaper prices if you plan on using them often. Bundle wire, cables. Plus, there are many other possible uses.
- **Glad hand handles/seals.** Buy seals by the sets or by the bag. Handles ensure a good connection between airline & glad hand, prevents kinking or breaking of airline, and greatly facilitates connection and disconnecting of glad hands.
- **Glad hand lock.** Connect to trailer air-line glad hand to prevent dropped trailers from being moved or stolen.
- **King pin lock.** Attaches to trailer king pin and prevents another tractor fifth wheel from hooking up to it.

<http://www.jameskingco.com/index.php> (Enter king pin or glad hand in search box)

- **Shrink/stretch wrap.** Stretch wrap is generally used to hold boxes on a pallet for transport. Stretch wrap is pulled around the load and stretched. The plastic has a memory and wants to return to its original size. This "elastic band effect" holds the load tight. Very useful for freight haulers, as not all shippers will provide this wrapping.
- **Push broom.** You'll need a wide push broom for quick sweeping of your trailer (for van, in- between wash-outs, or flatbed to remove dirt rock, and debris).
- **Large dust pan.**
- **Snow broom and brush.** A telescoping heavy-duty snow brush and scraper makes it easy to reach and remove snow from the truck. Get a good ice scraper as well.
- **Thermometers:** Pulp and standard digital types.
- **8-Gauge 12' Booster Cable.** If the batteries die for any reason, having a set of jumper cables will save the day. Just find another driver kind enough to lend their truck's power and save a visit from the service truck.
- **Safety glasses.** Some shippers/receivers require these on docks or on construction sites. They're usually supplied, but good to have.

## Basic Tools for Drivers

Truck drivers need many different tools, depending on the type of trucking that's done. These tools are good for everyday trucking duties, regardless of the type of hauling type.

- **Multi-tool.** The Gerber Multi-Plier 800 can handle many tasks truckers regularly encounter. Contains spring-loaded pliers, wire

cutters, scissors, saw, various screwdrivers, knife, bottle opener, and a file.

- **Utility knife.** Use for cutting straps, boxes, scoring objects, etc.
- **Wire cutters.** For cutting straps, trailer seals, etc.
- **Screwdrivers.** Assorted standard, and Phillips-head will handle most of your needs.
- **9/16" wrench.** Mainly used for adjusting trailer brakes
- **Adjustable wrench.** Use for many purposes in and out of the truck
- **Vice Grips.** It's convenient to have these all-purpose tools on hand
- **Torx-head screwdriver.** Torx screw heads characterized by a 6-point star-shaped pattern. They're quickly becoming the standard in trucks.
- **Heavy-duty truck oil filter wrench.** 4-1/8" to 4-21/32"
- **Nuts, bolts, washers.** Bring a small plastic box to carry assorted types and sizes.
- **Hammers.** Standard claw hammer, ball-pein hammer
- **Pliers.** Standard pliers for multi- purposes.
- **Tape measure.** At least 25' will cover most of your measuring needs. Helpful when needing accurate trailer space calculations.
- **Tool kit.** Metric and fractional inch tool kit.
- **Tool box.** To put all your tools in, of course! Choose one that's durable, lightweight, and inexpensive. The size of box depends on how many tools you take with you and how much free space you have.

# Organization and Efficiency Tools

## Voice Recorder and Accessories

- **Digital voice recorder**
- **Cassette or microcassette voice recorder**
- **Tapes**
- **Calculator:** Useful for many purposes: figuring your fuel efficiency, cost per mile, your Hours of Service calculations, and more. Get at Walmart or another discount store or search for the type you want on eBay.
- **Voice recorder app for phone.** A voice recorder is a very useful item to have. Much easier and safer than writing with pen and paper, you can easily record important events as you're driving down the road. *For example:*
  - Record the odometer reading when you enter a new state. Just talk and record, then listen and write down the info later.
  - Directions to a shipper/receiver facility (stopping the truck first is preferable for this one).
  - Anything you need to remember...ideas, lists, goals, etc.

This will enable you to keep your hands on the wheel, and your eyes on the road. Many recorders are voice-activated, and you can just set them down somewhere within voice range.

- **Aluminum briefcase.** Truckers need a tough briefcase to take the abuse of being thrown into a truck, protect what's inside, and one that will last a long time. Also, you'll save time and money having all your important info in one easily portable location.

- **Back of seat organizer.** This can also be used on the front of the passenger seat for an easy extra storage option. Keep pens, sunglasses, extra log books, CD's and DVD's, snacks...whatever you need to keep handy.
- **Pens, pencils, ruler, other office essentials.** Yeah, paperwork is still part of a professional driver's job! Log book, trip sheets and other paperwork must be filled out, signing bills of lading are always necessary, etc. Stock up on office supplies at an office supply store or at a Walmart.
- **Magnifying glass.** A map magnifier will make the fine print details of smaller roads easier to see.
- **Notepads, notepaper, sticky notes.** Write a letter, jot a note, keep track of your thoughts, right down things you recorded earlier. You're also much more likely to either remember or do things you've written down.
- **Day-Timer (planner/organizer).** If you still prefer to write down on actual paper, there are several types available, but the three-ring binder type of day planner seems to work best. You can take a page that pertains to the week you're working in, and place it on a clipboard in front of you.

**A few suggested lists you can track on the day timer:**

- Broker names and phone numbers; shipper's and receiver's names, addresses, phone numbers; pickup numbers, and other pertinent load information.
- Supplies needed for the truck
- Things to do when you get home
- Personal and business goals (for the week, month, and year)



These are just a few ideas, but you should see the potential!

- **Address/phone numbers book.**
- **File box.** Designate a manila folder for each state and province where you pick up or deliver. Keep all customer direction sheets and other pertinent information in their designated file. Sturdy, inexpensive file boxes can be purchased at a store like Walmart or Sam's Club.
- **Manila folders.** Group similar paperwork together in individual manila folders, then place folders in a file box. Great for: trip sheets, both copies of past sheets and blank ones; paperwork to be turned in, maps to customers, and notes you've written for future reference. Also, don't forget to keep a folder for your personal bills, correspondence, and more.
- **Vehicle memo clipboard.** This is very handy item which mounts to the windshield or dashboard. It'll help you keep your hands on the steering wheel and on the gearshift. Some models even include digital voice recorders. Select the kind that's right for your truck/dashboard. Small adhesive mounting squares should hold it in place (get the type of mounting squares which will stick adequately, but not permanently, to the dashboard).
- **Coin/money/receipt holder.** On the road, you'll often need to have money available for tolls (mostly on turnpikes), bridges, tunnels, etc. Rather than fumbling around for money at the last minute, you'll have the money at your fingertips when needed. It's also great for keeping the receipts for which you'll need to get reimbursed (either by your company or by Uncle Sam).
- **Visor CD/extras holder.** Have a convenient place to store your CD's plus other extras like receipts, money for tolls, etc.

## Extra Fluids for the Truck

- **Extra filters.** Oil, fuel filters, etc.
- **Anti-freeze/coolant**
- **Ether/starting fluid**
- **WD-40**
- **Motor oil**
- **Transmission fluid**
- **Fuel additive/conditioner**
- **Windshield washer fluid.** Standard, Rain-X
- **Water.** Keep plenty of extra water for general purpose use, cleaning, diluting coolant, etc.

## Cleaning Supplies for the Truck

- **Air blow gun kit**
- **Glass cleaner**
- **Multi-purpose foam cleaner**
- **Hand cleaner**
- **Baby/wet wipes**
- **Squeegee with sponge and scrubber**
- **Empty spray bottle for multi-purpose fluids**
- **Paper towels**
- **Shop towels**
- **Small broom and dust pan**
- **Trash bags.** Small grocery type bags work well... just save them at home.

- **Hand vacuum cleaner.** Get a high-powered type with a beater bar for better cleaning. Many brands are available at eBay, including wired and 12-volt types.
- **Carpet Cleaner**

## Emergency Essentials

- **Fire extinguisher:** This item is usually supplied to company drivers, depending on the company.
- **Reflective triangles:** These are usually supplies to company drivers, but it's good to have extra. They can easily get run over.
- **Flares**
- **Wheel chocks**
- **Back-Up Items:** Fluids (in case of any type of leaks), pigtail, grommets,

## Chapter 3: Food and Beverage Supplies



The food supplies you carry in the truck depend upon your style of operating over-the-road. Typically, truckers get most or even all of their food and beverages from truck stops, either from the restaurant or convenience center.

If this sounds good, you may not be too interested in this chapter and can skip ahead! But it's important to be prepared for emergencies, or for those occasions when there are simply no truck stops, or restaurants nearby.

If you're interested in a more self-contained style of driving, check out [Big Rig Talk](#) for lots of good food preparation videos as well as other trucking related videos.

## In-Reach Driving Essentials: Beverages, Snacks, and More

Non-refrigerated food and snacks, or sandwiches to be eaten shortly after beginning to drive. Basically, this can be anything that will help you get down the road and not have to stop as often.

- **Water.** Full gallon of water, plus smaller water bottle.
- **Coffee/tea**
- **Snacks.** Whatever your preference. Unless you plan to take a cooler, focus on non-refrigerated items.
- **Protein bars, snickers, etc.** Anything to get you by and to limit having to stop.
- **Thermos.** Keeps hot drinks hot and cold drinks cold for those long driving shifts in-between truck stops.
- **Travel mug.** A good travel mug prevents spills, keeps warm drinks warmer and cold drinks colder, for a longer time.
- **Cigarettes, cigars, pipe.** If you just gotta smoke! Or e-cigarettes, vape pens, etc.

## In-Cab Kitchen Tools and Accessories

- **Electric travel cooler.** Many truckers consider this a necessity rather than a luxury. With the high cost of food at many truck stop restaurants, limited selections, and lack of healthier foods, this type of cooler will get you a lot of use.

Simply plug into the cigarette lighter-accessories plug, or a power inverter, it's designed to cool food inside to 40 degrees below

ambient temperature (temperature in the cab). This should be OK if you don't let the truck interior get too hot. Get at least a 40-quart cooler if you want to fit in more than just a few things.

- **Water heater/boiler.** This item is great for coffee or tea, soups, etc. One must for truckers is a good cup of coffee! If you're not at a truck stop or restaurant, you can simply make coffee yourself in the truck.



Many truck stops carry [RoadPro](#) and Tracker 12-volt products. [This one](#) is about the size of a big coffee thermos (20 oz.), stands upright, and takes about 5-10 minutes to heat up enough water for a large cup of coffee. You can also use boiled water to make other meals, such as soup.

Take food products which come in a ready to eat container, or just use Tupperware which seals tightly (which is also great for keeping food in your refrigerator/cooler).

- **Compact microwave oven.** Easily heat foods for great meals on the road. Get a compact microwave oven because of the space limitations, and know how many watts you're using. A power inverter is required to supply the power you'll need.
- **Can opener.** Canned goods are an inexpensive, quick way to have a meal in the truck.

- **Ziplock baggies and plastic wrap.** Large freezer bags and small sandwich baggies are essential if you want to store leftovers or lunch meat in your cooler.
- **Tupperware or plastic containers.** Store other food items in your cooler like soups, cottage cheese, pudding, etc.
- **Eating utensils (flatware or plastic).** Bring a large and small spoon, butter knife, steak knife, and forks. Just rinse out or use cleaner wipes after each use
- **Instant breakfast and *quick* food.** Oatmeal, grits, and Carnation Instant Breakfast are just a few types of foods you can easily prepare with hot water or milk.
- **Condiments.** Packets or jars/bottles of mustard, mayonnaise, ketchup, seasonings, salt, pepper. Also, sugar, Sweet n' Low, or Equal, depending on your preference.
- **Paper plates, plastic bowls**
- **Mugs/tumbler**
- **Large coffee/low rider mug with lid.** Plastic tumbler for coffee and other drinks.
- **Emergency food supplies**
- **Miscellaneous:** Bring along dried fruit, candy bars, dry cereal, meal replacement bars, cans of chicken or tuna, etc.

## Coffee/Tea Supplies

When you're not near a truck stop or restaurant (or to save money, and even just to have better coffee!), all you need is water and the following supplies and ingredients to make coffee in the truck.

- **Coffee maker.** Mr. Coffee is the most popular home model which you can plug into a power inverter. There are also 12-volt coffee makers you can plug right into the outlets.
- **Coffee grounds or beans.** If you prefer beans, don't forget your grinder!
- **Coffee grinder.**
- **Water heater/hot pot.** See In-Cab kitchen tools and accessories above.
- **Coffee maker filters:** The disposable or permanent type.
- **Non-dairy creamer:** Liquid or powder
- **Sweetener:** Sugar, Sweet n' Low, Equal, Stevia, etc.
- **Instant coffee.**

## Self-Contained Food Essentials

Self-contained truckers try to have everything they need inside the truck with them. This includes food and eating supplies, plus the coffee-related items above.

These types of drivers don't depend on truck stops for their food and supply needs, can save more time and money, and even have better health.

- **Sandwiches**
  - Bread, rolls, tortillas
  - Lunch meat/other meat/leftovers
  - Lettuce, tomato, cheese, onions, etc.
- **Microwavable food products/soups**
  - Instant soup: Just add boiling water to soup and seal container. Use Tupperware, and you have a meal in just a few minutes. You can also bring inexpensive, easy microwaveable foods.
- **Protein/meal replacement powder or bars.** Meal replacements or protein powders require a shaker bottle, as most of



these powders get mixed with water, juice, milk, etc. The bars are great for a quick snack, or for when there's no place or time to stop.

- **Beverages.** Water, soda, juice, milk. Like mentioned previously, bring along plenty of water. You can easily use a gallon of water or more every day. Besides drinking plenty of it, water also can be used to make soups, instant meals, coffee and much more.
- **Snacks.** Mints, chips, nutritional food, candy, any other snacks you prefer.
- **Fill in your preferred self-contained food items here:**

# Chapter 4: Computers and Accessories



## Computing

- **Laptop.** A laptop can be used to access online maps, conditions on the road, and even can be turned into a GPS Navigation System with a receiver and software. Not to mention endless other uses, including in-cab entertainment.

For more information and resources, including the lowest prices on laptops, go to the [Trucker Country Laptop Center](#).

- Smartphone
- Tablet, notebook.
- Wifi: Mobile hotspots and wireless internet cards to easily access the internet on the road. See more information on the internet, plus resources for truckers at the [Trucker's Internet Guide](#).

## Electronic Accessories

- **Laptop/notebook case or bag.** Transport your laptop plus keep it safe from damage when you take it with you in the truck stops and hotels, and toss it up in the truck as they get in and out.
- **Laptop stand or mount.** Perfect for using your laptop as a GPS navigation center, among other things. Check out the Mobile Laptop Mount [website](#).

### Foreign Language Translator Ideas

These will come in handy when you're on the dock and you need to find *el bano*. The bathroom, that is!

- **Talking translator.** Check out these [options](#).
- **Microsoft online translator**
- **Google online translator.**

# Chapter 5: Trip Planning Efficiency



Proper trip planning, efficient paperwork and record keeping, and overall organization are all essential elements to a trucker's success. For more information on the following items, or complete trip planning information and resources, go to the [Trucker Country Trip Planning Page](#).

- **Portable GPS vehicle navigation system.** Complete GPS navigation systems need no additional software or extras. Easily find every shipper, receiver, truck stop, service center, movie theater...you name it.
- **Trucker's road atlas.** [The Rand McNally Large Scale Motor Carriers' Atlas](#) is the #1 trucking atlas. It features a sturdy spiral binding and laminated pages (will last much longer than the paper pages). In addition, the pages can be marked with a grease pencil, felt-tipped pen, or dry-erase pen/marker and wiped clean. This

allows you to mark your routes, and see them more easily at a glance. The extra-large size really is a great feature for drivers.

- **Truck stop guide.** [The Trucker's Friend](#) is still the best one of these. Find thousands of U.S. and Canada diesel fuel locations, and practically every truck stop out there.
- **Mountain Pass/Grade Information Guides.** These guides are invaluable for rookie drivers or old hands traveling into a mountainous area for the first time. Check out [Mountain Directory East and West](#) for truckers.
- **The Next Exit: Interstate Exit Services Guide.** This [handy guide](#) lists services at exits off most major highways and interstates.

## Chapter 6: Entertainment Options for Truckers



There's almost certainly going to be down time when you're out there on the road; picking up and delivering a load, laid over in a truck stop. Having enough entertainment options will help you relax after a long day, as well as help pass the time when laid over in a truck stop.

- **Audiobooks.** Bring audiobooks on CD, Cassette, MP3 and listen while you're going down the road.
- **Music.** One of trucker's favorite pastimes is listening to music while driving. Bring along your CDs, Cassettes, and MP3's. Find more information and resources on [Trucker Country's Trucking Songs Page](#)
- **Movies.** Movies, DVD's, Videos, etc. Get a flat screen TV. For how to install a TV in your sleeper, check out [EMIP TV](#). For more resources, go to Trucker Country's [Trucking Movies Page](#)
- **Home theater in a box.** DVD-CD player, five speakers, and a subwoofer, a powerful 500-watt home theater system has everything

you need to enjoy movies and music in excellent surround sound... right in the truck!

- **DVD player.** From small portable units to regular size players, depending on your available space and preferences.
- **Portable MP3 players.** The latest MP3 players can store and play an unbelievable amount of music.
- **Satellite TV equipment.** DirecTV antennas, systems, service.
- **Satellite radio.** Go to [Trucker Country's Satellite Radio Page](#) for Sirius and XM satellite service, radios, and accessories.

## Portable Audio and Video

The following items can be connected to the truck's stereo system, either through the audio out or headphone connections. Some products have multiple functions built-in, up to 4-in-1.

- **Portable TV.** Screens of just a few inches are available, but I'd recommend at least 15" for extended periods of viewing. Many models even include a 12-volt power supply and vehicle adapter.
- **Portable DVD player.** Some also play CDs and MP3s.
- **Portable CD player.** Hook one of these up to your truck's stereo system to listen to CDs. Use the following cassette adapter if your vehicle has a cassette player.
- **Cassette adapter for truck stereo.** If truck is so-equipped, a cassette adapter allows you to play other devices through your truck's stereo system like CD players and DVD players. Even laptops can be connected to listen to DVDs you're watching.
- **Portable MP3 player.** Store and listen to an amazing amount of songs or audiobooks. The new MP3 players can hold many thousands of minutes of listening time.
- **Portable Hi-Fi music players and Hi-Fi headphones.** Like upgraded and improved iPods, these are capable of much more, if

music or talk is your thing. Check [here](#) for more info. Warning: they're a bit pricey!



# Chapter 7: Load Securement and Protection



## Equipment for flatbeds

- Chains.
- Chain load binders.
- Rubber tarp straps.
- Winch straps.
- Portable trailer winch.
- Winch Bar.
- Winch strap web protectors.
- Tarps: Steel, Lumber, Smoke Tarps, Coil Covers
- Hard hat.
- Strap Winder. A real time-saver when you have a lot of winch straps to roll up.
- Heavy Duty Binder/Transport Chain. 3/8", 5/16", 1/2" chains, hooks

- Push broom.

## Equipment for van trailers

- **Cargo (Load) Bar.** Get one that adjusts from. 90"-105"
- **Jack Bar w/welded hoop sets.** 87"-104"
- **E-Track Ratchet Straps**
- **Push broom**

# Chapter 8: Household Moving Supplies



The following is a list of essential equipment for household movers.

- **Hoisting Straps.**
- **Moving pads:** To protect furniture and valuables.
- **Two-Wheel Dolly / Hand truck:** Aluminum or steel hand truck
- **Four-Wheel Dolly / Carpeted wood dollies:** Essential for heavy loads, commonly used on moves with a long walk or elevator.
- **Crates and Bins**
- **Appliance dolly / truck:** For big, heavy appliances, like refrigerators, stoves, etc.
- **Ramps:** Many uses, often used over front stairs or stoop for easier, quicker entry and exit, also allowing use of wheel dollies.
- **Cargo straps:** Ratchet straps, cam buckle straps for the e-track.
- **Pallet Jack:** To move heavier items onto trailer.
- **Quilted covers:** Washer, dryer, range cover, door jamb protector
- **Sofa, loveseat, chair covers**
- **Plastic covers.**

- **Rubber mover bands:** Secures moving pads snugly on furniture and appliances.
- **Tape dispenser.**
- **Packing tape.**
- **Mattress carrier:** This will help keep the mattress clean plus make the move easier.
- **Shoulder Dolly:** Work with your partner without a hand truck.
- **Back support brace:** Don't lift heavy objects without a good back support brace.
- **Forearm forklift:** Takes a load off your back. Popular new item for pro movers.
- **Ladders.**
- **Piano Board.**
- **Tool Kit.**