


FIRST GEAR

NEW DRIVER NEWSLETTER

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FAMILY OF BRANDS

OCTOBER 2022



Married 2 the Road

By Angela Baum

Larry and I met like so many other people in today's society, on a dating app. At the time he was an over-the-road truck driver for twelve years, and I was a single Mom to two girls working two jobs. After dating only a few months, Larry popped the question at Christmas in front of about forty of my family members. Trucking was completely new to me and being a newlywed, I was not crazy about spending so much time apart from each other. He convinced me at the age of forty-five years old to go and get my CDL so I could join him out on the road.

Initially, when we started team driving, we were driving for FedEx Ground, and I was trained on doubles. Oh, did I mention that Larry was also my trainer? That made for an intense first two years out on the road. Not only was this trucking all new to me, but also having my OCD husband be my trainer was interesting. The first two years were filled with a lot of arguments and disagreements as we learned how to cope with each other 24/7 in confined living quarters.

Adjusting to a work relationship full-time has not always been easy. We are like any other couple; we have our ups and downs.

For the most part, I do most of the daytime driving while Larry sleeps. Then in the evening we will swap and enjoy a meal together. Larry will take over driving the nighttime shift. The truck is constantly moving unless we are fueling, picking up or dropping off a load, or showering. Adjusting to a work relationship full-time has not always been easy. We are like any other couple; we have our ups and downs. The difference is we cannot just walk away from each other. We are quite literally a team in every aspect. In moments when things are too tense with us, we have learned over the years to separate. One will go to the back of the truck to cool off before hurtful things are said.

The last seven years have truly taught us to work as a team and to have each other's back. Even when we are home during downtime, we want to be together 24/7.



For the last seven years, we have traveled throughout the US and Canada with our two dogs Gizmo and Bandit. We recently added another furry addition to our family, Nova a twelve-week-old husky. As I stated earlier, I started out on doubles since we got all the endorsements and clearances. This allows us to haul special Military, Government, and FBI loads.

Recently, we made the move to a new company called Fluckin Truckin. Not only did the owner see value in us as a team with all our endorsements and clearances, but she also saw the difference we were trying to make in the trucking community and wanted to invest in us. One year ago, I won the Queen of the Road award through REAL Women in Trucking. This led me on my journey to become a board member at REAL Women in Trucking so that I could be a part of making a real difference in the trucking community.

Two years ago, at the height of COVID Larry and I started Treat a Trucker on Facebook. We saw a real problem with truckers feeling under-appreciated and having a hard time finding open places to get meals at. Each week we would take \$100 out of our paycheck and buy ten \$10 gift cards to Subway, Walmart, or Denny's. We would gift truckers along the way as our way of saying thank you for sacrificing time away from your family and friends. Since we started this, we have received donations worldwide, and have brought in other truckers to help us gift truckers. Now we have gifted over 1,500 truckers in less than two years. We hope to reach 2,000 truckers by end of the year!

Two weeks ago, we finally moved into our new home! It is an ARI Volvo Super Sleeper, which is quite literally like an RV for truckers. Our current home (aka our truck) is a 180-inch sleeper. It features a fully equipped kitchen with two electric burners, sink, microwave, conventional oven, bathroom with a shower, dining area, and a queen-size bed.

This is something Larry and I have dreamed about for seven years, and it still does not feel real yet. We are currently in the process of listing our home for sale, so we can live on the truck full time to help us save towards our retirement. ●



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The Latest in Fall Gear

By **David Hollis**, Editor, *Truckers News*

Fall brings with it any number of things, including:

- Increased freight volume
- Cooler weather
- Pumpkin spiced flavored everything

And this fall, despite supply chain issues, there are a number of new gear items and gadgets to make your trucking life easier, more comfortable, and more profitable. Here are a few of them.

New Apparel from Cummins



Few brands in the world of trucking are as iconic as Cummins, and now you can wear their company logo with pride. DAS Companies, the parent company of RoadPro Family of Brands, is introducing Cummins-branded apparel available this fall.

A new T-shirt is perfect for Cummins diesel and gas-powered engine fans. The gray t-shirt is made of cotton blend and the black t-shirt is 100% cotton both consisting of a tagless label for comfort. The unisex fit is designed with a generous cut and comes with or without a pocket. These shirts come in gray or

black and in sizes small to 4XL.

The new line also offers a Cummins-branded trucker's cap. This low-profile hat has a lower crown and a mesh backing for ventilation. The baseball cap bill needs little adjustment and retains the ideal curve for a comfortable fit that still blocks the sun. The snap-back is adjustable to suit any size. Available in black. Available at truck stops and travel centers.

Samsung Galaxy Z Flip 4 Foldable Phone



Following on the heels of the popular Galaxy Z Flip 3, the new Flip 4 is expected to sell for \$999.99.

When opened, the so-called "clamshell" phone has a 6.7-inch display, broken up by a cutout for the front camera. There's also a 1.9-inch cover display that shows notifications and offers several other functions when the phone is folded.

The Flip 4 has two rear cameras, a 12MP main and a 12MP with an ultra-wide lens, and is driven by the Snapdragon 8 Plus Gen 1 chip, giving it plenty of power.

Garrity Flashlights



Seeing and being seen in low-light conditions is essential for truckers on the road, and now Garrity delivers a long line of flashlights with 13 different models. There's certainly one to meet your needs.

The Garrity lineup includes everything from pocket-sized penlights to heavy-duty tactical flashlights with night-piercing 350 lumens. A mainstay in the Garrity line, and one well suited for truckers, is the Lighthouse Pro. This compact but powerful flashlight has five light modes and delivers 350 lumens. It also has a magnetic base for use as a hands-free work light. Batteries are included with all Garrity flashlights. Available at truck stops and travel centers.

Milwaukee Packout First Aid Kit



Accidents happen. That's why it only makes sense to have a decent first aid kit in your truck.

New from well-known tool maker Milwaukee is this 79-piece Class A Type III first aid kit. Its impact-resistant body and IP65-rated weather seal keep the kit's considerable list of contents safe.

Among those contents are an array of bandages, adhesives, and antibiotics, as well as burn cream, an instant cold pack, disposable nitrile gloves, 4-inch offset scissors, and a reference manual.

[Available online](#) for \$79.97.

Goodyear Tall Lumbar Support



Driving all day can take a toll on your back. This tall lumbar support from Goodyear can eliminate much of that discomfort. Made of premium memory foam, this oversized back support is contoured for your comfort and supports more of your back than a normal lumbar cushion. It has an adjustable seat strap to keep it in place. Available at truck stops and travel centers.

Leatherman Darkside Multitool



Despite being just a compact 4 inches long, the Leatherman Darkside offers 23 tools, including needle nose and regular pliers, smooth and serrated knives, a saw, a diamond-coated file, a pen, and multiple screwdrivers.

The features on the Darkside can be opened and operated with one hand. This enables the user to keep the other hand free for situations that require multi-tasking or a free hand.

It comes with a storage sheath and is [available online](#) for \$250.

Sony SRS-NB10 Wireless Neckband Speaker



Sony's unique, new Neckband speaker rests on your shoulders and directs the sound towards your ears in a focused beam, giving your ears a rest from headphones or earbuds.

Lightweight – weight just 3.99 ounces – and easy to wear, the Neckband includes a built-in microphone and Bluetooth connectivity, which means you can take calls or listen to music up to 30 feet away. Other features include dedicated mute, volume, and power buttons, and it provides up to 20 hours of battery life with USB-C quick charging.

[Available online](#) for \$98.

Garmin Instinct 2 - dezl Edition Smartwatch



Designed for professional drivers, Garmin's Instinct 2 - dezl edition smartwatch can help your efforts to stay healthy while on the road. It tracks health metrics, provides access to short-break workouts, and helps you keep track of truck stop loyalty programs.

Built with truckers in mind, the Instinct 2 is thermal- and shock-resistant and has a scratch-resistant glass display. It also has extra-long battery life and a sweatproof silicone comfort band.

To help with your wellness efforts, the Instinct 2 tracks steps and calories burned and provides workouts designed to fit within standard break times. It also provides body-weight, dumbbell, or resistance bar-based workout sets created by well-known owner-operator and fitness guru Kevin Rutherford. It also tracks your heart rate and monitors your sleep habits and breathing.

The Instinct 2 can help save time and improve efficiency with on-screen notifications of upcoming weigh stations and bypass decisions. (Requires active PrePass account and use of the dezl app on your compatible smartphone.)

Because time is so important to today's professional driver, the watch can help keep track of time spent driving, on a break, and stopped.

[Available online](#) for \$399.99.

RIDGID 18-Volt Hand Vacuum



No matter how careful you are, sometimes you need to tidy up your truck's cab. The R8609021 18V hand vacuum from toolmaker RIDGID may be exactly what you need.

With an assortment of included attachments, this new hand vacuum can assist in a wide variety of cleaning needs on your truck and at home. It comes with an extension wand, utility nozzle, crevice nozzle, and crevice clip to ensure you can get into even tight spots.

It features a large, transparent, detachable tank so you can see when it's time to empty your hand vacuum.

This edition of the R8609021 18V hand vacuum has 40% increased airflow and 65% more suction power.

And the hand vacuum uses two-stage filtration, with a washable and reusable pre-filter, ensuring it maintains maximum cleaning efficiency.

[Available online](#) for \$59.97, not including battery and charger, which sell for an additional \$99.





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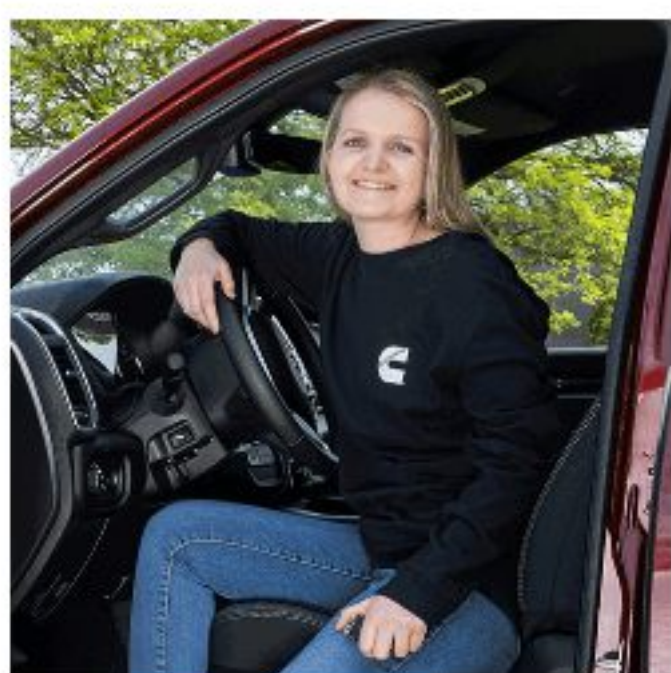




Cummins Apparel Makes Its Debut

The parent company of RoadPro Family of Brands, DAS Companies Inc., entered into a licensing agreement to sell Cummins branded DAS products. Cummins apparel is the first to be launched, followed by cellular accessories and knives later this year, with cellular cables, charging mounts, and power inverters available in early 2023.

The all-new Cummins branded apparel line is sure to be a great addition to your on-the-go lifestyle. There is an assortment of short and long-sleeved t-shirts, perfect for the diesel and gas-powered engine fans. Each is made of a heavyweight soft cotton or cotton blend that is durable and fade-resistant. The short sleeve t-shirt is available with or without a chest pocket. The comfortable tagless unisex fit is available in black and gray and is excellent for either casual or workwear. It comes in a variety of sizes, from small to 4XL.



A fleece hooded pullover sweatshirt is also available. The black sweatshirt is made of a heavyweight 100 percent cotton, while the gray sweatshirt is made of a cotton blend. If you prefer a zip-up hooded sweatshirt, check out the Cummins full zip hoodie in black that's easy to pull on for those chilly mornings fueling or loading your truck. The sweatshirt offering also includes a crewneck that is great for everyday wear. Made of a soft cotton blend, it will keep you warm and comfortable all day long. The

crewneck is available in a heather gray with the very identifiable Cummins logo.

If you are a fan of Cummins engines, you will appreciate this stylish winter beanie hat. A breathable acrylic stretch knit provides warmth without feeling overheated. It features the Cummins logo on the cuff and provides a comfortable fit. If you are not one to wear a beanie, no problem. The Cummins trucker hat features a low-profile crown with mesh backing and an adjustable snap-back closure for the perfect fit. You will be styling in this black hat with a white Cummins logo.



You will find the selection of Cummins apparel at Travel Centers and other select retailers. ●



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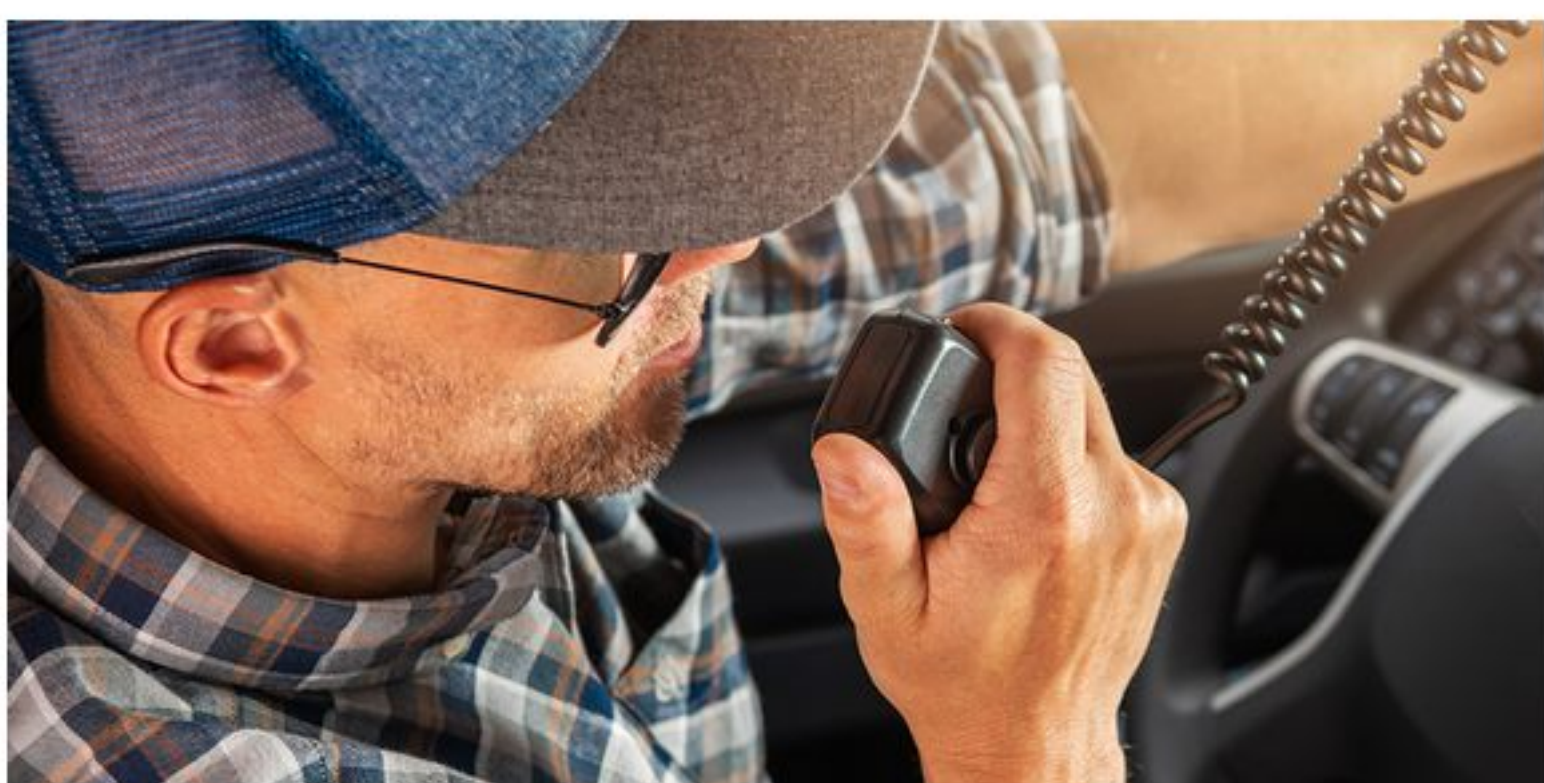
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Celebrate 10-4 Day with a Little CB Knowledge!

“Breaker 1-9, What’s it looking like over your shoulder?”

Do you know what the phrase above means? Read on to find out!

A CB is commonly used in a truck to communicate with other drivers about traffic, weather, and hazards on the road.

While to most it may seem like a different language – to truck drivers it’s standard lingo.

Ten-Four Day is celebrated on October 4th each year to emphasize the importance of having a CB mic and radio on your truck. 10-4 is an expression often used in radio communication that means “message received” or “you got it”.

Everyone knows that truck drivers have their own version of communicating with each other on the road. 10-4 is a common phrase everybody is aware of, but other phrases vary throughout the United States.

If you are a new driver or have been a driver for quite some time, here’s your refresher and lesson on popular CB lingo!

We asked a few of our [RoadPro Council members](#) and others in our community what they use on a day-to-day basis.

CB Lingo Words and Phrases:

10-4 – OK, message received.

Roger – Yes; affirmative

What’s your 20 – What is your location?

Stopping for a 10 – 36 – Need correct time/Correct time is

What’s it look like over your shoulder? – How’s it lookin’ over your shoulder?

RodKnocker - Ok

Kojack with a Kodak – Police officer monitoring a speed trap

Big Truck Gotta Roll – Come over big truck

Back door – Someone is behind your truck

Large car – Big fancy rig

Catch you on the flip flop – Talk to you on the return trip

Breaker Breaker 1-9 – Starting a transmission on Channel 19

While a CB is not required on the road, it can help you avoid a traffic jam and be prepared for oncoming accidents, weather, and more.

If you are in the market for a CB mic, we recommend the microphones and radio listed below.

[Astatic Noise Cancelling 4-Pin Microphones](#)

Stock Microphones are OK - But Who Wants OK When You Can Sound Great? Transmit with absolute clarity with this noise canceling Astatic mic. Upgrade your voice to one of the best mics ever made.

- Astatic noise-cancelling microphone
- The most popular mic for truckers
- Pre-wired 4-Pin standard



[RoadKing 4-Pin Dynamic Noise-Cancelling Microphones](#)



The Road King 56 mic series are designed for voice communication applications requiring a rugged, hand-held microphone. The noise canceling design makes the Road King 56 effective in noisy locations. Excellent voice response characteristics make the noise-cancelling CB radio mic a good choice in quiet areas as well. The Professional Driver's Choice for over 50 years.

[Hands-Free CB Radio](#)

RoadKing brings the CB radio into the 21st century with complete voice-activated, hands-free communication. The RoadKing radio features a seven-color display, NOAA weather alerts, PA function, and talkback. This radio will guarantee a seamless transition between the CB radio, smartphone, and Bluetooth headset with one touch.





CB RADIOS & ACCESSORIES

Presented by RoadPro Family of Brands

Contrary to popular belief, the smartphone has not totally replaced the CB radio as the "go-to" device for on-the-road communications for professional drivers. Channel 19 – the truckers' channel – is alive and well, as many truckers say they still rely on the CB in their cab to keep them connected to other drivers, especially during foul weather or when there's traffic congestion or accidents.

Because of this, there remains a wide selection of radios and accessories available to truckers, including one that marries the CB with the smartphone. And, there's a CB likely to fit your budget. There are many for under \$100 and some that come close to \$400.



RoadKing Hands-Free CB and Bluetooth Headset

Hands-free communication is the rule of the road these days. This ground-breaking CB provides a seamless transition between the CB radio, smartphone, and Bluetooth headset with one touch. Pushing the multi-function button on the headset allows the user to switch between a conversation on the CB radio and an incoming phone call and talk hands-free.

[RoadKing's Hands-Free CB](#) is ready to go right out of the box. It includes a RoadKing noise-canceling Bluetooth headset, which is already paired to the radio, a dynamic 4-pin handheld CB microphone, and an optional push-to-talk button. This industry-first CB radio system also features a seven-color display, NOAA weather alerts, PA function, and talkback.

Available online and at most travel centers for around \$200.



Uniden Bearcat 980

For a moderately priced CB, the Uniden Bearcat 980 is loaded with the kind of features truckers expect and need.

It features a large digital S/R/F/ SWR meter that lets you check your levels with a glance. It also has seven different backlighting schemes, so you can adjust them to your personal preference and

daylight/nighttime conditions.

The 40-channel Bearcat 980 CB Radio is equipped with:

- integrated SWR meter to perfect antenna matching
- noise canceling mic
- RF gain control
- NOAA weather alert
- ANL/noise blanking
- automatic noise limiter
- 40 channels

The Bearcat 980 can also be paired with Uniden's BC906W wireless microphone.

[Available online](#) or in travel centers and truck stops.

Uniden also makes the Beartacker 885, which pairs a full-featured CB with a police/fire/ambulance/DOT scanner that delivers emergency warning alerts. Just be aware that not all states allow the use of such scanners in vehicles. [Available online](#) for \$399.

Other makers of CBs suitable for truckers include [Galaxy](#), [Uniden](#), [Cobra](#), [President Electronics](#), and [Luiton](#).



Find the Right Mic

Most CBs come with a microphone as part of the package. Most are dynamic mics with standard four-pin connectors. Better quality mics – like the [636LB1 from Astatic](#) or [RoadKing's RK56CHSS](#) – will include noise cancelation, something that is important to blocking out highway noise while on the road, as well as upgraded cords and housings.

Finding a replacement mic needn't bust your budget. Good ones range from \$30 to \$70.



Your Choice of Antennas

Key to the performance of your truck's CB radio and its true usefulness is that piece of equipment that connects it to the outside world: your antenna.

There are four styles of antennas suitable for Class 8 trucks:

- Center-load CB antenna, also known as the "trucker" antenna. A center-load antenna consists of a stiff metal shaft on the bottom with a plastic-coated coil of wire in the middle and a thin whip on top of that.
 - A fiberglass antenna is a pole wrapped in copper wire and then coated with a protective material. They come in a variety of lengths and are favored as they can be mounted just about anywhere on your truck.
 - The magnet-mounted antenna is small compared to other antennas and is easily mounted. It consists of a magnetic base topped with the coiled wire and a small whip. This is favored for its ease of installation.
- 102" whip antennas are seen on many tractor-trailers. They require no coil and are simply a long, flexible wire that can be lowered when not in use.

RoadPro offers a variety of sizes and styles of CB antennas from several different makers, including Francis, Wilson, Solarcon, K40, TruckSpec, and its own selection of antennas and accessories. Check them out on [RoadPro's](#) website.

CB ACCESSORIES

There are a variety of accessories to make sure you get the most out of your CB.



Wilson 5" Heavy Duty Metal External Speaker

To be sure you take maximum advantage of what comes across your CB, it can help to add an external speaker, like this one from Wilson. Made of heavy-duty 22 gauge steel, this rugged add-on speaker comes in black or chrome. It includes a mounting bracket and 10-foot cable with a 3.5 mm plug. [Available online](#) for \$49.90.



Hammerhead Gear Keeper Heavy Duty Retractable Microphone Keeper

Making the most of your CB means having the microphone easily accessible. The CB microphone keeper from Hammerhead ensures your mic will be there for you when you need it. This 42-inch-long retracting tether suspends your mic from the headliner so you can grab your mic when you need it and then let it go when you're done, and it retracts on its own. Comes with mounting hardware. [Available online](#) for \$24.99.



Twin Point Power Cord with Noise Filter

This noise filter is a 20 amp inline filter that will remove noise on your CB from alternators, engine, wiper motors, and your truck's other electronics. The CBNF3AXX power noise filter includes the three-pin power plug most new CB radios use. [Available online](#) for \$28.23.

So, with just a little study, it's relatively easy to find a CB radio setup that meets your needs and your budget requirements. •

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PRO DRIVER TIP

Why it is important
to have a CB Radio

Gary Johnson



Council Tip Gary Johnson



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A veteran driver of over 20 years, Gary's CB handle is The Hustler. Gary is a heavy haul specialist and BCO with Landstar Ranger. Music is his passion, and he enjoys singing in various competitions, including America's Got Talent and Overdrive Magazines Red Eye Radio contest. In his spare time, he enjoys woodworking and spending time with his family and friends.

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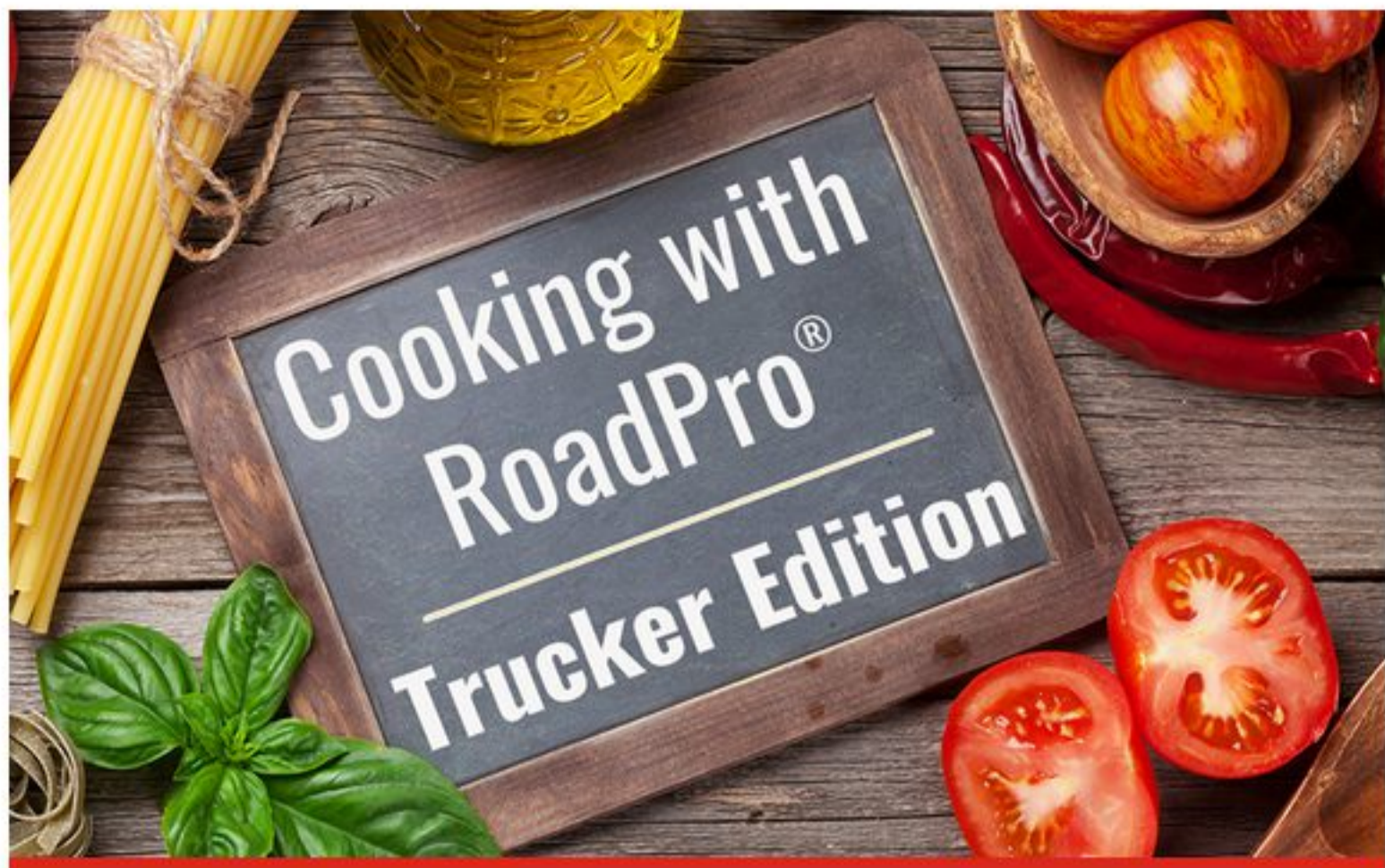


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APPLES, SAUSAGE AND EGGS

Recipe from Chris Plummer

Ingredients:

- 2 Green Granny Smith Apples
- 1/4 cup dried cranberries
- Turkey sausage patties
- 1/4 tsp cinnamon
- 3 tbsp butter
- 2 tbsp honey
- 3 eggs

Directions:

Heat skillet on medium and add the butter. Slice apples and remove seeds. After butter melts, add apples, dried cranberries and cinnamon. Fry until apples soften and browns. Then add the honey, stir and serve. Fry the turkey sausage and cook eggs however you like them best. Enjoy!



Chris Plummer is an over-the-road truck driver from Richmond, Virginia. In addition to being a truck driver, he is also a general contractor and a barber. Chris has always enjoyed cooking and experimenting with different ingredients and new cooking tools. Recently, he decided to showcase a combination of skills using creative ways to make 'home-cooked' meals when away from home. His goal is to spread his love of creative cooking with the world. You can follow Chris on [Instagram](#).

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INVEST NOW OR PAY LATER

By **Rich Guida**, Brand Manager, Howes

Money is one of those things that is hard to come by but easy to lose. Nobody wants to see their hard-earned money going to waste. But not properly caring for your diesel vehicle is a great way to do just that. Instead of needlessly throwing money down the drain, simply having a consistent maintenance schedule and paying attention to well-known problem areas can save you from high-cost repairs in the future.

One specific well-known problem area stems from your fuel injectors. If not properly maintained, fuel injectors can wind up costing you a pretty penny in more ways than one. Beyond having to replace a fuel injector altogether, an expense nobody wants to dish out unnecessarily, a faulty injector can continuously cost you money without you even realizing it. When not working correctly, a fuel injector will prevent fuel from being sprayed into the engine or will upset the intervals at which it is supposed to be sprayed. Either way, your vehicle won't run the way it's supposed to, or worse, become undrivable.

By treating your diesel fuel with **Howes Diesel Defender**, you are taking a critical preventive step in getting ahead of a variety of problems. Defender will start by cleaning and preventing deposits on your fuel injectors. Then, it will add back the vital lubricity that's missing in today's Ultra Low Sulfur Diesel, extending the life of your injectors, pumps, and cylinders. It will also safely remove water and boost your fuel economy by 5% or more, guaranteed.

Whether you're driving a heavy or light duty diesel vehicle, treating regularly, even in warmer weather, can help prevent the following slew of problems that can stem from poorly functioning fuel injectors.

Check Engine Light Turns On

The most obvious sign of a problem is when the "Check Engine" light illuminates on your dashboard. Although this could mean a lot of things, a bad fuel injector could certainly be one of them. Any time an injector delivers less (or too much) fuel than needed, the engine's efficiency is lowered and can trigger the check engine light to come on.

Rough Idle or Engine Stalls

When injector deposits are preventing your vehicle from getting enough fuel or causing an uneven supply of fuel, the RPM while idling drops below the optimal level and results in rough or violent idle. If the RPM falls too low, the vehicle will actually stall, and you will need restart.

Engine Vibrations

A faulty fuel injector will prevent the corresponding cylinder from firing. This means that while driving, the engine will vibrate or hiccup after it tries to finish each cycle without fuel.

Engine Misfires

A clogged injector can prevent a proper fuel spray, leaving the engine without enough fuel. If this happens, the engine will misfire as you drive. Your vehicle will struggle to accelerate, or you may notice a pause after stepping on the pedal. These occurrences will leave your engine susceptible to overheating or worse.

Engine Surge

If the fuel injector is spraying too much fuel into the engine cylinder, this will create a surge in the engine causing your acceleration to be much slower. When you drive, you'll find that the engine RPM will change noticeably, struggling under constant load rather than remaining at a constant RPM.

Fuel Leak

If your fuel injector becomes broken or cracked from damage or premature wear, diesel will begin to leak out of it. This means the fuel won't be able to reach the nozzle and instead leak from the body. If you check the fuel injector, you will notice diesel on the exterior or the nearby fuel rail. Often, the leak is coming from the fuel injector seal which deteriorates over time, but at a much faster rate when lacking lubrication.

Bad Fuel Economy

If the engine is not getting the right amount of fuel it needs for combustion, it will place more demand on the injector to supply it with additional fuel. This results in poor fuel economy due to the excess fuel the vehicle's ECU thinks is needed but is in fact, not necessary.

At the end of the day, actively treating your diesel fuel is imperative to the proper functioning of your fuel injectors. The money spent on a quality additive can save you countless more that you could end up wasting in fuel economy and unnecessary repairs. Take the simple step to defending your wallet and treat your diesel with Howes Diesel Defender. ●





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How to Make Your Cab Feel Like Home

Life on the road can get lonely when you spend one to two months at a time away from your home, family, and friends. Dealing with homesickness can be one of the hardest parts of being a truck driver. It is important to make your rig feel as cozy as possible to avoid homesickness. With limited space, it may seem difficult to make it feel more like home. When you create a space that is clean and unique to your style you will be more motivated to wake up each day and continue your drive. We compiled a list of tips for you below so you can feel more comfortable while driving over the road.



Sleeping

Quality rest on the road should be the most important part of living out of your cab. There will be times when you feel drowsy because you lack sleep. If you find yourself lacking sleep a lot because of sleeping in your cab, make adjustments! You can make better sleeping habits by investing in a quality pillow, comfortable sheets, and a good mattress. In the winter months, add a blanket or comforter to your cab to help stay warm at night. To prevent daylight from peeking through your windows and to create extra privacy, buy a [privacy curtain](#) for your sleeping area. This is a great way to add a personal touch to your cab. For when it's hot in the cab, buy yourself a [fan](#) to cool off with to conserve fuel.

Most of your day is spent in the driver's seat so this should be another cozy area. Invest in a [seat cushion](#) that gives good back support during long hours of driving.



Decorate

Decorate your cab to make it feel more like home! Give it a personal touch. Bring pictures of your family and friends to put inside your truck. Use command hooks, bungee cords, tape, or rope to hang décor items in your truck. Other décor items you may choose to put in your truck are lights, banners, posters of favorite sports teams, groups, or a décor item from home. By giving your truck a personal touch, you will feel more at home while you are on the road. In your sleeping quarters, invest in a carpet or wooden floor. With only using a few of these options you are guaranteed to feel more at home in your cab.

Truck drivers spend more time in their cabs than at home. Make it feel like your own home. Add a small TV or gaming system to your truck. If you don't have room for a TV, a laptop or iPad will give the same entertainment. Decorate your cab so you feel cozy before the next day.



Cook in your Cab

Eating out at rest areas and consuming fast food all the time will get old. It will also become costly to your wallet and your health. Cooking in your cab will help save on food costs and help you eat healthier meals. It is easy to cook in your cab with the [12v Lunchbox stove](#) or [12v RoadPro pan](#). Store it under your bed or in a container to save room. Bring a [coffee pot](#) on the truck with you. I know, truck stop coffee is convenient, but when you are in a rural area it will not always be easy to access. When you wake up with a long day of driving ahead of you, you'll be able to make a cup of coffee.



Organize

When you first started driving you may have not considered the organization of your truck and how often you need to clean the inside. Cleaning your truck on a regular basis will help your cab feel more like home. Throw away your trash in the truck when you stop at a rest area. When you go in the back of your cab, leave your shoes in the front to help keep mud, snow, and wet shoes out of your sleeping area. Make your bed! I know, this sounds like a given but it's a simple task that a lot of us forget to do. Clean your truck on a weekly basis, if not more. Wipe down all the surfaces and open windows on occasion to get fresh air in (yes, even in the winter this is important). Clean your laundry once a week to keep your truck organized with clean clothing. Lastly, organize all your personal items in bins to keep yourself tidy and clean!

It's not always easy living out of your truck. We get it! But, hopefully, you can take a few of these tips and make your cab feel more like home. ●





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