

Personal items

- Two-month supply of any medications
- Shower bag: (shampoo, conditioner, soap, razor, toothbrush, toothpaste, dental floss, mouthwash, hairbrush, hair bands/ponytail holders, lotion)
- Shower shoes
- Towels: truck stop showers provide this so unless you require your own don't bring it
- Bedding for your bunk: one pillow, twin sheet, blanket or down sleeping bag
- One-month supply of feminine hygiene products (these are super expensive at truck stops)
- Body wipes for everything on your body as you may not get a daily shower.
- Be sure to watch: [Hygiene is funny...kinda...sorta...and why you need three bags.](https://www.youtube.com/watch?v=AEJhG37L9SM)
<https://www.youtube.com/watch?v=AEJhG37L9SM>

Clothing

- One week's worth of clothing: shirts, pants, undergarments, socks, long underwear
Remember, temperatures vary widely across the country at all times of the year.
Be prepared for any climate but do not overpack as you only have very limited space.
Pack for the seasons with an emergency set for extreme weather conditions.
- Two pairs of shoes (one work, one casual)
- Outwear: jacket, hat, scarf, gloves
- A few clothes hangers (just because you're on the road, doesn't mean you have to be a wrinkled mess!)
- Rain poncho or rain gear for working outside

Safety clothing

- Hi-Vis vest
- Hi-Vis rain jacket
- Safety/work gloves

Electronics and Accessories

- Phone and charger
- Rechargeable battery for phone
- Headset
- GPS device
- Flashlight

Electronics and Accessories continued...

- Headlamp
- Pocket knife (Do not advertise you have any weapons whatsoever especially with your trainer)
- Baseball bat (tire thumper that looks like a baseball ball and has dual uses but not on trainer's truck)
- Deck of cards
- Matches and a candle (scented are always nice to make the place feel homey, but make sure to crack a window as they emit carbon monoxide!)
- Emergency Flares/Cones (Not on trainer's truck and triangles are required on DOT inspection not flares or cones this would only be if you are an owner operator.)

Food

- Cooler *
- Cutlery *
- Plates *
- Napkins/paper towels *
- Dry Food (Food that does not need to be refrigerated including Beef Jerky, peanut butter, rice cakes, protein bars, and "hearty fruits" that travel well like oranges, apples, and bananas.)

Pack your things in a folding duffle bag because space is limited. There's no space for bulky suitcases.

*These items are not necessary when traveling on your trainer's truck.

Other items

- Notebook
- Pen
- Credit or Debit Card (\$500 values)

Contact Information

- Your emergency contact: _____
Name

Phone Number

Contact Information continued...

Employer phone numbers:

HR: _____

Safety Department: _____

Supervisor: _____

Compliance Office: _____

Emergency

Police, Fire, or Emergency
Dial 911

Suicide Prevention Hotline
Dial 988

Rape, Abuse, & Incest National Network
RAINN: 800-656-HOPE

Truckers Emergency Assistance Responders (T.E.A.R.)
<https://cdltear.org/t-e-a-r-application-process-faq/>

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