

MYTRUCKINGHACKS

TRUCKING STARTER PACK

Checklists + routines to make life on the road easier

Get updates + more resources: MyTruckingHacks.com/start

QUICK START (7 DAYS)

Pick 3 and do them this week. Simple beats perfect.

5-minute cab reset (daily)

Food setup (3-day plan)

Hygiene kit + routine

Stay alert + stay safe routine

Basic emergency/tool kit

10-minute mobility routine

THE 5-MINUTE CAB RESET (DAILY)

Trash + Clutter

Dump trash

Clear driver-side floor first

Put loose items into ONE bin (no piles)

Wipe-down (30–60 seconds)

Steering wheel + shifter

Dash touch points

Door handle / grab points

Sleep Area

- [] Dirty clothes into a sealed bag/bin
- [] Bedding straightened (quick shake-out)
- [] Shoes in one spot (not roaming)

Ready-to-Roll

- [] Keys / wallet / charger in a "home spot"
- [] Water bottle filled
- [] Snacks set (avoid impulse junk)

HYGIENE KIT (WHAT ACTUALLY MATTERS)

Must-haves

- [] Body wipes / baby wipes
- [] Toothbrush + paste + floss
- [] Deodorant
- [] Hand sanitizer
- [] Small towel + microfiber cloth
- [] Flip flops (showers)
- [] Sealed laundry bag/bin (dirty clothes)

Simple Daily Routine

Morning

- [] Teeth
- [] Quick wipe-down
- [] Deodorant

Midday Reset

- [] Face/hands wipe

Fresh shirt if needed

Night

Teeth

Quick wipe-down

Clean socks

Cab Smell Control

Keep clean clothes and dirty clothes separate

Don't store food trash overnight

Air out when you can

FOOD SETUP (EAT BETTER WITHOUT COOKING LIKE A CHEF)

3-Day Cooler List

Greek yogurt / cottage cheese

Deli turkey/chicken

Pre-cut veggies

Fruit (bananas, apples, berries)

Hard-boiled eggs

Cheese sticks

Hummus

Water / zero-sugar drinks

Shelf-Stable Backups

Tuna/chicken packets

Nuts

Protein bars (watch sugar)

Oatmeal cups

Peanut butter

Jerky (watch sodium)

Truck Stop Picks (Better Choices)

Grilled over fried

Protein + veggies first

Water before energy drinks

STAY ALERT, STAY SAFE ROUTINE

This is not “how to drive tired.” This is how to reduce fatigue and know when to stop.

Before You Drive

Water first

Light snack with protein

2 minutes movement (neck/shoulders/hips)

Every Stop

Walk 3–5 minutes

Fresh air

Refill water

Caffeine Rule

Use it strategically, not constantly

If you need more and more caffeine to function, your body needs sleep

Hard Rule

If you’re fighting your eyes or missing details: PULL OVER AND RESET

BASIC QUICK FIX / EMERGENCY KIT

Core Kit

- Flashlight/headlamp**
- Work gloves**
- Tire gauge**
- Basic first aid**
- Zip ties + duct tape**
- Basic tool kit (screwdrivers, pliers, adjustable wrench)**
- Backup phone charger**

Nail in Tire (Safe Response)

- Check tire pressure ASAP**
- If pressure drops fast: get safe and call for service**
- If slow leak: top off and go straight to a tire shop/service location**
- Don't gamble safety to save time**

10-MINUTE MOBILITY ROUTINE (CAB FRIENDLY)

Neck (1 min)

- Slow side-to-side turns**
- Gentle chin tucks**

Shoulders (2 min)

- Shoulder rolls**
- Arm circles**

Back (3 min)

- Gentle forward fold**

Gentle hands-on-hips back extension

Hips (3 min)

Hip flexor stretch (each side)

Figure-4 stretch (each side)

Finish (1 min)

10 deep breaths

Walk 60 seconds

CLOSE

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MyTruckingHacks.com/start