

MYTRUCKINGHACKS

TRUCKING STARTER PACK

Checklists + routines to make life on the road easier

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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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