

**There is limited space on a truck and your trainer will likely have most compartments occupied with their belongings. Pack light during your first six months because you may have to switch trucks and you need to be able to pack quickly and maybe travel on a bus or plane so do not accumulate things that you may have to leave behind. Use this list of basics as a guide.**

**Do not pack in a bulky suitcase, use a foldable duffle bag.**

## Personal items

- Two-month supply of any medications
- Shower bag: (shampoo, conditioner, hair products, 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 three bags helps.](#)

## 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)
- Outerwear: 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
- Hands Free Noise Canceling Headset
- Flashlight
- Headlamp

## Food

Food is expensive on the road, once you settle into your trainer's truck consider getting some dry food and snacks to limit your spending.

- Insulated drink cup with lid
- 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 avocados)

## Other items

- Notebook
- Pen
- Credit or Debit Card (\$500 of savings in case of emergency to get home)

Consider using a tracking app on your phone so your family always knows where you are.

## 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/>

REAL Women in Trucking  
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