

TRUCKERS' Gear Guide



DUMP TRUCK KWEEN



NEW FOR
2023



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How To Cook
in your Truck

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FAMILY OF BRANDS



NEW FOR 2023

The new year brings new products, milestones, and continued care for the on-the-go industry. Many innovations and new product launches took place in 2022. While 2022 was a successful year, we look forward to a year of continued growth in the Travel Center industry.

In May, a new model of the RoadKing headset was launched in retail stores. The RKING4000 is a convertible headset with a noise-cancelling microphone and the perfect trucker accessory for hands-free communication. Following the launch of the new line of RoadKing headsets, the all-new PowerDrive Power Inverters hit retail marketplaces in July. The launch brought a variety of power choices, from the 120W cup inverter that fits into a standard cupholder and powered via a 12-volt port to the 3000W inverter that can be hard-wired. In September, Cummins official licensed T-shirts were unveiled in independent Travel Centers across the United States.

DAS Companies, Inc., the parent company of RoadPro Family of Brands, continues to supply the Travel Center industry to meet the needs of those on the road. DAS looks forward to revealing more Cummins-branded DAS products in 2023.

Retail launches for Cummins-branded DAS products in 2023 include power inverters, knives, cellular cables, chargers, mounts, power banks, drinkware, new apparel designs, safety apparel, and coolers. The cellular supply lineup of chargers, mounts, and power banks has a tentative launch date of Spring 2023. When you need a cup of coffee or a cold drink of water, you will soon have the option to reach for your Cummins drinkware. A tentative launch date of May/June 2023 is expected for Cummins drinkware. Stay tuned for more Cummins apparel designs on the horizon, with an expected reveal in August 2023. The new year will end on a cool note as DAS Companies, Inc. plans to unveil the Cummins lineup of coolers.

If you are a Cummins fan, make sure to keep your eye out for more Cummins products in retail marketplaces in 2023!

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Follow Your Dreams

By **Serita Lockley**, CEO of **Like Minded Links, LLC** and **Lady Lockley's Trucking**

It all started with a dollar and a dream! I was a young African American who grew up in a rural area in the state of Virginia. I was able to beat the odds and overcome my circumstances. Trucking has always been a part of my life since my father was a truck driver/farmer most of his life. Watching him when I was a young girl allowed me to grow an interest in trucking.

After high school, I wasn't interested in college. I decided to obtain my CDL in 2005 at the age of 22. I always knew I wanted more than my situation and circumstances as a young girl. I can vividly remember thinking and daydreaming of the life I wanted.

Growing up in a low-income household inspired me to want more out of life. At the age of 24, my mother, who was my best friend, passed away rather quickly and in that very moment, my entire outlook on life changed. Watching my mother make it happen for her family in her circumstances taught me strength. I proceeded to take that strength along with ambition, passion, and my zest for life. I started a dump truck company, Lady Lockley's Trucking in 2010 when I was 26 years old.

I started out as an owner operator and with dedication and hard work, I grew the fleet up to 13 trucks in less than 5 years. With almost 20 years of experience now, I offer consulting services as well as broker out work for other owner operators and fleet owners. You can schedule consultations and be a part of my mentorship program at <https://www.likemindedlinks.com/>.



I'm honored to be able to change the trajectory of my family by being a successful business owner. During the pandemic, I was hand-picked from social media to be featured on Amazon Prime Video, Regular Heroes docuseries, episode 3. That was a blessing for me, especially during such a difficult time for the world, people, and businesses. My advice to any and everyone reading this article whether in business or not, is to keep God first and NEVER let up on your dreams. Everything is possible when

you work hard and realize that LOSSES AREN'T LOSSES. THEY'RE LESSONS! KEEP GOING!

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FIRST GEAR



FIRST GEAR

How To Cook in Your Truck

How To Cook in Your Truck

By Jen Kohl: RoadPro Pro Driver Council Member

The first step to healthy eating on the road is to start making your own meals. Whether you're a new driver or a well-seasoned driver, it isn't very expensive to take those first steps to cook on the road.



The least expensive way to get started is to save fuel points at Travel Centers and use them to buy a 12-Volt device that you can start cooking with. The most popular cooking appliance is the [RoadPro 12-Volt Lunchbox Stove](#). It heats up to a surface temperature of 300 degrees and is limitless with what you can make in it.

Another useful 12-Volt device is a thermo-electric cooler that you can use as a fridge. Just remember that it only cools down about 40 degrees cooler than the ambient temperature. If you like it warm in your cab, it may not keep things as cold as a compressor-based fridge would.

RoadPro also makes a [12-Volt frying pan](#) and a [12-Volt soup pot](#), both useful for cooking in the truck. There are many other household devices that are used too. Choosing a 12-Volt appliance can be dependent on your inverter size if you have one installed in your truck. Make sure to [check your inverter](#) and what you can run off it.

You might now be asking yourself, "How do I clean up after I'm done cooking?"

For everyone that cooks on their truck, there is a method of dishwashing. There are some who save their dirty dishes and take them into the shower with them. Others will heat up water with a large watertight container to clean the dishes. Some drivers will use a 50/50 mixture of vinegar and water to wipe everything clean after wiping all remnants of food away. Many will try to reduce dirty dishes by using plastic utensils, paper plates, and bowls. It is up to you to find a method you prefer.

Grocery shopping isn't as hard as it used to be a few years ago.

With the grocery delivery option and scheduled supermarket pickups, restocking your pantry is pretty simple. If you do find yourself with time to go into the supermarket, please call ahead to verify there is a place you will be able to park your truck while you shop. Once you have your groceries, it's time to put them away in your truck. Some things will be easier to store if you repackage them into vacuum-sealed bags or Ziplock bags. Cutting the veggies up into the size you want will also save space in your fridge and will save you time.

An easy meal to make in your lunchbox is lasagna. To make it, you will need a couple of lasagna sheets, small pasta sauce, ricotta cheese, Italian seasoning, mozzarella cheese, and precooked ground beef. The easiest way to prevent a messy stove is to use a disposable [aluminum pan](#).

Directions for Lasagna:

1. Line the 12-Volt device
2. Add a little sauce on the bottom and layer pasta, meat, and cheese.
3. Close the lid and plug in the 12-Volt appliance.
4. When you smell the lasagna, the food will be done.
5. Unplug the 12-Volt appliance and let sit until you are ready to eat.

The lasagna should not take more than 2 hours to cook. Plan to start cooking 2-3 hours before you plan on eating.



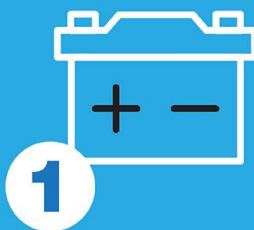
Jenn Kohl and her husband have been driving together for 12 years but have 50 years of combined experience. They currently run team for a small mid-west freight company and travel with their five fur babies as well as manage a Facebook group called [Cooking on the Truck](#).

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FIRST GEAR

8 PREP STEPS FOR WINTER'S WICKED WRATH



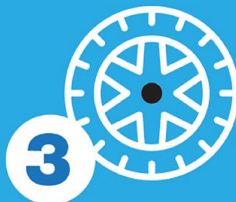
BATTERY CHECK

Running your engine everyday is key. Keep them free from corrosion and check regularly.



SYSTEM CHECK

Watch your lights and gauges and keep up with regular maintenance all winter long.



TIRE STATUS

Pressure levels can change like the weather and possibly effect your ride. Constantly monitor your tires PSI, tread life and balance.



SNOW AND ICE CHECK

Many states have fines for uncleared vehicles. The danger they pose means constantly keeping your rig free of dangerous accumulations.



FUEL USE

Try and keep your tank above ½ a tank and establish a treatment routine using Howes Diesel Treat at every fill up to help keep your fuel flowing



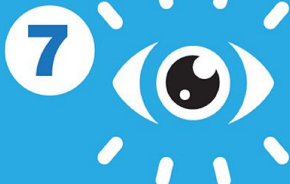
BRAKE CHECK

Keep on top of your brake system maintenance and overall function and check for air leaks!



BE PREPARED

Having a fully stocked safety kit is key. It's better to have it and not need it then to need it and not have it! Make sure you include Howes Diesel Lifeline in that kit too to rescue you in extreme climates if your fuel gels!



STAY ALERT

Winter driving can be tense. Slowing down, adding space between vehicles, and thinking a step or two ahead goes a long way

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TRUCKER GEAR BUYER'S GUIDE

WINTER TRUCK PREP

Presented by RoadPro Family of Brands

In late November 2022, western New York received record-setting amounts of snow. More than 6 feet of snow fell in parts of the Greater Buffalo area, shutting down highways and forcing many truckers to wait out the storm, which lasted for several days.

Smart truckers, those with years of experience hauling through this country's northern region, took the weather-related delays in stride knowing they were prepared for an emergency. With proper trip planning, some managed to avoid the massive snows that shut down part of Interstate 90. Others had prepared their trucks for waiting out the storm.

Being properly prepared, especially during the winter, means having the appropriate gear with you. Here are some items that will keep you safe, comfortable, and prepared for whatever sort of weather you encounter on the road.



Be seen in case of a roadside emergency

Here's hoping you never need these essential items to keep in your truck. But, if you do, these [heavy-duty reflective triangles](#) will help ensure you're seen if you're stopped on the shoulder of the highway. The large plastic bases will keep the reflective triangle standing. These 17-inch by 17-inch triangles meet Federal Motor Vehicle Safety Standards. Available at a travel center near you. Pair these warning triangles with Orion Safety Products' 30-minute roadside flares to stay safe in emergency situations. A pack of three in a storage case is available at many travel centers and truck stops or [online](#).

Keep your truck snow-free this winter

Keeping your truck clear of snow and ice is not just a good idea, it's the law in some states. [HelpMate's Deluxe Snow Broom](#) features an adjustable brush head and telescoping handle to help get the job done. Flip it over and use its heavy-duty scraper to clean the ice off your windshield and windows. Available at a travel center near you. If you need a little more reach, the SubZero snowbroom extends to 60 inches and has a scraper and squeegee. [Available online for \\$50.16.](#)



Never feel powerless again

Having your devices charged and ready for use is not just a nice thing, it's essential. That means always having a power source available when plugging it into a truck stop outlet is not an option. [MobileSpec](#) offers two sizes of power banks to ensure your smartphone or other devices stay fully loaded and usable. They offer one with a [5,000 mAh capacity](#) and another with [10,000 mAh](#). Both have USB, USB-C ports, and AC adapters so you can recharge them. Both products can be found at a travel center near you. Because it's always good to have a Plan "B", you can keep additional charging capacity in your pocket with the TravelCard. Small enough to fit in your wallet, the TravelCard provides 3,000 mAh and has built-in USB-C and iPhone Lightning charger cords. [Available online for \\$39.](#)



Stay warm when your driving day ends

It's been a good day. You made some decent miles, avoided traffic congestion, had only minutes of waiting time at your delivery, and found a parking space at the first truck stop you pulled into. You've had dinner and now it's time to curl up in your cab, stream a movie and relax. The best way to stay cozy and warm is to climb into a hooded, wearable sleeping bag from Sportneer. The wearable sleeping bag measures 85 inches long and 33 inches wide with two zippers to open and create armholes. The bottom also unzips so you can walk in it. Machine washable, and [available online for \\$39.99.](#)



Let there be PLENTY of light

One item on every trucker's short list of "must-have" items is a good, reliable flashlight. The compact rechargeable Bolder LC40 flashlight from Anker provides a bright 400 lumens and has five different modes: high, medium, low, strobe, and SOS. The 3,350 mAh battery delivers 20 hours of non-fading illumination. The durable aluminum bodyguards against the bumps and drops that can come with the trucking life. [Available online for](#)

[\\$29.99.](#) But, sometimes you need something a little bigger. [RoadPro's AC/DC rechargeable spotlight](#) is ideal for those roadside repairs or for pre-dawn pre-trip inspections. With a collapsible stand and swiveling handle, this spotlight offers versatile and easy to handle illumination. Has high and low settings, and is available at a travel center near you or [online](#).



Be sure your tires are inflated properly

The safety and well-being of your equipment and cargo rest on your truck and trailer's tires. Proper tire pressure is also key to improved mpg. [TruckSpec's 11.5-inch dual-foot tire gauge](#) is an ideal tool to check tire inflation. It measures from 10 to 150 psi and is designed to reach inside valves on tandem wheels. Available at a travel center near you or [online](#). TireTrek also has a dual head gauge with a handy, easy-to-read dial that measures up to 160 psi. [Available online for](#)



[\\$15.99.](#)

Aside from having these items in your truck, you should also ensure you have some other basic emergency gear in case you wind up encountering weather conditions that might slow you down or even keep you from completing your run.

Be sure you have:

- An extra set of warm clothing including warm winter boots
- Tire chains, as some states require them in foul winter weather
- Jumper cables
- A fully charged and properly secured fire extinguisher
- Anti-gelling fuel additives like Howes Diesel Lifeline
- Extra bottled water
- An emergency stash of non-perishable food and snacks
- The [National Weather Service app](#) on your smartphone or sign up to get [emergency alerts](#) via text messages

PRO DRIVER TIP

What to keep on your truck in the winter? - Kim Loescher



Kim Loescher Trucker Tip



Watch later



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Kim has been in trucking for 14 years and currently is an owner-operator driving all 48 states. She is a second-generation truck driver and learned a lot from her father with whom she drove team for a few years. Kim is a proud wife and mother, and has 5 loving grandkids. Kim is a member of Trucker Tools and Real Women in Trucking. She is also a survivor of breast cancer and an OTR trainer.

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Chicken Broccoli Rice & Cheese Casserole

RECIPE FROM OVER-THE-ROAD DRIVER MARQUITA



Ingredients:

- Skinless chicken thighs
- Frozen broccoli
- Jasmine rice
- 3 tsp. heavy cream
- Shredded cheese

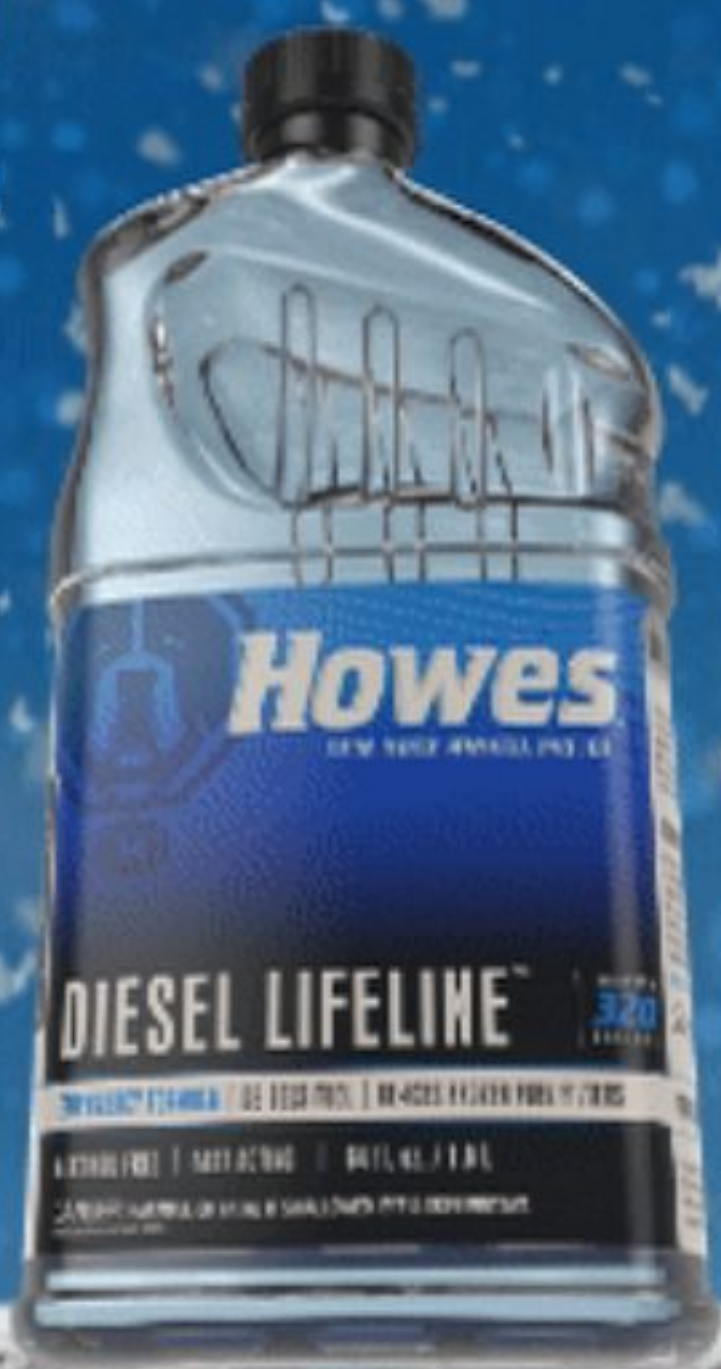
Directions:

1. Use a [RoadPro 12-Volt Saucepan](#)
2. Sauté chicken thighs with broccoli.
3. Once done, stir in packet of pre-cooked jasmine rice.
4. Add heavy cream and shredded cheese to the top.

[Click here to share your recipes, cooking videos and pictures!](#)

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COOKING WITH ROADPRO LIBRARY

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Howes Diesel Lifeline

NO



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OR
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Winter Driving Tips



TIPS AND TRICKS FOR DRIVING IN WINTER

By Idella Hansen, [RoadPro Pro Driver Council Member](#)

No matter what your experience is driving a tractor-trailer, there are always extra precautions to take when traveling down a snowy or icy road. The roads are unpredictable in the winter and can throw you for a loop if you aren't cautious or prepared.

Whether you have been driving for one month, one year, or 54 years like [RoadPro Pro Driver Council Member, Idella Hansen](#), there is always something to learn.

Read further to learn Idella's tips for driving in the winter.



Slow Down

The roads are wet and icy in the winter, take your time and slow down. When the roads are bad it's best to stay three truck lengths away from the person in front of you. Keep both your hands firmly on the steering wheel to be prepared for anything. Stay alert to the drivers around you in front of you, behind you, or passing on the side.



Keep a Heavier Load

Use the weight of the truck to slow down and use your brakes sparingly. If you are an owner-operator, you will hopefully get more of an opportunity to pick and choose heavier loads. It's always a smart idea to run at least 500 lbs. more when there are bad weather conditions.



Control Your Slide

It's not a good feeling when your trailer starts to slide on the road. If you start to skid, let off the throttle and steer away from the skid. Engage the clutch to allow the engine to help you regain traction. Staying calm and focused will help you regain control and safely get back on the right track.



Watch Out for Black Ice

Be mindful of black ice on the road and when driving in freezing temperatures. Black ice is transparent, so continually look for shiny or glossy surfaces throughout your drive. Watch out for spray coming from tires on vehicles in front of you. A lack of spray will usually mean there is a slick surface on the road ahead.



Be Prepared with Winter Wear

Keep your truck stocked up in the winter with things you may think you won't need but will get you out of a tough situation. Stock up on salt or kitty litter for when you get stuck on slippery docks or on the road. Anti-freeze is a given. Pour radiator anti-freeze in your airlines. This will warm up your engine and prevent it from freezing. You can buy airline treatment, but it is hard on gaskets and O-rings. The antifreeze has a little

slip in it and will keep everything working well. Doing this about once a week will put you in the right place.



Idella has been in the trucking business for 53 years, with over 40 of it driving a big rig. She currently runs team, hauling high-security loads throughout 48 states and Canada. She was named 2017 TA/Petro Citizen Driver of the Year and there is a North Little Rock Arkansas Petro location named after her. She also serves as a trustee emeritus of Real Women in Trucking, a member of Operation Roger, Truckers Christmas Group, and a founding member and vice president of TEAR truckers emergency assistance responders.

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ADVANTAGES OF TRUCK DASH CAMERAS

December 29, 2022



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