

Cleaning Supplies

Remember that you have to live in your unit and that keeping the truck clean is your responsibility. Clean up your spills, vacuum the gravel and other dirt and keep the truck smelling fresh for your own sanity.

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| <input type="checkbox"/> Glass cleaner | <input type="checkbox"/> Air Freshener | <input type="checkbox"/> Dish Soap |
| <input type="checkbox"/> All purpose cleaner | <input type="checkbox"/> Paper Towel or Cleaning Rags | <input type="checkbox"/> Laundry Detergent |
| <input type="checkbox"/> Small shop vac | <input type="checkbox"/> Spot Remover/Carpet Cleaner | <input type="checkbox"/> Garbage Bags |

Clothing

You all know how long you're going to be away from home and whether or not you want to stop along the way to do laundry or leave it until you get back. Pack enough of everything to get you through your trip. Some things you may not think about, but should have with you are:

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| <input type="checkbox"/> A good pair of shoes or hikers (forget sandals or flip flops) | <input type="checkbox"/> Winter coats, gloves, toques (think break down in the middle of winter. You want to stay warm) |
| <input type="checkbox"/> A good pair of winter boots (for winter months) | <input type="checkbox"/> Work Gloves |
| | <input type="checkbox"/> Hard Hat, reflective vest and safety glasses |

It is also a good idea to carry a selection of summer clothing with you even in the winter months. You can go from -40 to +40 in the same run.

Toiletries

You all know what products you need for daily personal hygiene, so make sure you take it with you in the truck. A good idea is to keep a set of truck toiletries as well as a home set. This way you never forget something sitting on the bathroom counter at home. It can get costly replacing toothpaste, shaving cream, razors and so on when you have to purchase them at a truck stop. Some additional items to consider carrying are:

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| <input type="checkbox"/> Towel | <input type="checkbox"/> Wet Wipes | <input type="checkbox"/> Hand Sanitizer |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Kleenex | |

First-Aid Kit

It's good to keep a standard first aid kit in the truck so that you are prepared. Some additional items to toss in are:

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| <input type="checkbox"/> Medicated Ointment | <input type="checkbox"/> Pain relievers (Ibuprofen works for both pain and inflammation) | <input type="checkbox"/> Cold meds |
| <input type="checkbox"/> Tensor Bandage | <input type="checkbox"/> Ant-acids | <input type="checkbox"/> Antihistamines (for allergies and if you get bitten by something.) |
| <input type="checkbox"/> Tweezers | | |

Stationary Supplies

Make sure you keep a pencil case stocked with some simple stationary supplies that you will need to complete your daily paperwork tasks.

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| <input type="checkbox"/> Black or Blue Ball Point Pens | <input type="checkbox"/> Post it Notes | <input type="checkbox"/> Mini Stapler and Staples |
| <input type="checkbox"/> Black Marker | <input type="checkbox"/> Paper/Notebook | <input type="checkbox"/> Receipt book |
| <input type="checkbox"/> Calculator | <input type="checkbox"/> Paper Clips | <input type="checkbox"/> Ruler |

Money and Documents

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| <input type="checkbox"/> Passport | <input type="checkbox"/> Driver's Licence |
| <input type="checkbox"/> Debit Card | <input type="checkbox"/> Health Insurance Information |
| <input type="checkbox"/> Cash (it's always good to have some on hand) | <input type="checkbox"/> Health Card |
| <input type="checkbox"/> Fast Card | <input type="checkbox"/> Dangerous Goods Certificate (if applicable) |

Things to Make Your Life Easier

Eating out every night can get expensive. Having these items in the truck will reduce your over the road expenses, make your life easier, and have you eating healthier meals.

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| <input type="checkbox"/> Fridge/Cooler | <input type="checkbox"/> Can Opener | <input type="checkbox"/> Coffee Maker |
| <input type="checkbox"/> Microwave | <input type="checkbox"/> Cutlery | <input type="checkbox"/> Portable BBQ |
| <input type="checkbox"/> Lunch Box Stove | <input type="checkbox"/> Tupperware Containers | <input type="checkbox"/> Tin Foil |
| <input type="checkbox"/> Hot Plate | <input type="checkbox"/> Travel Coffee Mug (s) | |
| <input type="checkbox"/> Cooking Utensils | <input type="checkbox"/> Thermos | |

Personal Items

You will have down time while out on the road. Bring personal items along with you to fill the time, just like you would do at home. A camera comes in handy to record accidents and document any load problems.

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| <input type="checkbox"/> Computer | <input type="checkbox"/> Camera | <input type="checkbox"/> DVD Player |
| <input type="checkbox"/> Books | <input type="checkbox"/> Game Systems | <input type="checkbox"/> I-Pod |
| <input type="checkbox"/> DVDs | <input type="checkbox"/> Television | <input type="checkbox"/> Batteries and Chargers |

Things to get the Job Done

You will use the items on this list every day. Never leave the yard without checking to make sure you have everything on this list.

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| <input type="checkbox"/> C-TPAT/PIP (if required)* | <input type="checkbox"/> Rand McNally Motor Carriers' Road Atlas | <input type="checkbox"/> Accident Kit including camera |
| <input type="checkbox"/> Spare PAPs and PARs* | <input type="checkbox"/> GSP | <input type="checkbox"/> CB Radio (not always supplied by the company) |
| <input type="checkbox"/> Bolt Seals (if required)* | <input type="checkbox"/> Cell Phone | |
| <input type="checkbox"/> Spare Trip Envelopes* | <input type="checkbox"/> Log Books | |
| <input type="checkbox"/> Fuel/Truck Stop Guide | | |

*Supplied by Company

Tools

Be prepared for break downs and other minor maintenance issues that may arise by carrying a tool kit with you. Sometimes you can fix the truck by yourself and avoid not only a costly call out, but hours of time in your already busy schedule.

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| <input type="checkbox"/> Screw drivers | <input type="checkbox"/> Flashlight | <input type="checkbox"/> Shoe laces (good if you need to tie something temporarily) |
| <input type="checkbox"/> Socket wrench with a variety of sockets | <input type="checkbox"/> Electrical tape | <input type="checkbox"/> Variety of fuses and a tester (even if you don't get reimbursed for the fuses, they're cheap and can get you out of a jam.) |
| <input type="checkbox"/> Selection of wrenches | <input type="checkbox"/> Glad hands, air hoses, and lights (if your shop supplies) | |
| <input type="checkbox"/> Vice grips | <input type="checkbox"/> Several pairs of work gloves | |
| <input type="checkbox"/> Hammer | <input type="checkbox"/> Bungee cords. Lots of uses. | |