

TRUCKERS' GEAR GUIDE

May-June 2024

POWER FOCUS



GARMIN.



Dēzl™ TRUCKING HEADSETS

Life on the road never sounded so good

COUNCIL TIP

Prep for Emergencies
By Matthew Brown



GUIDE TO TRUCK POWER INVERTERS



MOTHER TRUCKIN' MANICOTTI

By Truck Driver, Jonathan Garringer



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MILES & MUST-HAVES SURVEY

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GUIDE TO TRUCK POWER INVERTERS



THE TRUCKER'S NETWORK

All things *TRUCKING*



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NAVIGATING A STEEP INCLINE WITH A HEAVY LOAD



Cummins POWER INVERTER 5000W REVIEW



NOURISHING YOUR NERVOUS SYSTEM ON THE LONG HAUL

By Hope Zvara



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sounded so good

LISTEN LONGER, TRUCK SMARTER WITH PREMIUM DĒZL HEADSETS FROM GARMIN®

By Mike Cummings, Garmin

With as many hours as you spend on the road, finding the right headset is essential for truck drivers. When looking for a device that lets you keep your hands on the wheel while staying connected to dispatch, fellow truck drivers, and your navigation equipment, look no further than the purpose-built Garmin dēzl Headset 100/200 series. These trucking headsets deliver excellent sound quality, noise canceling capabilities, and long-lasting Bluetooth® talk time to make sure you're never running out of battery.

Launched last summer, the headsets include a versatile 200 model that can be converted during breaks from a single-ear headset to full-stereo headphones as well as a 100 version that features the classic ergonomic one-ear design. Keep reading to learn the ways a Garmin dēzl headset can help you hear better, talk longer, and truck smarter.

Up To 50 Hours Of Continuous Talk Time

While it's not likely that you'll need to talk to anyone for 50 hours straight, with the dēzl Headsets you'll have that capability. Though we recommend giving your voice a rest every few hours.

Active Noise Cancellation

Nothing is more frustrating when on the phone than not being able to hear the person on the other end; or if they can't hear you in a noisy truck cab. Active noise canceling technology in both the ear cup and adjustable boom mic mitigates this problem, allowing you to hear and be heard without issue.

Wireless Smartphone/Dēzl Navigation Compatibility

Built-in Bluetooth technology allows for easy pairing of the dēzl Headsets to a compatible smartphone for hands-free calls. The headsets also seamlessly integrate with Garmin's dēzl OTR trucking navigators. With the press of a button, you can activate hands-free control of your navigation and instantly blend the prompts into your audio stream. Truck drivers can also speak commands into the boom mic to control the navigator.

Designed For The Long Haul

Just about everybody has worn an uncomfortable pair of headphones. After a while, they're just not worth it, no matter how good the audio. The lightweight dēzl Headsets are crafted with the comfort of truck drivers in mind. They're designed for all-day wear and are adjustable to fit any size. They're also durable, designed with corrosion-resistant stainless-steel construction and memory foam-padded ear cushions.

Flexibility For On Or Off Duty Use

The versatile design of the dēzl Headset 200 can be converted during your breaks, from a single-ear headset to full stereo headphones when you're ready to jam out to your favorite musicians or listen to a podcast. No tools or extra hardware are needed.

Ready to make life on the road sound infinitely better? Purchase your Garmin dēzl trucking Headset in a travel center near you, or [online](#). For more information about Garmin dēzl Headsets and all other trucking-specific products, visit garmin.com/dezl.

GUIDE TO PURCHASING A POWER INVERTER

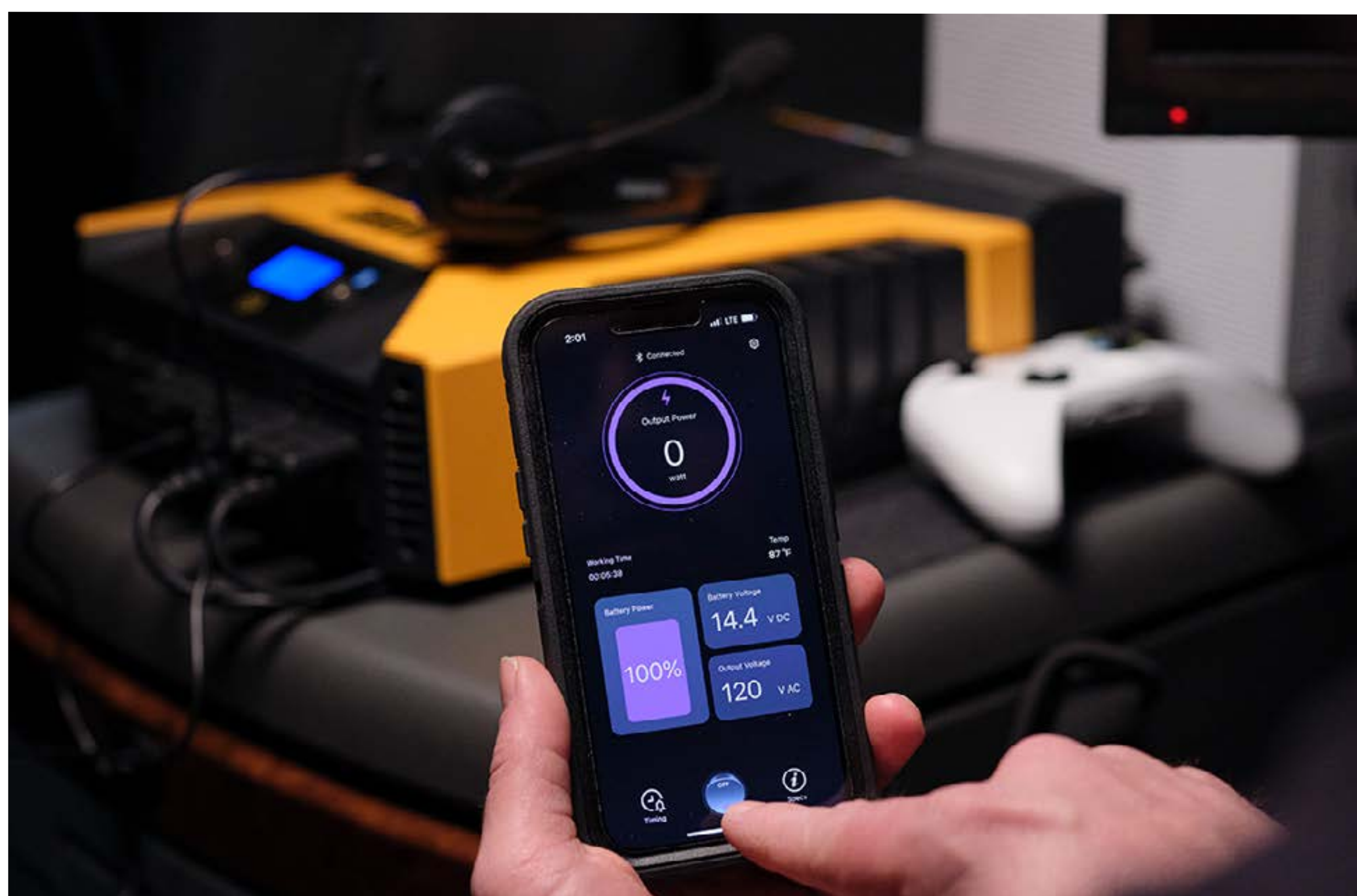
If you've been behind the wheel for a while, you're likely familiar with the benefits of a power inverter whether you have one yourself or have talked to someone that has one. However, if you are new to driving or learning about power inverters, there is a lot to know. For truck drivers, having a reliable power source is important, especially when off-grid. A power inverter converts DC power from your truck's batteries into AC power, allowing you to run appliances, charge devices, watch TV, and more. Here's everything you need to know about having a power inverter in your truck.

Why Should I Get a Power Inverter?

Beyond its convenience, truckers find it beneficial to be able to plug in AC appliances from their home into their truck. This allows you to have a refrigerator, cooking appliances, fans, heaters, TV, and more. It can be a real lifesaver to have one in your truck.

What size power inverter do I need?

Power inverter sizes are based on wattage and how much wattage they can supply to the connected devices or appliances. Lower wattage power inverters can usually be plugged into your truck's 12-volt port. For larger wattage power inverters, they must be wired to your truck's battery. To determine the size you need, use a [wattage calculator](#). Simply plug in the appliances you want to power with the inverter, and it will tell you the size inverter you should get.



What should I look for in a Power Inverter?

After determining the size you need, consider what features you would like your power inverter to have. For reference, smaller appliances like a smartphone or laptop draw between 50 and 100 watts, while a TV can draw closer to 300 watts, and a microwave could require 1,200 watts or more. Most power inverters have at least one three-pronged AC outlet, but some, like the



Cummins brand, can have as many as four. Consider how many devices you will be powering simultaneously and if four are needed.

Determine the frequency and how often you will use the inverter. Is this something you will need to be using every day? If it's a larger unit and something you'll use every day, it's best to have it accessible in your cab. Consider the safety features you want the power inverter to have. Many inverters have built-in features like high/low voltage, temperature, and overload protection, Bluetooth® capability, and audible alarms.

Should I purchase a Modified Sine Wave or Pure Sine Wave?

A modified sine wave power inverter and pure sine wave power inverter both convert DC power from a battery into AC power, which is used to power appliances and devices. The main difference between the two is the quality of the output waveform they produce. A modified sine wave power inverter is generally less expensive and may not be suitable for powering sensitive electronics. Pure sine wave power inverters are generally more expensive but necessary for sensitive electronics and creating a clean AC waveform. Pure sine wave power is as close to the same wave of power produced in your home.



TRUCKER GEAR™ BUYER'S GUIDE

ESSENTIAL GEAR FOR POWER ON THE ROAD *by Dave Hollis*

Power is a key ingredient in trucking. It has to be. An 80,000-pound loaded rig is not going to move itself. Trucking power is not limited to the 400 to 700 horsepower generated by a truck's engine. Pro truck drivers need more modest power to keep their essential devices charged and ready for use anytime they are on the road. The person behind the wheel needs to be fueled by proper nutrition and healthy snacks to stay alert and functioning for their 14-hour workday.

Here are some gear items to keep even the hardest working trucker, their truck, and their gear properly powered.



PORTABLE POWER

More often than not, you can easily recharge your smartphone or your handheld gaming device by plugging it into your truck's USB port. Sometimes you need more than the USB port. That's when it makes sense to have a portable power station in your truck. There are essentially large, rechargeable batteries you can use to recharge your devices or even power a conventional kitchen appliance like a microwave or coffeemaker.

Most portable power stations have multiple USB ports, a three-prong AC outlet, and a spot for a 12-volt plug. They supply many hours of power before needing to be recharged.

The Jackery Explorer 500

is a great portable power station. It generally rates high on "best of" lists and can provide hours of power. It weighs 13 pounds and delivers 500 watts of power with three AC outlets, and multiple USB ports. [Available online.](#)



If you need more juice, but have a lower budget, consider the **Anker 521 portable power station**. It provides 300 watts, has two AC sockets, two USB-C ports, a USB-A port, and a car socket. [Available online.](#)



POWER FOR THE DRIVER

Your truck needs sufficient power to haul your load no matter what sort of road conditions you encounter. You need to have enough juice in reserve to ensure all of your digital devices stay operative 24/7, especially in emergencies.

But, you also need to have the power to do the job. That can be challenging when you're driving over the road, and convenient meals often take precedence over healthy ones.

That's why it makes sense to have power-packed snacks within easy reach during your driving day. Look for protein bars that contain natural sweeteners like honey or dates, and healthy fats from nuts and seeds. Avoid ones with artificial ingredients like high-fructose corn syrup and hydrogenated oil.

One good choice is **Over Easy's breakfast bar**. It contains gluten-free oats, roasted peanuts, honey, dry-roasted peanut butter, dried eggs, and natural vanilla. It contains 11 grams of protein. If your taste leans more toward savory than sweet, check out **Epic bars**, which are made from grass-fed beef. They are available in a variety of flavors including beef and jalapeno, and one that is made from bison, uncured bacon, and cranberries.

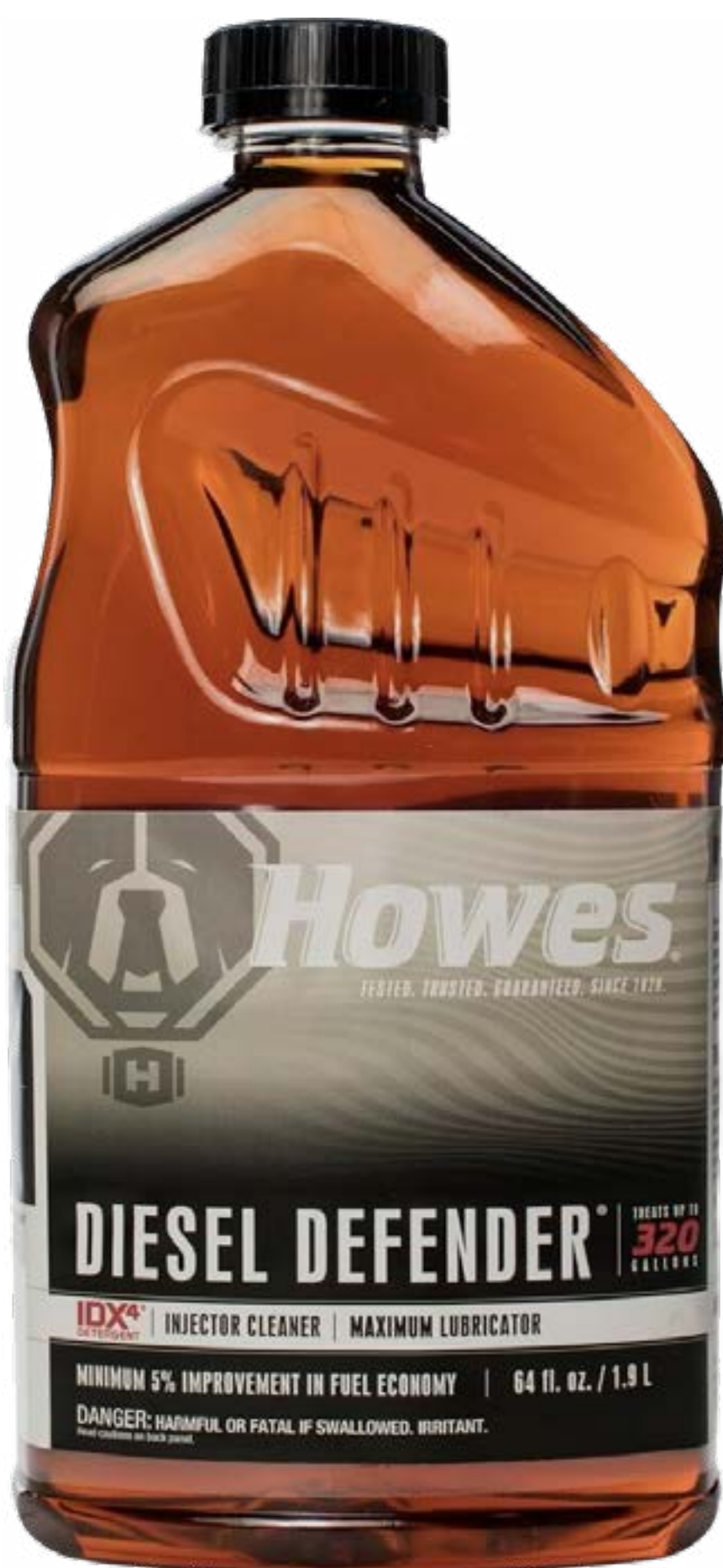


POWER FOR YOUR TRUCK

Your truck's engine needs to deliver the power you need when you need it. Climbing a grade. Merging onto the interstate. Passing another truck. When you ask for it, the power needs to be there.

Part of having power on demand is having clean and properly functioning fuel injectors. For them to perform, they need to be clean.

Howes Diesel Defender and its state-of-the-art IDX4 Detergent both cleans and prevents all deposits, including internal diesel injector deposits from forming on your injectors. Additionally, this alcohol-free injector cleaner safely removes water, leaving only pure fuel to burn. It also delivers 2.5 times the lubricity of other additives. Diesel Defender guarantees a minimum 5% increase in your fuel economy and is at most truck stops and travel centers in 32 and 64-ounce sizes.



(continued on next page)

TRUCKER GEAR™ BUYER'S GUIDE

ESSENTIAL GEAR FOR POWER ON THE ROAD *by Dave Hollis*

(continued)

POWER FROM YOUR TRUCK

Cummins is an iconic name in the trucking industry, known for its powertrains, transmissions, turbochargers, and fuel systems. The 105-year-old Indiana manufacturer also offers power inverters to tap your truck's power to safely run your devices and appliances.

The Cummins line of inverters includes models that provide 2,000, 3,000, 4,000 or 5,000 watts of modified sine wave power. All convert your truck's 12-volt power into 110 volts to power a mini-fridge, microwave, TV, and kitchen appliances.

The 5,000 watt model has four AC outlets, two USB ports, and comes with an installation kit. All of the **Cummins inverters** can be controlled by Bluetooth® and an app on your smartphone. Available in travel centers, big box stores, home improvement stores, or the [Cummins Amazon storefront](#).



ENDLESS BATTERY POWER

A number of devices you may keep in your truck's cab are battery-powered, so it makes sense to have a good supply of batteries to keep them powered up.

The **Eneloop Pro battery charger** from Panasonic and the high-capacity rechargeable AA and AAA batteries that come with it will give you an endless supply of juice. When plugged into a power inverter, the CC55 battery charger will charge a fully discharged Eneloop Pro AA battery in about four hours; or two batteries in two hours. [Available online.](#)



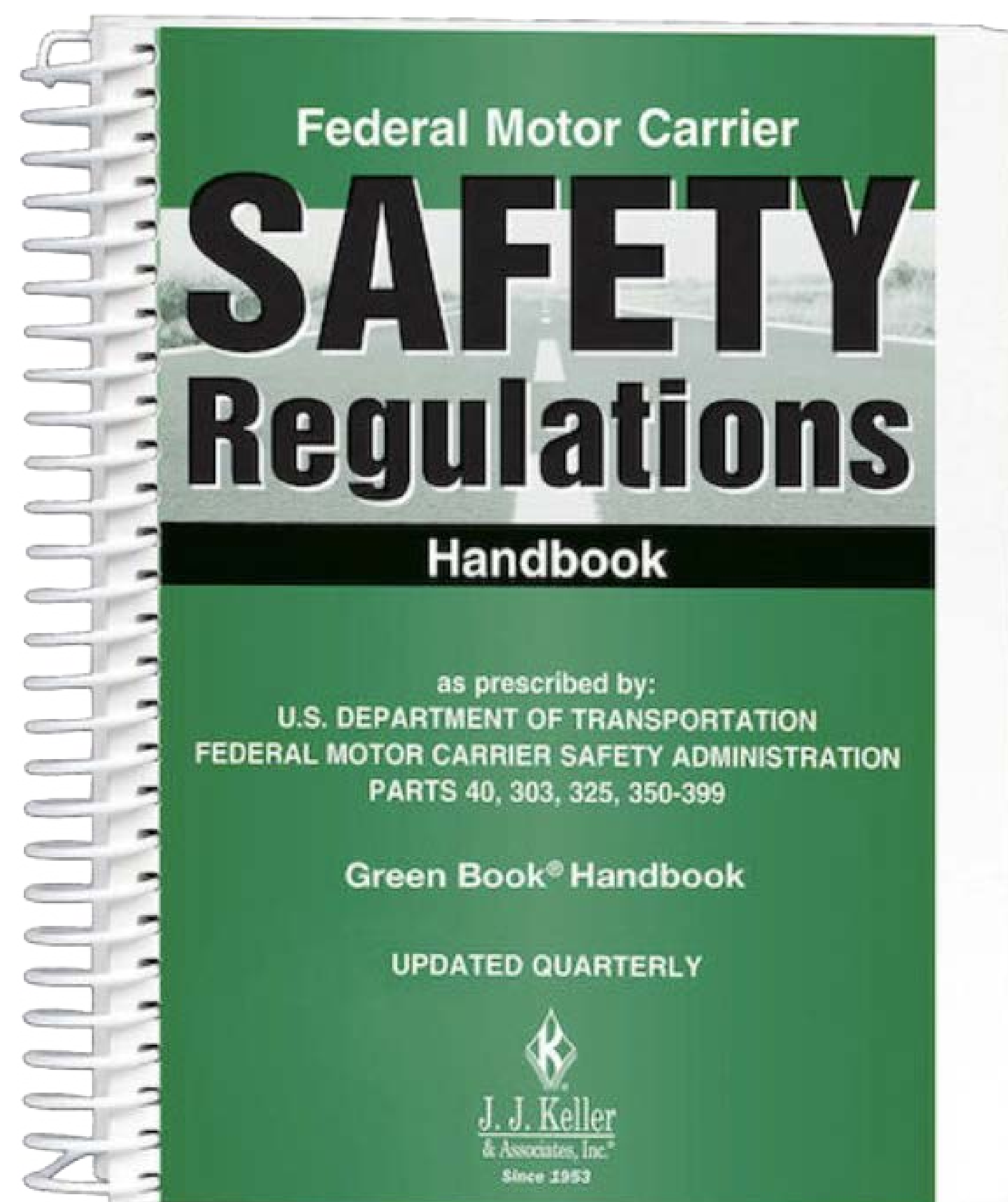
KNOWLEDGE IS POWER

Founding Father and this nation's third President, Thomas Jefferson was an advocate for the creation of institutions of higher education and was fond of saying, "Knowledge is power." Today's professional truck drivers should embrace, especially when it comes to the regulations governing their work as well as how to do their jobs safely.



J.J. Keller & Associates has a veritable library of handbooks many drivers could benefit from reading and keeping in their trucks. A sampling of books that would fit well in any truck's library includes:

- **Federal Motor Carrier Safety Regulations Handbook**, better known as the Green Book, provides drivers with word-for-word explanations of the federal laws they need to live by and navigate daily. An 8 ½" x 11" spiral-bound copy is [available online](#). The smaller pocket-sized version of the Green Book is [available online](#).



- **Alcohol & Drug Testing: What Drivers Need to Know** spells out what drivers can and cannot do when it comes to consuming alcohol or drugs and spells out the consequences should a driver receive a violation. Available online.
- **Cargo Securement Handbook for Drivers** provides not just the regulations regarding cargo securement, but also practical, hands-on best practices. [Available online.](#)
- **HOS Handbook: The Complete Guide for CMV Drivers** explains the ins and outs of this sometimes-confusing topic. This book contains information that could very well keep a driver from inadvertently violating their duty hours and getting a ticket. [Available online.](#)

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TRUCKER GEAR™ BUYER'S GUIDE

ESSENTIAL GEAR FOR POWER ON THE ROAD *by Dave Hollis*

(continued)

POCKET POWER

A smartphone is now indispensable.

That's why it needs to always have a sufficient charge and a way to recharge it when it starts to run down. So, you need a power supply with you most, if not all of the time, one that can't be too big and bulky.

The Cummins Power Bank comes in two different sizes, 5000 mAh, and 10,000 mAh. The Power Bank fits easily in a pocket so it is always there when needed.

Its capacity far exceeds its size. The Cummins power bank features two ports to accommodate multiple devices. It is lightweight and ready to charge your phone whenever you need it. Available online or at a travel center near you.



THE POWER TO SEE AND BE SEEN

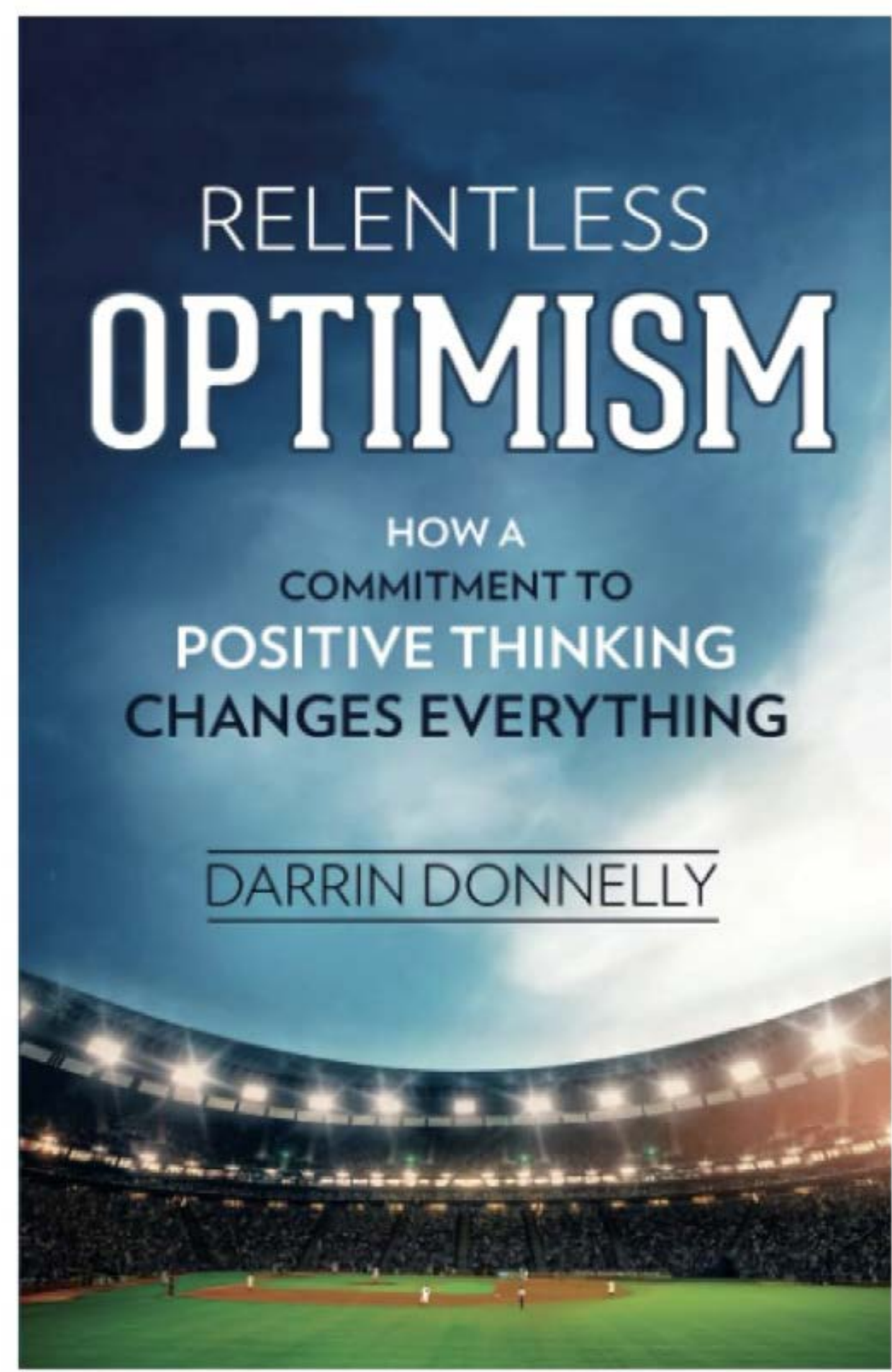
If your truck breaks down on a dark and lonely stretch of the highway, the last thing you want is to be without sufficient light to see under the hood and/or be seen by oncoming traffic. That means having a powerful light source you can count on.

RoadPro offers an AC/DC rechargeable spotlight that will light up the night for you. Delivering 360 Lumen, this light is what you need in case of any roadside emergency. It has high and low settings, a swivel locking grip handle, and a multi-position stand. It is [available online](#) or at a travel center near you.



POWER OF POSITIVITY

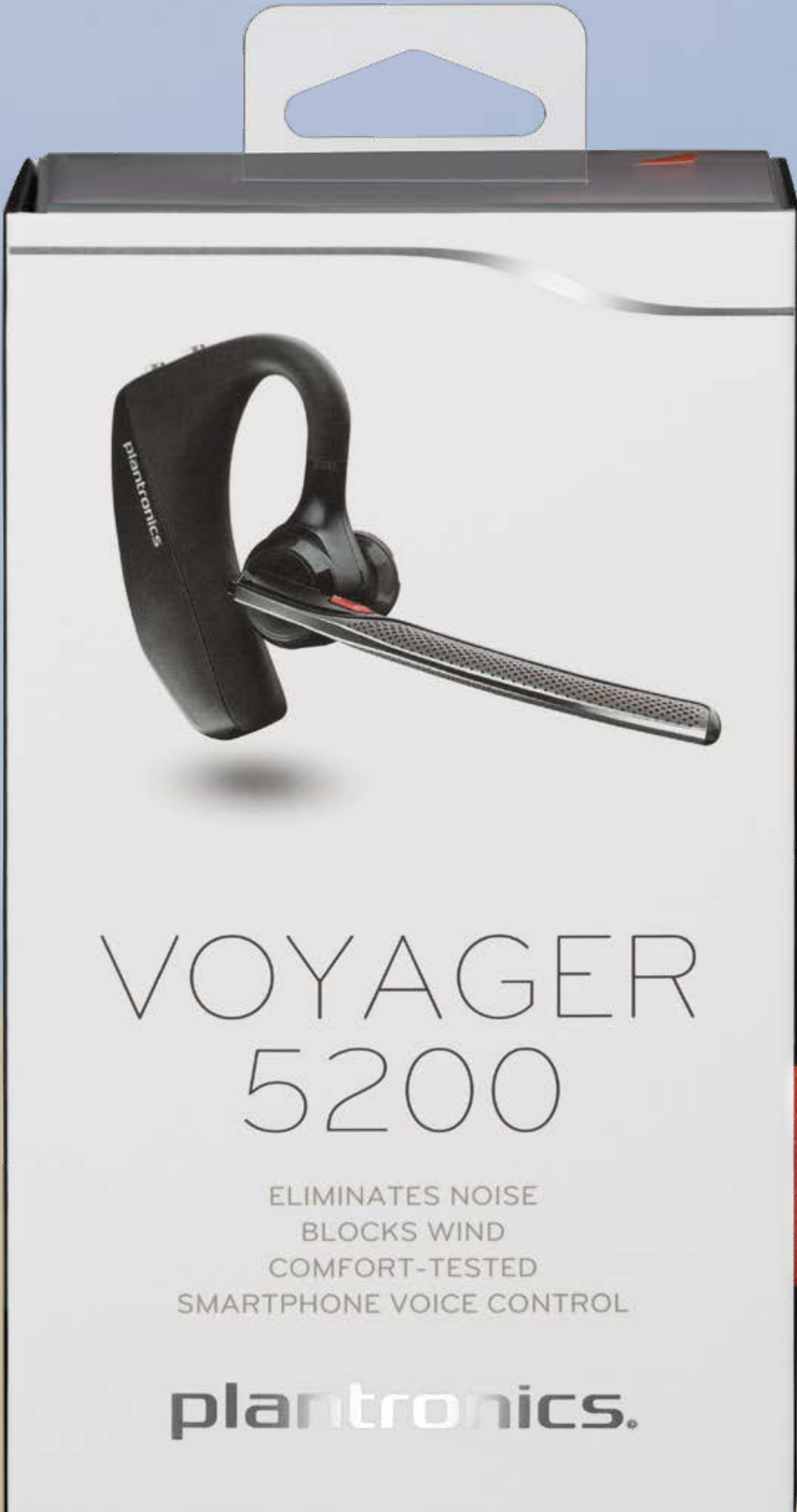
Yes, trucking can be a frustrating profession. You're often at the mercy of others who are more interested in what they must do rather than making your life any easier.



Shippers, receivers, dispatchers, distracted four-wheelers, fuel island fools, and lazy lumpers can make your driving day painfully irritating. Most likely though, your protestations fall on deaf ears.

Relentless Optimism, a book by Darrin Donnelly, helps you explore developing a positive mindset. It offers practical strategies designed to help you overcome challenges and deal with the setbacks that come with a demanding job.

[Available online.](#) It's also available for Kindle e-readers and as an audiobook.





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FEATURES



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MICROPHONE**



**NOISE
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**SWR
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**DUAL MODE
AM/FM BANDS**



**AUTOMATIC
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**RF
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FIRST GEAR

for new CDL drivers

HOW TO NAVIGATE A STEEP DECLINE WITH A HEAVY LOAD

Driving through the mountains can present a unique challenge for truck drivers, requiring extra caution and preparedness. Whether you are a seasoned driver or new to the road, navigating steep grades requires careful attention to ensure your safety and the safety of others on the road. We asked our [RoadPro Driver's Lounge Facebook Group](#) for their tips on navigating a steep decline with a heavy load.



PRE-TRIP INSPECTION

Before starting your journey, do a thorough pre-trip inspection. Pay close attention to your service brakes and air tanks, as they are critical for safe mountain driving. Faulty brakes tend to overheat when braking too often, leading to brake fading and reduced effectiveness. Ensure everything is working well to avoid potential issues during your drive.



FUEL UP!

You may drive 100+ miles before coming across a fuel stop. Fuel up before entering mountainous areas to avoid running low or out of fuel. Be prepared for emergencies, long construction zones, and heavy traffic.

USE LOWER GEARS

Several RoadPro Driver's Lounge members recommend using lower gear when navigating a steep decline. Driver Todd Daum advises, "If you must use your brakes because you did not downshift to a lower gear or failed to use the proper stage engine brake in time, brake no more than 5 mph. Let off to cool brakes for 3 to 5 seconds, then brake at 5 mph." Daum recommends, "Repeat until under control, stopped, or emergency ramp used." He also suggests, "Turn on hazards and go as slow as you are comfortable with. Stay in the right lane and do not worry about who passes you." Another driver, Mike Baker, shared, "The gear on the way down should be two lower than what you climbed the hill in, and don't ride the brakes."



KEEP DISTANCE BETWEEN VEHICLES

While this may sound like common knowledge, it's even more important to give yourself extra distance while hauling a heavy load on a steep grade. Never tailgate, but do leave double the distance between you and the vehicle in front as you would on a flat road.

LAST RESORT

Be prepared for curves in the road before you start going down the mountain. If you are unfamiliar with the area, it is important to look ahead or communicate on a [CB radio](#) with other truckers to locate the runaway truck ramps along the route. In case of an emergency, these ramps provide a safe area to stop your rig if you encounter a brake malfunction.

To join this conversation, and others related to trucking, join the [RoadPro Driver's Lounge](#) on Facebook.

FIRST GEAR

for new CDL drivers

NOURISHING YOUR NERVOUS SYSTEM ON THE LONG HAUL

By Hope Zvara

Like your truck, your body needs proper maintenance to run smoothly. And when you're clocking in those miles, it's easy to forget about what's going on under your hood. And when you don't fuel it properly, it's only a matter of time before the real engine moving that truck of yours will begin to break down, often without warning.

EXERCISE

You don't need a gym membership, folks. Just a few minutes a day can make a huge difference. Stretch those legs at rest stops, do some truck-side lunges, or even some seat exercises while you're parked. It keeps your blood flowing and your nervous system firing on all cylinders.

VITAMINS AND MINERALS

Your engine needs the right fuel, and so does your body. B vitamins, magnesium, and omega-3s are like high-quality oil for your nervous system. You can find them in leafy greens, nuts, seeds, and fatty fish. Consider a daily multivitamin to make sure you're covering your bases.



SITTING POSITION

Ah, the trucker's throne. How you sit can be a royal pain or your best ally. Keep that back straight, adjust your seat so your feet can rest flat, and don't forget to use that lumbar support. A well-positioned seat can help avoid unnecessary stress on your nervous system.

FOOD CHOICES

We've all been tempted by the siren call of truck stop eats. But fueling your body with the right foods is crucial for keeping your nervous system happy. Opt for snacks that pack a nutritional punch – think fruits, veggies, nuts, and whole grains. And water, drink lots of water. Staying hydrated keeps everything running smoothly, from your brain to your toes.

HEALTHY OILS

Here's the real inside scoop: healthy fats are your nervous system's best friend. They're the slippery slide that keeps everything moving without a hitch. Foods rich in omega-3s, like fish, walnuts, and flaxseed, or cooking with first-press extra virgin olive oil, can make a big difference in how you feel mentally and physically. Some of the healthiest populations in the world have diets rich in healthy oils, so it may be wise to take note.



So, there you have it. Taking care of your nervous system is much like maintaining your truck – it might take some effort, but boy, is it worth it. You'll feel better, think clearer, and hey, those long hauls might just start to feel a bit shorter.

Now, conquer those highways with a well-oiled, finely tuned system!



Hope Zvara is a yoga, movement, and lifestyle expert and CEO of Mother Trucker Yoga. Over the last 20 years, Hope has transformed hundreds of thousands of lives and now helps drivers go from being in pain and out of options to feeling good again with her practical fitness approach and simple step-by-step strategies drivers can implement on the go. She has been featured on PBS, Forbes, and Yahoo News and is a regular guest on SiriusXM radio. If you are looking for the next steps in your health and life, look no further. For more information visit www.mothertruckeryoga.com. Facebook: <https://www.facebook.com/MotherTruckerYoga> Instagram: <https://www.instagram.com/mothertruckeryoga/> Twitter: https://twitter.com/trucker_yoga

MILES & MUST-HAVES

SURVEY



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Total Retail Value: \$225.00

COUNCIL TIP

Pro Driver Tip: Prep for Emergencies

By Matthew Brown



Matthew has been driving for 13 years, navigating the highways across every state in the lower 48, excluding Maine. From hauling dry van to flatbed and heavy equipment in the oilfields, his journey has been diverse. Right now, Matt hauls dry van mostly hauling fiber or metal barrels. Beyond the road, Matt has a love for photography, earning recognition in over 30 magazines and 10 books. Outside of my professional life, Matt is a proud parent to a 13-year-old daughter, and his faithful Belgian Malinois who has been my travel companion for the past 5 years. You can follow their journey on TikTok: @k9_kingston



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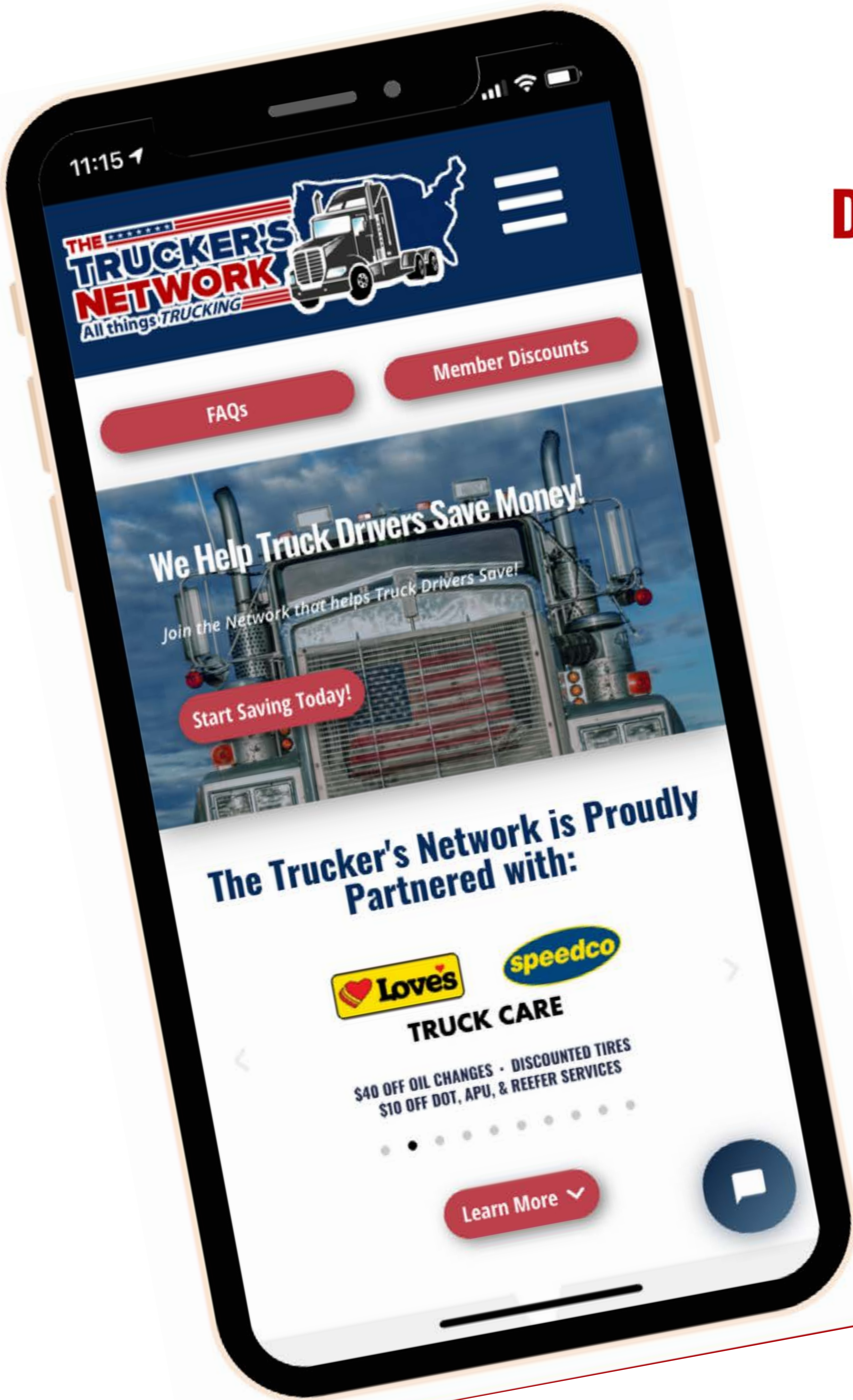
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Keep On Trucking!!

MOTHER TRUCKIN' MANICOTTI

Recipe by Truck Driver, Jonathan Garringer

INGREDIENTS

- 7 Manicotti Noodles
(Half Cooked And Cut In Half)
- 4 Tbsp Parmesan
- Italian Seasoning
(Amount You Desire)
- 15 Oz Ricotta Cheese
- 1 C Mozzarella Cheese
- 4 Tbsp Three Cheese
- 1 Egg
- Tomato Sauce



DIRECTIONS

1. Mix noodles, ricotta cheese, mozzarella cheese, Parmesan, egg, and Italian seasoning together. Mix well and put into a bag to help fill the noodles.
2. Lightly butter the tinfoil insert so they don't stick. Put a layer of sauce on the bottom of the pan. Next, put a layer of the filled Manicotti across the pan. Top with another layer of sauce. Add a light amount of mozzarella on top. Add the Three Cheese on top of the Mozzarella.
3. Cover with tinfoil and let cook in the RoadPro Portable Stove for 3.5 hours. Take the tinfoil off and let it cook for another 30 minutes.

This recipe only makes half a box of noodles. So, if you're looking to make a whole box double the recipe.



TRUCK DRIVER, JONATHAN GARRINGER

I'm a fourth generation trucker. Trucking and cooking are my passions in life. My father was a 44+ year veteran driver and taught me most of what I know out here. Truckin and cooking is what I love. I started Mother Truckin Café about 8 years ago, but never thought about doing a TikTok until now, so keep an eye out for me soon on TikTok, Facebook, and possibly YouTube. I've been driving and eating out here for 17 years and couldn't stand the bland or unhealthy food we are provided by the truck stops. I basically live on my truck and don't make it home that much so something had to change with my eating habits. So, now I cook almost everything I eat in my truck and have been using the same RoadPro lunchbox cooker for over five years. I create all my meals from ideas I have and don't use anyone's recipes but my own. It's a lot easier than most think so take a leap and give it a shot.





Official Licensed Cummins Products



Power Inverter 5000W Review

Jeremy Wallin

Jeremy and Tiffany Wallin are team drivers behind the wheel of a 2017 Freightliner Coronado known as “The Girl Next Door.” They are owner-operators leased onto Bennett Motor Express out of McDonough, GA, pulling a step deck.

With 30 years of driving experience, Jeremy is not only a seasoned driver but also a skilled diesel mechanic and former entrepreneur. He owned a diesel and chrome/light shop for 13 years and managed his own small trucking company with seven trucks and drivers. Tiffany has been driving for 1 1/2 years. Before trucking, she was a dean’s assistant at the University of Tennessee.

Their truck, “The Girl Next Door” has been featured twice in Overdrive magazine for its lighting, chrome details, and stereo setup. Beyond the road, Jeremy and Tiffany share a love for adventure. They enjoy scuba diving, white water rafting, exploring authentic restaurants, and visiting national parks. Their passion for trucks extends to participating in truck shows throughout the country.



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