

# TRUCKERS' GEAR GUIDE

JULY/AUGUST 2024



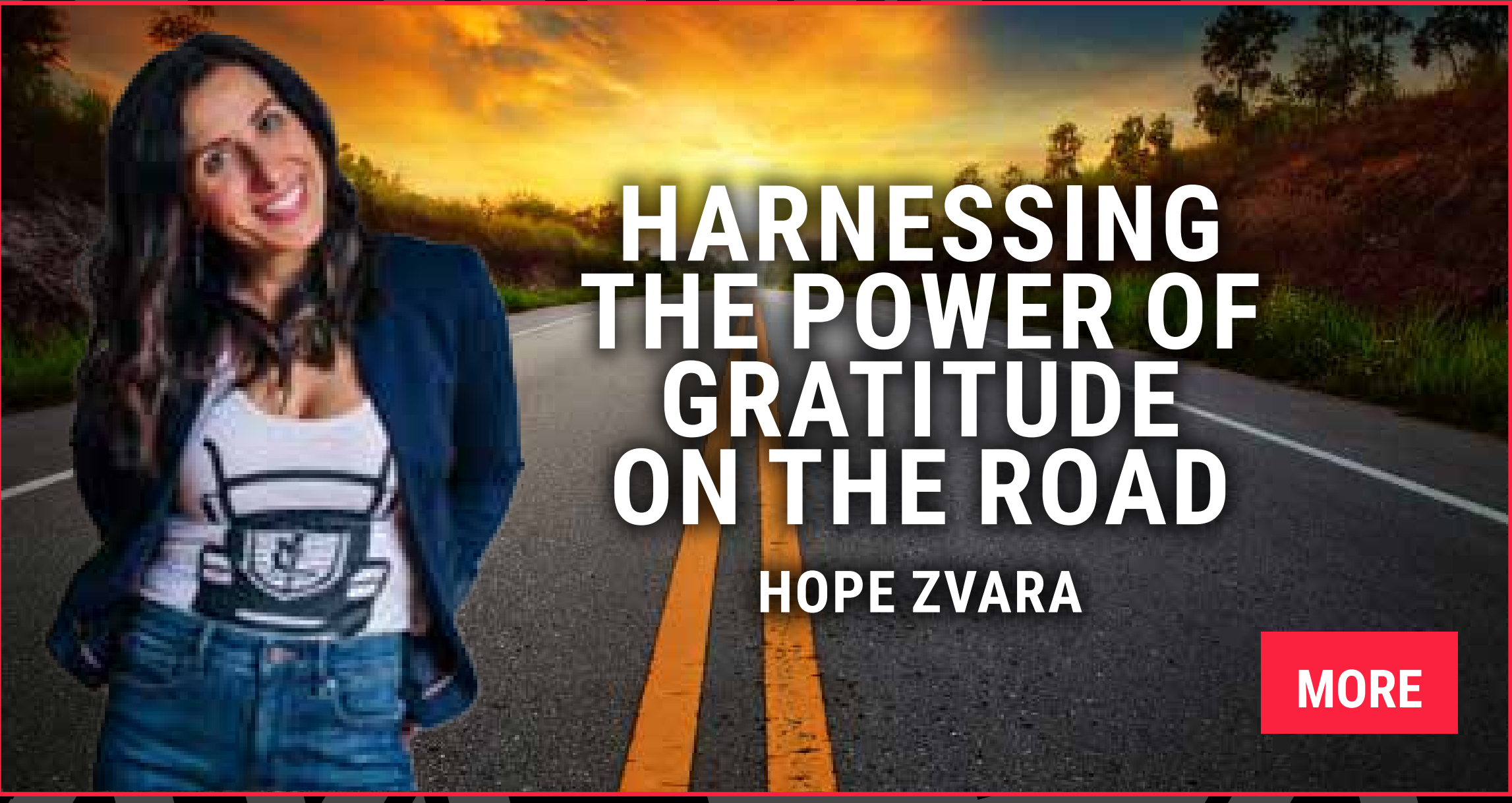
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Total Retail Value: \$200

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# HEAVYWEIGHT NOISE-CANCELLATION MEETS LIGHTWEIGHT COMFORT



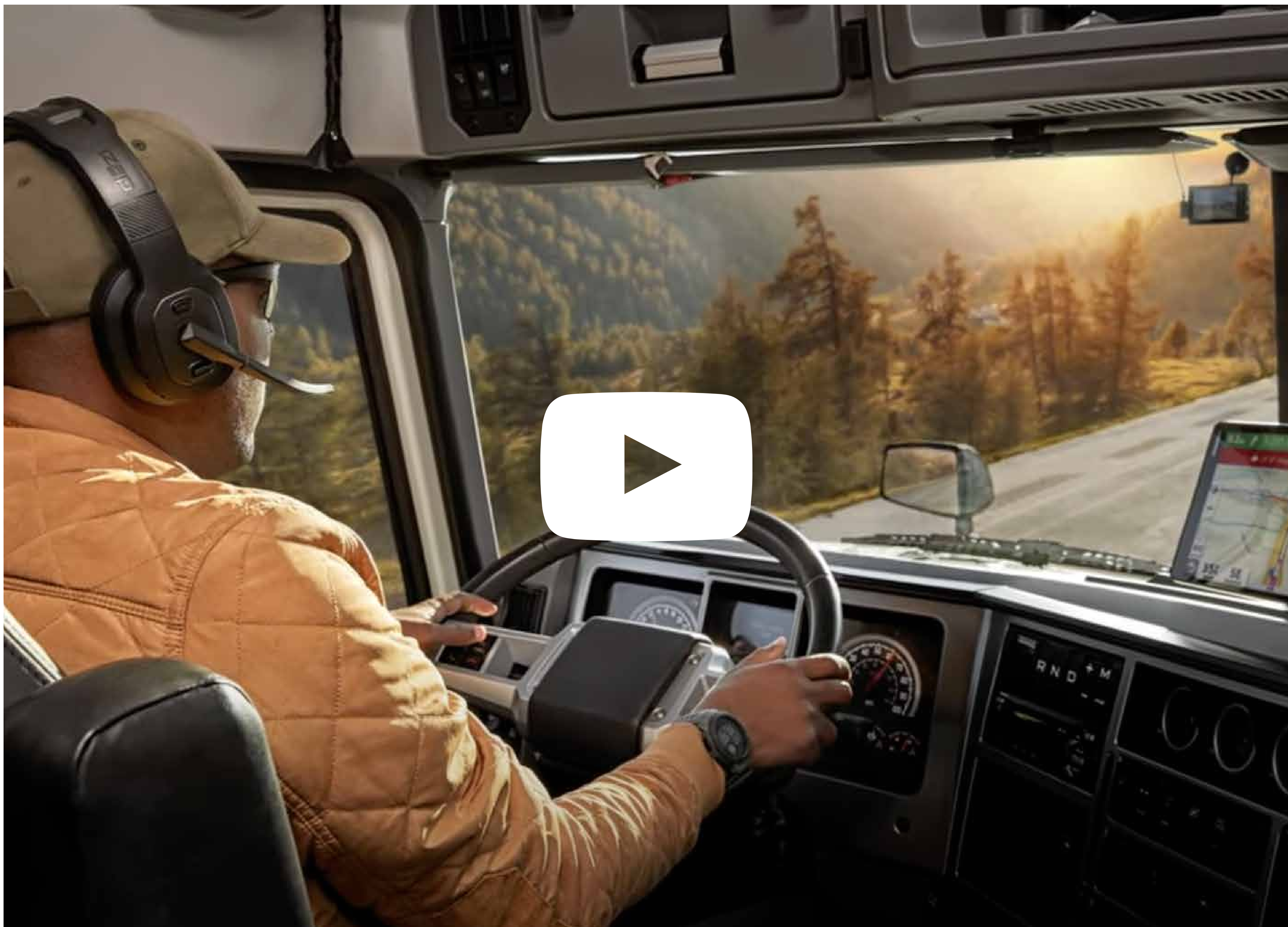
## BlueParrott B350-XT ONE NATION EDITION



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Life on the road never sounded so good

SHOP







## 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](https://www.garmin.com/dezl). For more information about Garmin dēZL Headsets and all other trucking-specific products, visit [garmin.com/dezl](https://www.garmin.com/dezl).



# HARNESSING THE POWER OF GRATITUDE ON THE ROAD

HOPE ZVARA

Have you ever considered how gratitude can fuel your journey like a full tank of diesel? It sounds a bit out there, doesn't it? But let's park our rigs for a second and chat about this.

Life on the road isn't always easy. You've got long hours and tight schedules, and sometimes, the only conversation you have is with your CB radio. But here's a little secret: embracing gratitude can turn that endless highway into a scenic route.

## START SMALL

Imagine starting your day not by grumbling about the alarm but by thanking it for giving you another day. It sounds silly, but it's a game changer, folks. It's about noticing those small oases in the desert—a stunning sunrise, the smell of fresh coffee, or the laughter in a friend's voice.

## KEEP A GRATITUDE JOURNAL

I'm not saying you need to write a novel. Just jot down one thing each day that made you smile or feel good. Over time, you'll start to realize how much good stuff is happening around you. Shift your mind, shift your life!

## SHARE THE LOVE

Gratitude is contagious. Compliment a fellow trucker on their rig or thank the waitress for her smile. It will make your day better and theirs, too. How you see the world is what you often receive back, so smile!

## WHY IT MATTERS

Gratitude isn't just feel-good fluff. It's your power-up. It reduces stress, boosts your mood, and even makes those aches and pains less achy. When you're feeling grateful, those miles think a bit shorter, and that truck stop coffee tastes a bit sweeter.

So, let's challenge ourselves to shift gears into gratitude. It doesn't cost a dime, but it can make you feel like a million bucks. Hit the road with a thankful heart and watch how the world opens up in return. Safe travels, my friends. Remember, it's not just about the destination but the gratitude-filled journey.

# HOPE ZVARA



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](http://www.mothertruckeryoga.com).





## Truckers' Tech: The Best Bluetooth® Devices for Life on the Road

By David Hollis

For an older, traditional industry with the simple mission of moving things from Point "A" to Point "B", trucking is a hotbed of innovation. Technological advances – some welcomed, some questioned – are redefining the trucking landscape.

Some changes have been or will be monumental: driverless trucks, battery electric motors replacing diesel engines, numerous driver-assist technologies. Others have been more modest: dash cameras, GPS navigation devices, and tire-pressure monitoring systems. However, one technology from the consumer marketplace has made an impact on the lives of many truck drivers. Bluetooth connectivity has delivered a variety of products that have made truckers' driving lives easier.

Just 40 years old, Bluetooth uses short-range radio waves to connect and control any number of devices.

**It's estimated that some 7 billion products will be Bluetooth-enabled in 2026, many of them aimed at truckers, many of them having to do with improved and safer communications.**



### RoadKing Bluetooth CB Radio

CB radio or smartphone? Now you can connect to both with one wireless headset thanks to the wonder that is Bluetooth technology. RoadKing brought the CB radio into the 21st century when it introduced its hands-free CB that pairs

with the RKING940 wireless, noise-canceling headset. This device allows you to use your CB without having to reach for the mic, while also enabling you to answer or make calls from your smartphone with voice commands. The CB features a seven-color display, NOAA weather alerts, PA function, and talkback. It comes with a four-pin RoadKing mic. Available at travel centers, truck stops and [online](#).

## BLUETOOTH HEADSETS

As of last year, 29 states and Washington D.C. prohibit drivers from using cellphones while driving. More importantly, federal regulations prohibit drivers of commercial vehicles from holding a cellphone or dialing more than one button on a phone within easy reach. That's why the field of Bluetooth headsets is a crowded one.



### Rand McNally ClearDryve 220

Rand McNally has a lineup of four wireless headsets. All the ClearDryve headsets rely on Bluetooth 5.0 to pair easily with iOS or Android smartphones. The ClearDryve 220 is top-of-the-line and can be used with one earpad while driving and a second one for streaming audio when not. It offers 20 hours of talk time and 200 hours on standby. It's available at most truck stops and travel centers or on the Rand McNally [online store](#). Rand McNally also has the ClearDryve 210 and 180 convertible Bluetooth headsets, and the ClearDryve 100, which has one fixed earpad.

*(continued on next page)*





## Garmin dēzl 200

Garmin's entry in the two-in-one trucker Bluetooth headset lineup is the dēzl 200, which allows you to wear one earpad while driving and add a second for non-driving listening. The dēzl 200 offers up to 50 hours of talk time and active noise cancellation. It also pairs with the Garmin dēzl Navigator GPS. The Garmin dēzl Headset is available at most truck stops and travel centers, or is sold [online](#).



## RoadKing 4000

RoadKing, a member of the RoadPro Family of Brands, has a lineup of four Bluetooth-enabled headsets, all well suited for the professional driver. The top-of-the-line is the RKING4000, which delivers 28 hours of talk time and has superior noise cancellation and ambient noise reduction. It is powered by Bluetooth 5.0 and has a range of 33 feet. Like many other Bluetooth headsets, the RKING4000 does double duty. You can wear it with the one earpad while driving, and then add a second one for stereo listening when not on the road. Both earpads are ultra-soft and are made with memory foam for superior comfort. The RKING4000 is available at most truck stops and travel centers, or is sold [online](#).



## Shokz OpenComm

Like other Shokz products, the OpenComm uses bone conduction to deliver high-quality sound. Instead of fitting over your ears, it rests on the temporal bone

and transmits sound vibrations to your inner ear. It features an adjustable DSP noise-canceling boom microphone that ensures your calls are clear and noise-free. OpenComm features 16 hours of talk time. This lightweight wireless headset has a multifunction button that lets you control play, pause, answer calls, and activate a voice assistant with a couple of taps. [Available online](#) or in a travel center near you.

## BLUETOOTH SPEAKERS

One of the fastest growing Bluetooth market segments is speakers. In 2023, sales of Bluetooth speakers topped \$14.5 billion, and it's only expected to grow.

This market runs the gamut from a pair of KEF LS60 that sell for \$4,999.99 to a Bluetooth speaker built into a \$182 Kohler shower head. There are many speakers that are far more practical for professional drivers.



## Sound Core 300

There was a time when the prevailing wisdom said, "The bigger the speaker, the better the sound." Not so much anymore as the Sound Core 300 Bluetooth speaker is proof. This speaker's adaptive technology automatically adjusts to the direction and orientation of the speaker to deliver immersive sound in any scenario. It delivers powerful bass, has 13 hours of battery life, and is waterproof so you can enjoy your tunes when you are outside. [Available online](#).



## Bose Frames Soprano Sunglasses

Everyone appreciates a multi-tasker, a device that does more than one thing. These Polarized sunglasses with built-in Bluetooth speakers excel at multitasking. Not only do they protect your eyes while driving, but they can also provide access to your favorite playlist, podcast, or audiobook. [Available online](#).

*(continued on next page)*





## Music Hat

This traditional cap has a less-traditional function: Bluetooth connectivity for a pair of speakers and a microphone. Wear this cap and you can pair it with your smartphone to listen to the audio of your choice and also take any incoming calls. Its battery delivers six hours of listening time and 48 hours of standby. Two speakers are in the cap's brim and an easy-to-use control panel is on the back. It comes in blue, black, or gray. [Available online.](#)

## MORE BLUETOOTH CONVENIENCE



## Jiobit Pet Tracker

More and more over-the-road truckers travel with a pet and know how important it is to always keep track of their furry sidekicks. This pet tracker from Jiobit will help keep an eye on your dog, especially if they happen to stray from your truck or your side. Small and lightweight, the Jiobit tracker uses Bluetooth to connect to your smartphone and delivers real-time location details. It attaches to your pet's collar and is small enough for use on a cat. [Available online.](#)



## Manta Sound Sleep Mask

Restful sleep is essential for safe driving. But getting deep, peaceful, and restorative sleep while on the road is not easy. The Manta Sound Sleep Mask may be just what you need to help you make the most of your time in the sleeper berth. Not only does this mask use super-soft, C-shaped cups to block out 100% of the light, it also has two Bluetooth-connected speakers. They allow you to fall asleep listening to your choice of audio or it can be paired with one of many white noise apps you can install on your smartphone. It has 20 hours of battery life. [Available online.](#)



## Samsung SmartTag2

Remember that sinking feeling you had when you went to pay for your dinner at the truck stop restaurant and you didn't have your wallet. Worse, you had no idea where you left it. Now, finding it is as easy as checking your smartphone. Place one of these SmartTag2 Bluetooth trackers from Samsung in your wallet and you can pinpoint it in a moment. It's rated to be protected against moisture and dust, so it's perfect for over-the-road travel. Packages of four SmartTag2s are [available online.](#)



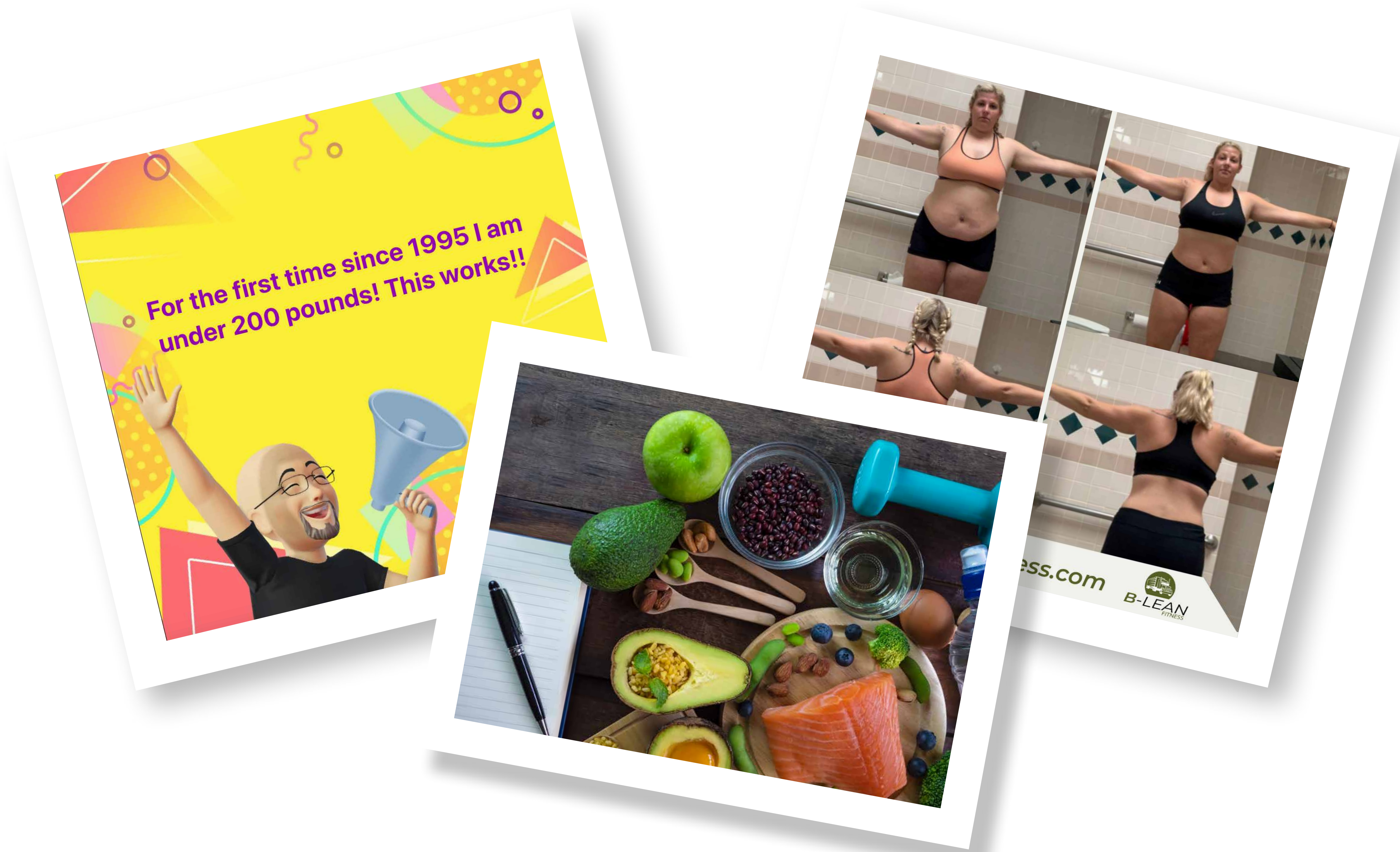


# Achieving Lasting Weight Loss as a Trucker

By Brandon Rothrock

## DECIDE & FINALIZE

Lasting weight loss begins by deciding & finalizing your decision. Think about it, if you’ve ever decided that you want to lose weight, then it means you believe it would make a positive impact on your life. Therefore, until you achieve that goal, it will always remain on your mind. So, once you decide, finalize your decision, and don’t negotiate with yourself when stressful times arise.



## CREATE A ROADMAP

When dropping off or picking up a load, most truckers use a GPS. Why? It simply makes their life easier, for the most part, to help them get from point A to point B without having to guess. Your weight loss journey should be similar. You need a roadmap or plan that takes care of the guessing regarding your nutrition, exercise and water intake (primarily).



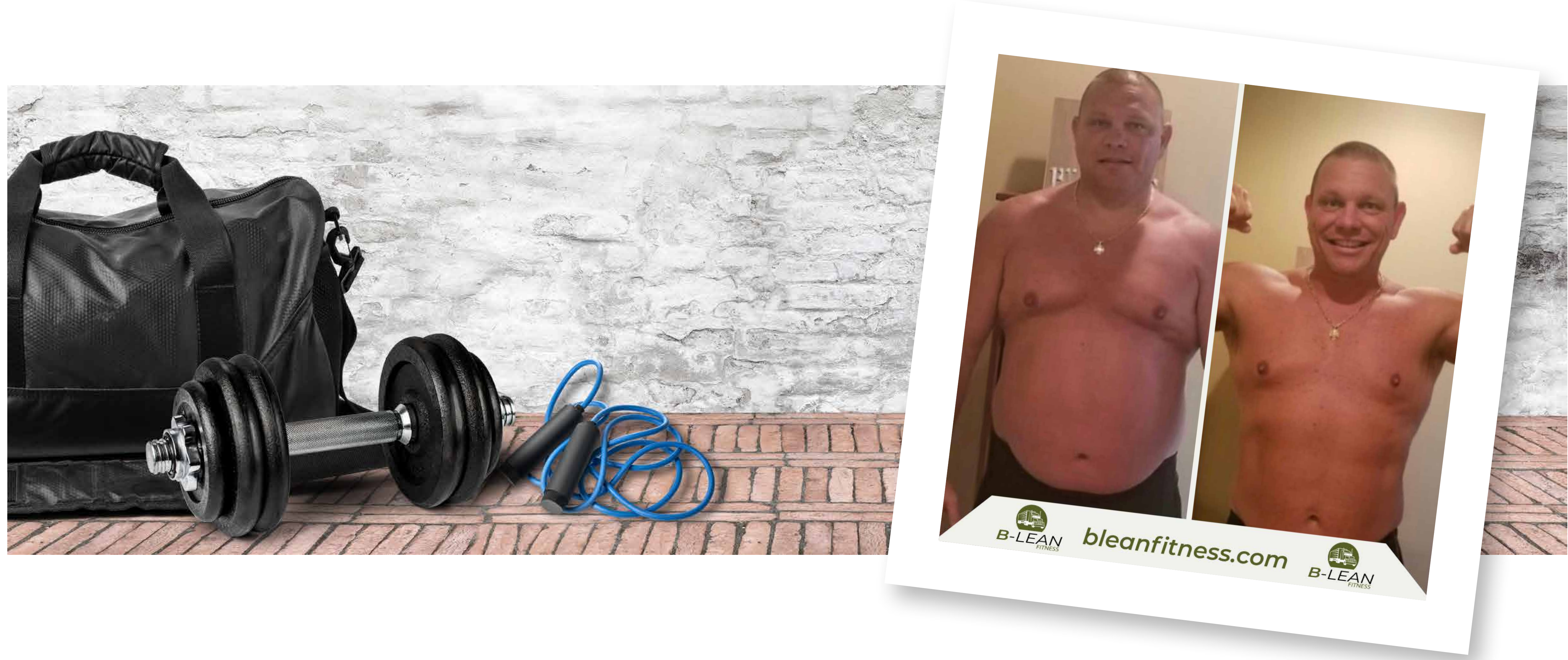
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# KEEPING HEALTHY ON THE ROAD

## ADAPTABILITY

Your roadmap or plan MUST be adaptable to your trucking schedule and preferences. If you personally love carbs, then don't cut them out. Learn how to incorporate them into your nutrition without sabotaging your results. Schedule doesn't allow you to workout at the gym or exercise everyday? No problem. Set up an exercise regimen that aligns with your schedule and stick to movements that can easily be done in or outside of your rig.



## STAY THE COURSE

Consistency. Truckers have heard of this word before, but yet some don't think they can apply it to their health. The reality is, truckers are some of the most consistent individuals in America, especially when it relates to being consistent with driving. The reason most aren't consistent with their weight loss habits is because they haven't reached a point of breakthrough. In order to reach breakthrough, truckers must experience what lasting weight loss feels like. Once they hit that point, not only will they have built up their consistency muscle, but they'll also be hooked with how much better they feel physically and mentally. Results like this become addicting which makes it much more difficult to regress than continue on a healthy journey. Remember, you don't have to be perfect to succeed with weight loss. You just can't quit.

**Remember, you don't have to be perfect to succeed with weight loss.**

**You just can't quit.**



# BRANDON ROTHROCK



Brandon Rothrock is the Founder & CEO of B-Lean Fitness. Since 2018 the company has operated as a virtual health & fitness consulting company. For the first 4-5 years of operations, Brandon and his team served anyone and everyone that wanted to better their health. However, they started to see trucker obesity surface and become a more prominent problem in America. October of 2023, they went all in with tailoring their virtual weight loss coaching service 100% toward active truck drivers that have weight to lose. With their program (Road Warrior Wellness) each driver is paired with their own coach to work with 1-1 (in a virtual setting) to help them lose sustainable weight by focusing on flexible habits and adaptability. Their mission is to lower the obesity rate in trucking by teaching drivers how to "lose weight, their way" without restrictions or major lifestyle changes. Learn more at: <https://bleanfitness.com>.





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Duke Cannon Cold Shower Towels are the perfect way to cool down and recover after 12-hour hauls, covert field missions, or back-alley boxing matches.



# Best Tips: Navigating Tight Spaces and Heavy Traffic

By TIFFANY & JEREMY WALLIN

Navigating tight spaces and heavy traffic is a common challenge for truck drivers, requiring practice, and patience to get through busy cities. Jeremy and Tiffany Wallin, experienced team drivers, offer invaluable tips to help their fellow drivers handle the more difficult routes through busy cities.

## Watch Your Mirrors Extra Closely

Cities often present unknown hazards and tighter spaces, making constant mirror checks crucial for maintaining awareness of your surroundings. Knowing your route before entering the busy area is important. Good trip planning can help you avoid surprises and ensure that you're on the roads suitable for your truck.

## Keep Your Side Mirrors Very Clean

This can improve your visibility, especially during night driving or in bad weather conditions. Clean mirrors provide a clearer view, helping you spot potential obstacles and hazards more quickly.

## Manage Your Speed

While it might seem like you're alone on these roads, law enforcement often takes advantage of the secluded environment around, and they can be difficult to spot. Staying at a safe speed limit not only ensures safety but

also helps you avoid fines. Running a truck GPS is highly recommended in these areas, as it can let you know the speed limit and also prevent you from encountering low bridges or roads that cannot accommodate large trucks.

## In Heavy Traffic, Maintain Patience And Stay Calm Through Long Waits

Heavy traffic can be stressful. Keep a safe distance from those in front of you. Continuously checking your mirrors and any installed cameras helps you stay aware of surrounding vehicles, allowing for better decision making and maneuvering.

## Plan For Extra Time When You Are Traveling Through Congested Areas

Expect delays so that when they do come you are able to remain relaxed and maintain safe driving practices through the rush. Using a CB Radio can help provide updates other drivers are experiencing on the roads around you.

By following these tips from Jeremy and Tiffany Wallin, you can better navigate tight spaces and heavy traffic, ensuring a safer journey. Good preparation before you leave home is key to overcoming these common challenges on the road.



## THE WALLINS

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.



# Raising Fur Babies Over-the-Road

By Jennifer Kohl, RoadPro Pro Driver Council Member

One thing many of us have in common is that we travel with our fur babies. Making sure they stay healthy while over-the-road is just as important as our own health.

Over the years, I've found that going to the vet can be a challenge with a big truck. We found it easier to go to a PetSmart or Petco that have veterinary services in-store. Call ahead to see if the store manager will let you park your truck in the dock for your pet's visit. The benefit of this is that your pet's records are accessible at any location you go to. In an emergency, it is trickier if you aren't close to one of the major chain stores. It's best to search your local area for a well-rated veterinarian. By using satellite maps, you can scout their location to see if there is any area to park your truck nearby if their parking lot doesn't appear big enough. The bigger vets offer a monthly plan for pet insurance, which reimburses you for pet healthcare expenses. Some drivers choose to pay out of pocket if something happens. Vet visits are just one aspect of your pet's care. Also, make sure your pet gets time to stretch and exercise.



## JENN KOHL



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](#).



**Meet the twins, Drifter (left) and Queenie (right).** Both are 12-week-old Miniature Schnauzers in the picture. They will be 4 years old in July 2024. We had planned to only get a male, but then we found out the female would have been left alone. We learned from our last schnauzer, Shadow, that being the runt and the last pup at home leads to separation anxiety. When we first got them, we had to truck-break them and teach them what it was like to go over the road with us. We started out trying to take them out every two to three hours or when they first woke up from a nap. Driving as a team helps with this. The only problem is finding a safe place for them to walk. It isn't easy sometimes. We keep a puppy pad down for those times we just can't get stopped in time. With a new puppy, you will also experience the teething stage. In their teething stage, we lost several cords for charging headsets and at least three OpenComm headsets. I have had my shoes chewed to pieces. My husband's shoelaces no longer have their plastic tips. The Qualcomm cord has teeth marks in it too. Oh, the joys of new pups! Wouldn't miss it for the world.

Traveling with fur babies provides constant companionship and emotional support. They can help reduce feelings of loneliness and stress that often comes with long hours of driving. They also encourage you to stay active and take regular breaks. Puppies need regular exercise just like us. This not only benefits the puppies but also helps you to stay active and stretch before driving again.



# Trucker Gear SURVEY



**ENTER TO WIN**

**Total Retail Value: \$200.00**





**PRO DRIVER COUNCIL**

# Council Tip: Keeping Organized On-The-Go

By Garvis Hayse



**Garvis Hayse** has been driving OTR for 24 years with Rogers Trucking out of Columbia, Kentucky. Many know him as Wreckinball on the CB. Over the years, Garvis has hauled oversized, reefer, flatbed, and step deck. Garvis resides in Bee Spring, Kentucky with his wife Heather. They enjoy concerts, going to Tennessee Titans games, and best of all relaxing when there is time. Garvis is a 1988 graduate of Edmonson County High School in Brownsville, Kentucky. After high school, Garvis enlisted in the US Army where he spent 8 years as a 12 Bravo Combat Engineer. Garvis decided to get his CDL in 1999 and hasn't looked back since, except when backing up of course. Garvis said, "I encourage all drivers to continue speaking to new drivers and letting them know some of us are here for them! We truly depend on them once our time is up to make sure we have what we need just like we have done for years. Stay strong and truck on!"



# THE ALL NEW RAND TABLET.

-  New Tablet and User Interface
-  Latest Truck Specific Map Data From Rand McNally
-  Red Light and Speeding Cameras



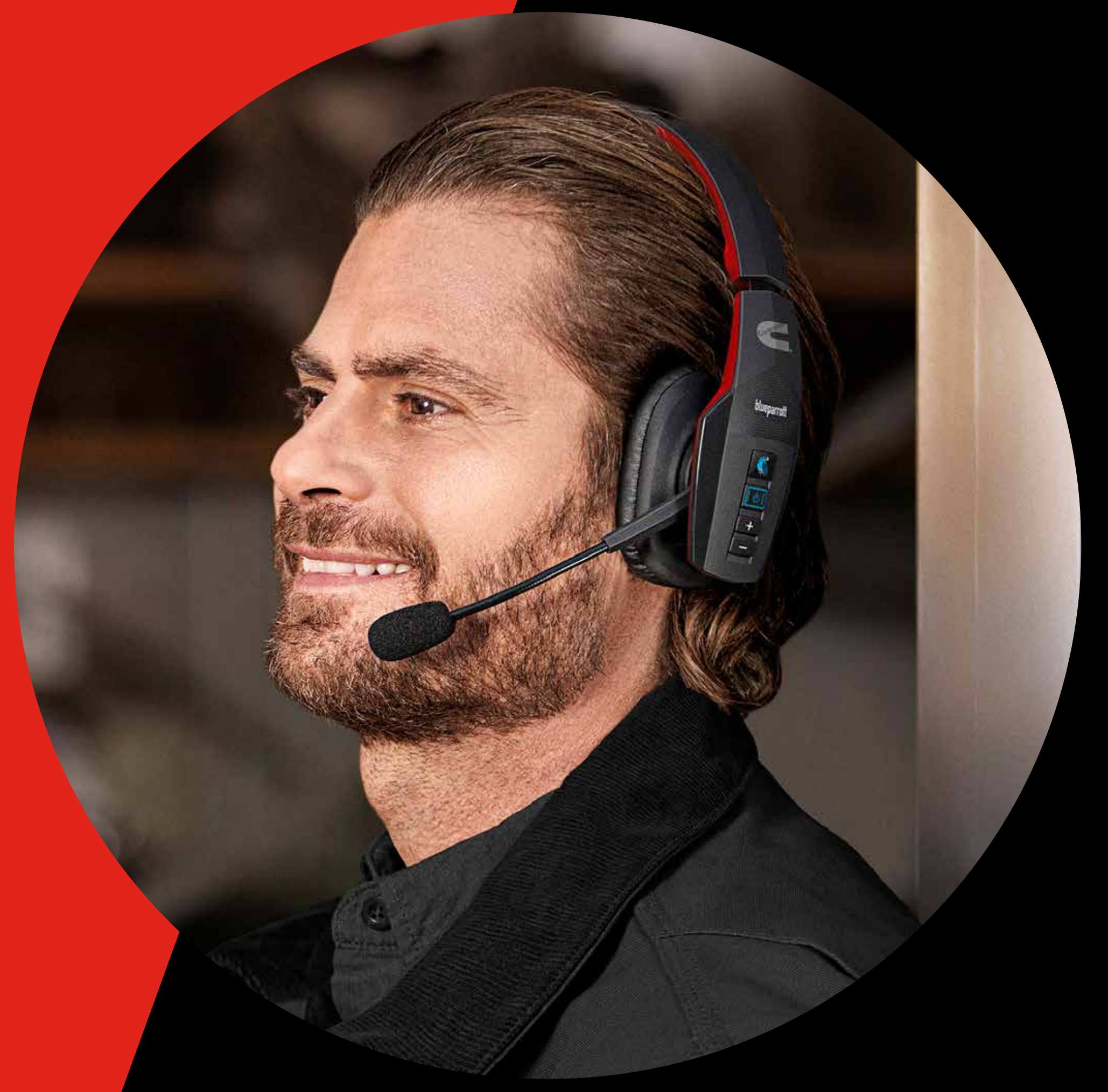
**CLIP 5** | PORTABLE BLUETOOTH SPEAKER

**LIVE BEAM 3** | TRUE WIRELESS EARBUDS

# MADE TO BE HEARD



# Introducing The NEW Cummins BlueParrott B450-XT



Introducing the Cummins® branded BlueParrott® headset, a collaboration between BlueParrott and Cummins that combines advanced audio technology with robust durability for unmatched hands-free communication. The advanced noise-canceling microphone blocks out 96 percent of background noise, delivering clear calls even in high-noise environments. With an impressive 24-hour battery life, Bluetooth 5.0 for a 300ft wireless range, and rugged IP54-rated durability, this headset is perfect for dynamic professionals. Enjoy all-day comfort with a padded headband and large cushioned earcup. Tailor functionality with the BlueParrott Button™ and experience hands-free operation with VoiceControl™ and Wideband HD Voice™. Easy NFC pairing and Advanced Audio Distribution Profile (A2DP) plus multipoint connectivity enhance audio quality and connectivity, making this collaboration headset the best choice for seamless communication.

**SHOP NOW**





# Simply Good Cookin'

## Recipes On-The-Go

### Recipe: Tasty Beef Hash

Grace ([@big.rig.gym.gal](https://www.big.rig.gym.gal))



#### Ingredients:

- 1lb Beef Stew
- 1/2 Onion Diced
- 1 Bell Pepper Sliced
- Baby Potatoes
- Garlic Salt
- Rosemary Leaves
- Olive Oil

#### Directions:

Spray tinfoil insert. Place beef and onions in tinfoil insert. Add desired seasoning on beef and onions and cook for one hour. Add bell pepper and cook for additional 30 minutes. Microwave bag of potatoes for 5 minutes. If you do not have a microwave, place potatoes on top of beef hash and cook for additional time. Add potatoes to beef mixture. Enjoy!

### Recipe: On-The-Go Pot Roast

Fee Phillips ([Big Truck Cooking](https://www.bigtruckcooking.com))

#### Ingredients:

- Beef Roast
- Carrots
- Olive Oil
- Garlic Powder
- Pepper
- Fresh Rosemary

#### Directions:

Place foil on bottom of lunchbox stove. Peel and dice the carrots and place in stove. Toss in olive oil, garlic powder, and pepper. In a separate dish, dice the roast and toss in olive oil, garlic, pepper, and rosemary. Place on top of carrots. Bake for 45 minutes or until the carrots are tender. Heat the potatoes in a microwave or in the stove separately.

**Note:** This meal was not fully cooked from start to finish in the RoadPro Stove. The mashed potatoes were previously frozen and heated up in the stove.







# SHOP

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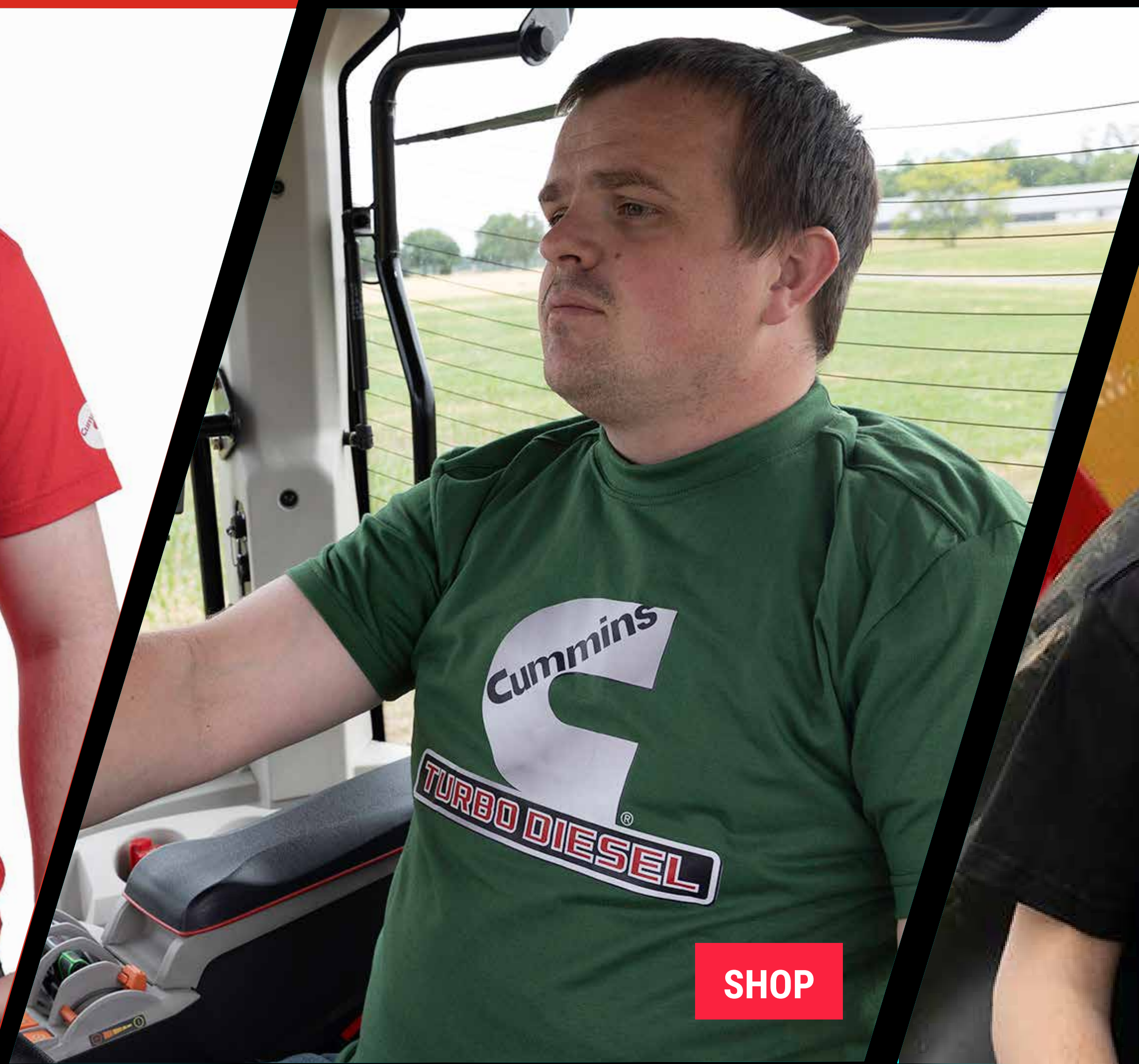
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## HEAVY DUTY PHONE MOUNTS

**BUILT TOUGH**, the extra strong hold and shake-proof stability of the HD mounts make them perfect to provide longer reach in large trucks and vans.



### FEATURES

- Open-Ear Design and All-Day Comfort
- Up to 16 Hours of Talk Time
- Noise-Canceling Boom Microphone
- Multifunction Button and Mute Button for Easy Control
- Bone Conduction Technology
- Quick Charge - 5-Minute Charge for 2 Hours of Talk Time

## OPENCOMM 2

BONE CONDUCTION STEREO BLUETOOTH® HEADSET





# ROADPRO<sup>®</sup> DRIVER'S LOUNGE

A photograph of a blue semi-truck driving on a road, with motion blur effects suggesting speed. The truck is moving from left to right. The background is a bright, hazy sky.

# JOIN US!

A private Facebook Group  
where truckers can **converse**  
and **share thoughts and ideas**  
with other drivers.

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# STAY CONNECTED

[Check out our Truck\(ers\) Stop Blog](#)

## TRUCK(ERS) STOP

