

Holiday TRUCKERS' GEAR GUIDE

NOVEMBER/DECEMBER 2024



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BlueParrott B450-XT

**NOISE-CANCELLING HEADSET
WITH OUTSTANDING COMFORT**



**CUMMINS
EDITION**

GARMIN®

Garmin Looks to the Future with Next-Gen Trucking Products

Recently, Garmin introduced a new assortment of products to the trucking industry with next-generation dēzl OTR navigators and premium trucking headsets. This continues the company's long-standing mission to make life easier for over-the-road drivers. There are many things to account for on a typical haul, so having tools with the most innovative technology and unwavering reliability are essential to the success of every journey.



dēzl OTR navigators

As a professional truck driver, you have a unique perspective of traveling across the country. From the mom-and-pop diner to your favorite truck stop, to the difficult-to-reach loading dock you use, the knowledge you've gained is invaluable. Now you have the power to share this knowledge with the rest of the dēzl™ trucking community with the all-new dēzl OTR series from Garmin.

As part of the dēzl Community of professional truck drivers, you can easily find the best-rated available truck parking along your route and rate your experience to share with the community. You can also find where trucks prefer to go by searching for nearby community-shared loading docks, security gates and truck entrances associated with your destination. A new wind speed weather overlay on the map shows potentially hazardous conditions and alerts when there are high winds detected on your route. Combine that with Garmin's trusted trucking navigation, which includes custom routing, high-resolution imagery



of destinations and an all-new CAT Scale locator and you have the complete package.

The new dēzl navigators feature vibrant, high-resolution touchscreens ranging from 6-, 7-, 8- or extra-large 10-inch display options. Garmin also introduced a version with a built-in dash cam, the dēzlCam OTR725, if you want a discreet eyewitness that can record incidents on the road in high-definition and provide you with video proof of what happened.

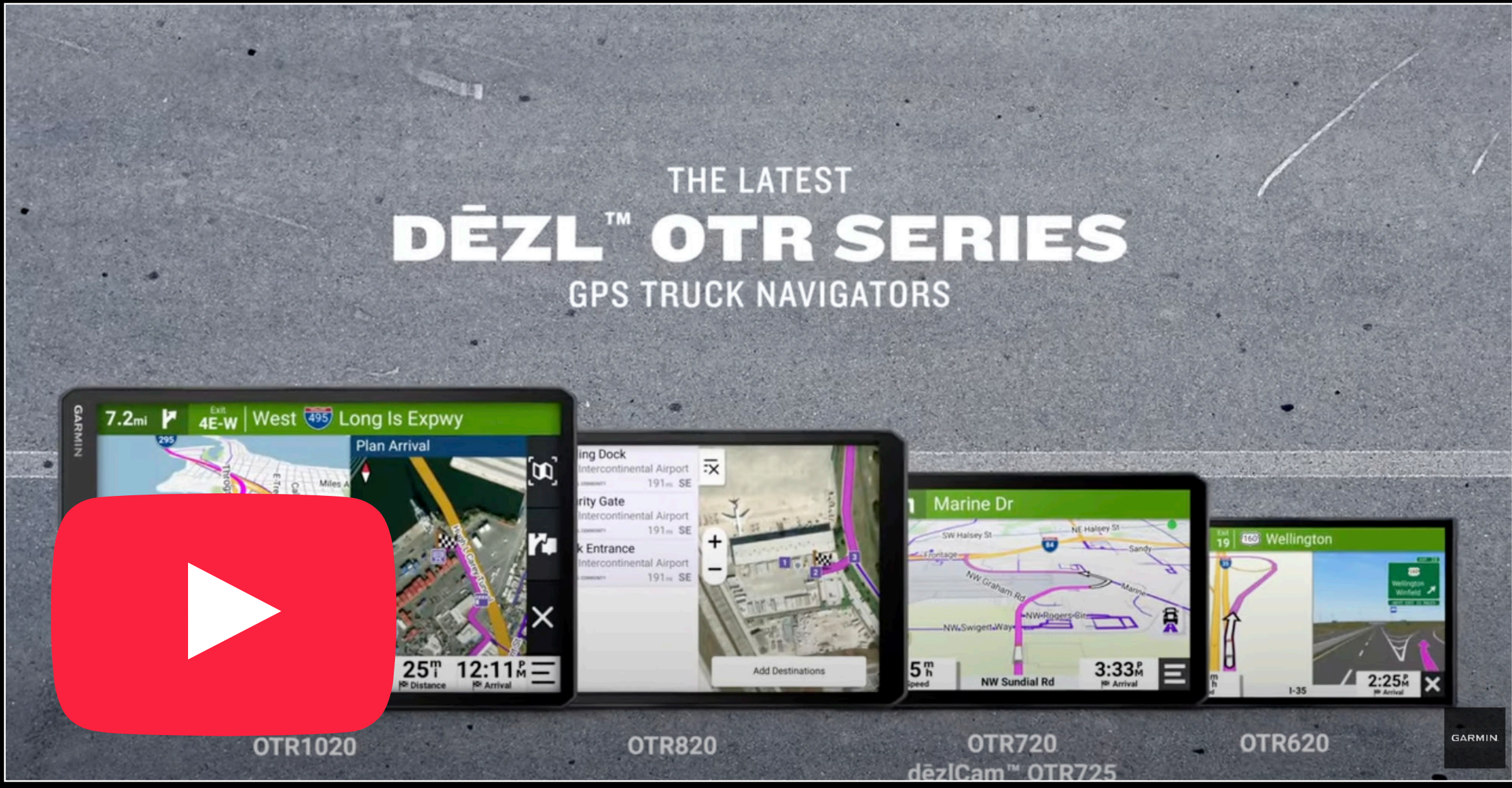


dēzl Headsets

Purpose-built for the long haul, Garmin's premium, next-gen trucking headsets are designed with ultra-long battery life and all-day comfort. They can support up to 60 hours of continuous Bluetooth® talk time and offer excellent audio clarity with active noise cancellation (ANC) and an all-new LED flashlight. The flashlight provides amazing utility both inside and outside your rig and truly sets these headsets apart from any others.

If you've ever dropped something in your cab or had to stop in a poorly lit parking lot, you know the importance of being able to illuminate the area around you. The LED flashlight on the dēzl Headset 110/210

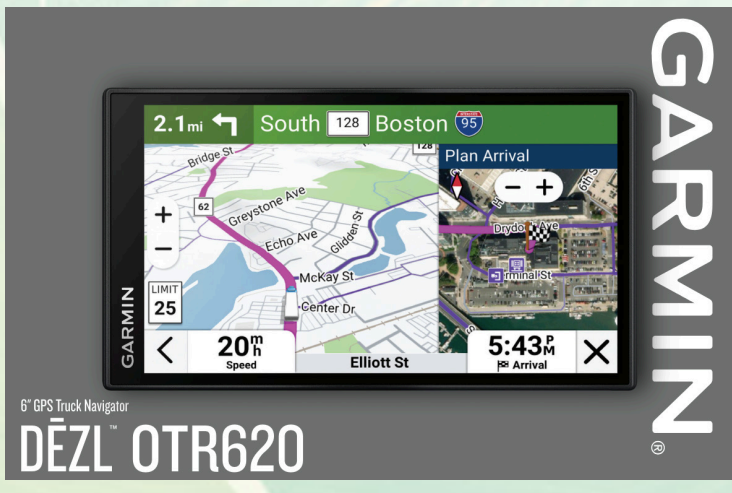
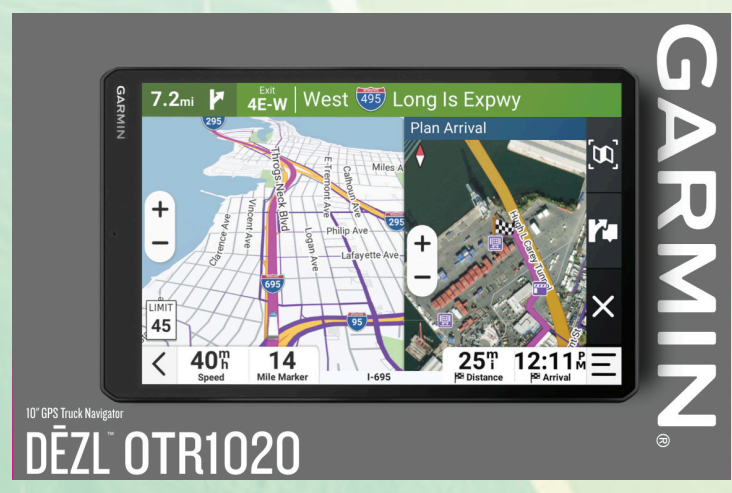
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series is built into the boom mic and can cycle through red, white, and extra-bright white options to help support a safe and more convenient experience.

For the best experience, you can easily pair the a dēzl headset with a dēzl OTR navigator to hear navigation prompts seamlessly through your audio stream and control the navigation by speaking into the headset’s boom mic.

The headsets also give you versatility with an option for a classic single-ear construction or a 2-in-1 design that can quickly convert to fully immersive stereo headphones when you’re on a break. No extra tools or hardware required.



To learn more about Garmin’s full line of trucking-specific products, visit [Garmin online](#). Please note: Some features require connecting to the Garmin dēzl app on your compatible smartphone.

A Trucker's Christmas List

By David Hollis

The signs are everywhere: Holiday music playing in the stores you enter; Ads suggesting gifts in your Facebook feed; Inflatable elves and reindeer on a neighbor's front lawn

Yes, Christmas is looming and with it comes shopping for just the right present for everyone on your list. If that list includes a truck driver, we have a few suggestions for gifts, many of which can be found at a well-stocked truck stop or travel center and most certainly online.



Cummins 20oz Stainless Steel Tumbler

For many truckers, coffee is to them what diesel is to their truck; it's what powers them through their day. However, only one thing is worse than cold coffee and that's coffee that has spilled on you or your truck's interior.

That's why the Cummins 20oz tumbler makes sense. Its double-walled, vacuum insulated construction ensures your morning coffee stays hot until you finish it. Its leak-resistant snap seal flip lid ensures every bit of your coffee stays in. It comes in red and black. The tumblers are available [online](#) or at a travel center near you.

Carhartt Storm Defender Insulated Gloves

While most of your time as a trucker is spent in the comfort of your truck's comfortable cab, there will come a time when you have to be outside. You'll have to do your pre-trip, clean your lights and windshield, check the straps on your load or chain up. Those are the times you need to protect your hands especially during the foul weather that blankets much of the



country during the winter. Carhartt's Storm Defender insulated gloves provide that protection. Water and windproof, these gloves have a durable outer shell, Ultrasoft insulation and a lining that wicks away sweat. Their fleece cuffs easily tuck into your jacket's sleeves. Comes in Carhartt brown or black.

Jerky Gift Bag

It can be a long time between breakfast and lunch and lunch and dinner. That makes snacking inevitable for most truckers.

Having protein-rich snacks on hand can quell your hunger and also give you the energy boost you need to stay alert and complete your driving day. A gift bag of Jerky meat products could be an ideal gift for a trucker, especially if they happen to follow a Keto diet. The gift bag from Jerky contains beef, pork, turkey, ham and cheese sticks.



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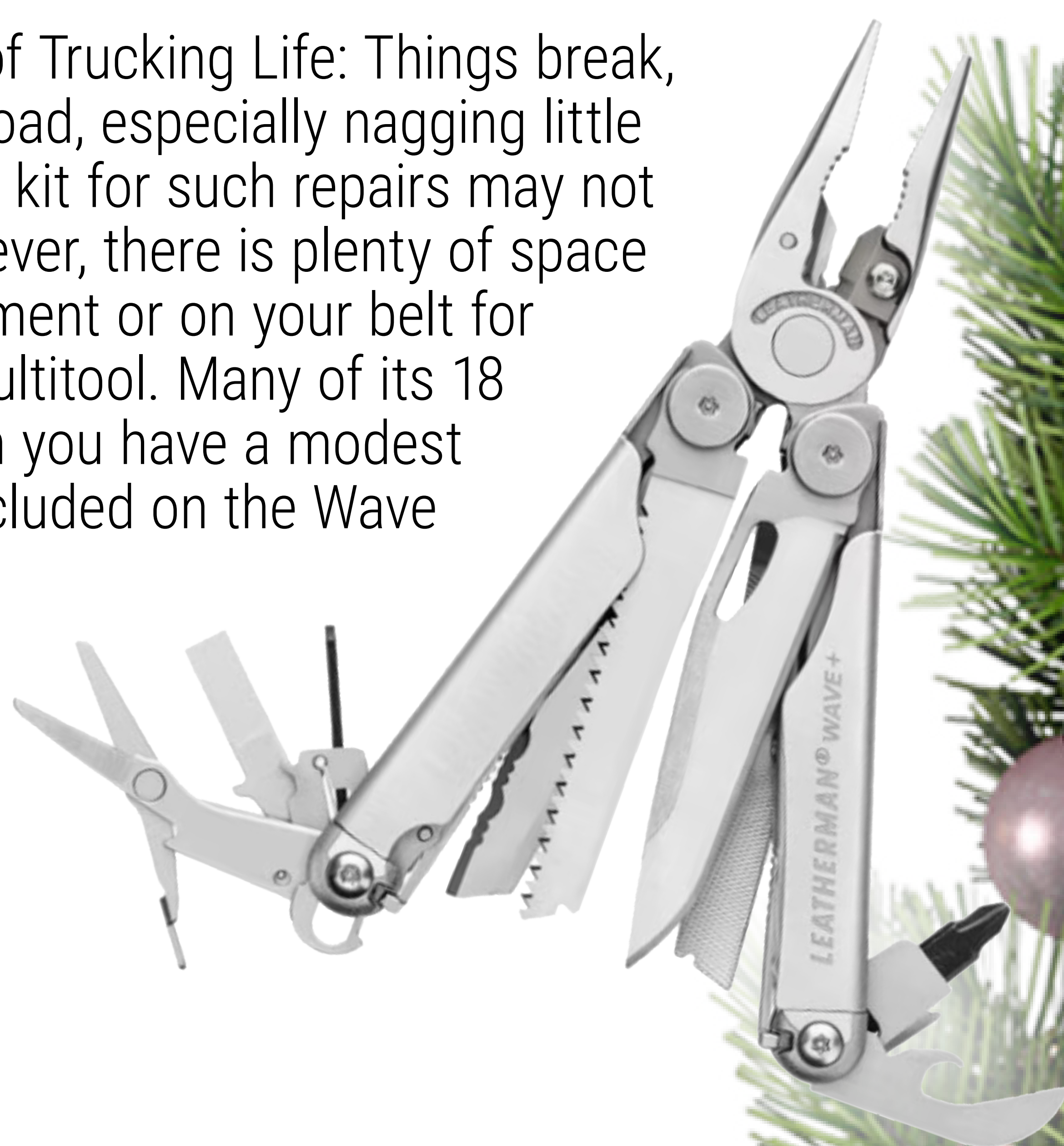


Scrubba Wash Bag

Sometimes a trip goes longer than expected or something gets spilled and you need clean clothes. Just as not every truck stop or travel center has enough truck parking, neither do all of them have facilities for doing your laundry. A suitable solution and thoughtful Christmas gift is the Scrubba Wash Bag. Follow the six-step instructions on the outside of the small and lightweight bag and your clothes are clean in just three to five minutes; hang them up to dry.

Leatherman Wave Plus Multitool

Fact of Trucking Life: Things break, usually when you are on the road, especially nagging little things. Having a separate tool kit for such repairs may not be practical or possible. However, there is plenty of space in your truck's glove compartment or on your belt for the Leatherman Wave Plus multitool. Many of its 18 tools will come in handy when you have a modest repair to be accomplished. Included on the Wave Plus are needle nose and regular pliers, two kinds of wire cutters, a knife, a saw and scissors for cutting, as well as files, a ruler, bit drivers, and can and bottle openers. Not bad for a tool that is just four inches long when folded shut.



Nimble Champ Charger

Few gifts are as welcome as ones that fill a critical need. In this case, that need is for your devices to stay charged while on the road. The Nimble Champ is small but mighty, packing 20,000 mAh meaning it can recharge most cell phones three times before having to be reloaded. It has two USB-C ports so you can reload two devices at once. Comes with a USB-A to USB-C cord.



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Cummins 12-Can Cooler Bag

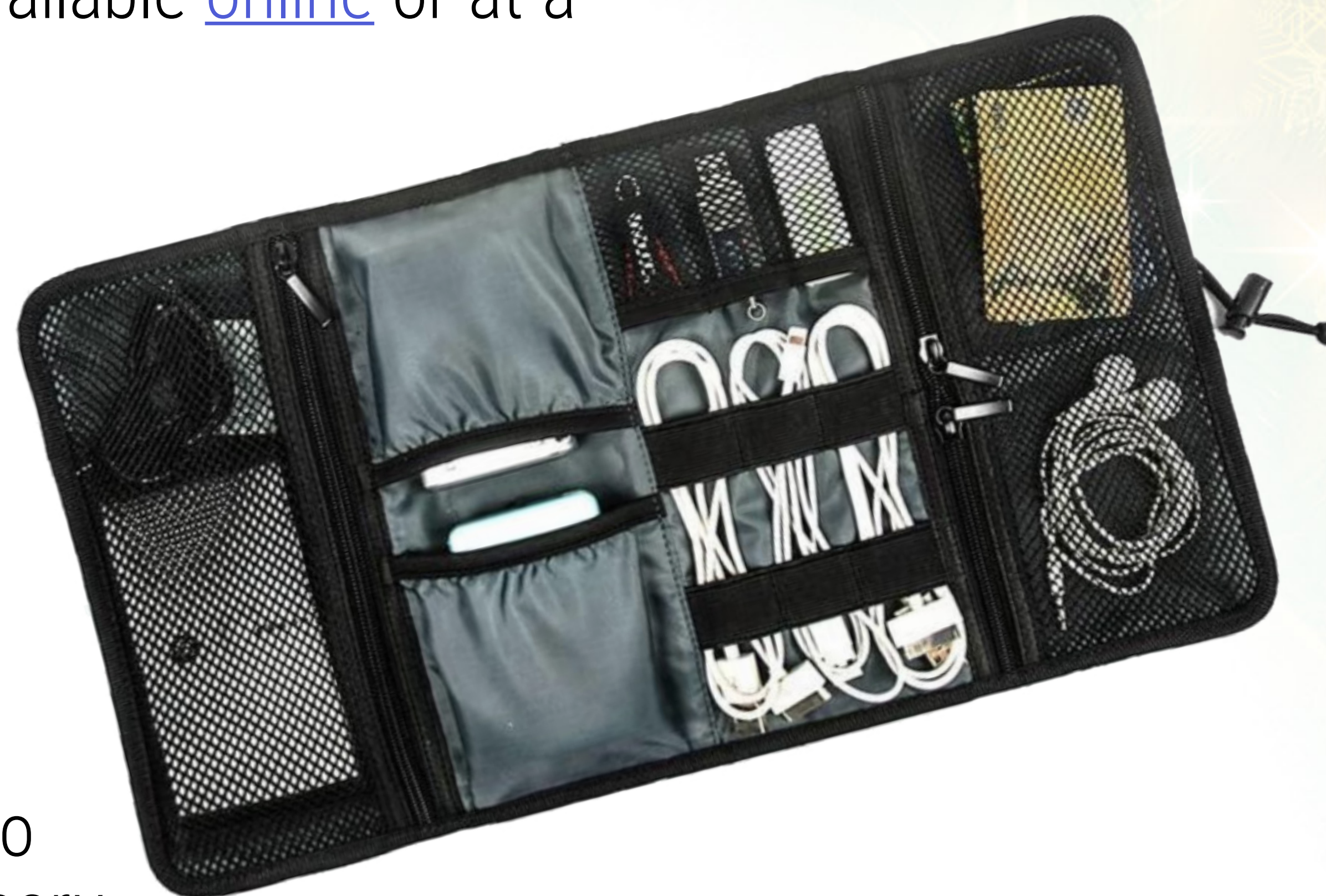
Staying hydrated while driving is a priority. Saving space within the cab of your truck is too. You can stash plenty of beverages as well as your lunch in this compact, hard-sided cooler, which has double-laminated insulation to keep them cold. The Cummins cooler is rugged enough to stand up to a trucker's road life.

Measuring just 7.75inD x 11.25inW x 11.75inH, it won't take up much valuable floor space in your truck. It is available [online](#) or at a travel center near you.



ProCase Travel Electronic Organizer

The electronic devices you rely on every driving day are, for the most part, godsend. Their many cords and accessories: not so much. While they are necessary to connect and recharge those devices, they can be annoying in the least and maddening at their worst unless properly corralled. The Travel Electronic Organizer from ProCase does that easily. This 17in x 9in case is loaded with space for cords and accessories. It has one large and two zipper pockets, three mesh pockets, two open pockets, and six elastic loops for cords and cables. Folds down to just 4.5in x 9in. Comes in four colors.



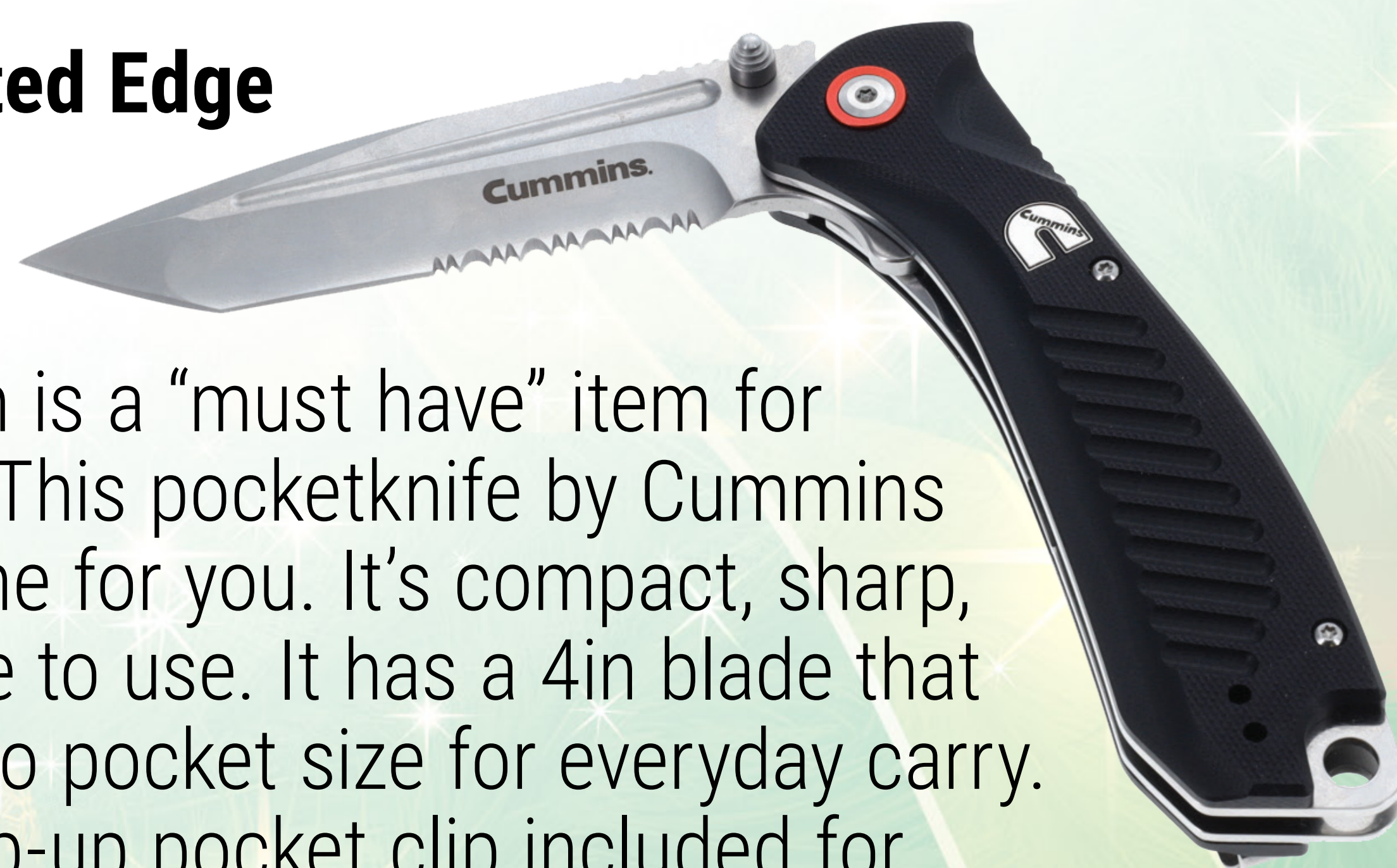
Lumagear Head Lamp

Unless you drive with a teammate or a friend or loved one in the passenger seat, you're on your own when it comes to a critical trucking maneuver: holding the flashlight steady while checking under the hood by the side of the road at 1 a.m. The Head Lamp by Lumagear is that teammate, friend or loved one. It straps securely to your head and its 300 lumens will illuminate whatever it is you need to see. The Head Lamp tilts 90 degrees to be sure its brightness goes where it's needed.



Cummins Serrated Edge Pocket Knife

A decent blade you can rely on is a "must have" item for every trucker. This pocketknife by Cummins may be the one for you. It's compact, sharp, easy and safe to use. It has a 4in blade that safely folds to pocket size for everyday carry. There is a tip-up pocket clip included for outside attachment. It is available [online](#) or in a travel center near you.



HOLIDAY HEALTH

Healthy Eating During the Holidays



The holidays are a time filled with delicious food, festive gatherings, and tempting sweets. Whether you're on the road during the holiday season or at home with loved ones, it's easy to overindulge in all the seasonal goodies. But if you want to feel your best and maintain your health while over-the-road, it's important to stay mindful of what you're eating. So, how can you enjoy the holidays while still sticking to your goals?

Approach eating over the holiday season with a flexible mindset. It's natural to be tempted by the abundance of rich foods, especially at driver lounges or walking through a truck stop. Instead of feeling like you must avoid everything, aim for moderation. If you mess up, don't throw out your entire goal. Start fresh and look for ways to make healthier choices. Take smaller portions of the sweet treat. You deserve it!

One trick to help resist unhealthy splurges is to try something else first. Drink a glass of water, eat a few pieces of fruit, or go for a walk before reaching for a sugary treat. Often, thirst can be mistaken for hunger, and walking can help curb cravings. Aim to drink

half your body weight in ounces of water each day. Also, eating slower helps your body signal when you're full, so take your time enjoying the good food!

When you're on the road, don't rely solely on truck stops for all your meals. It can be convenient to grab a ready-to-go meal at a travel center. But, healthy options are often limited. The meals can take a toll on both your diet and budget over time.

If possible, prep your meals at home before hitting the road. Store the meals in Tupperware containers or bags that fit in your truck cab fridge. Choose meals that are easy to reheat and portion smaller. Prepping your own meals allows you to control the ingredients going into your body. This ensures you'll make healthier decisions over the road.

[Here are 4 simple recipes for on-the-go.](#)

With a little planning and moderation, you can enjoy the holiday season while keeping your health on track. Drive safe and happy holidays!

Trucker's Guide: Beat the Cold Weather!

Winter can be tough for truck drivers, with icy roads, freezing temperatures, and unpredictable weather. Being prepared for emergencies and staying warm is key to making it through the cold season. The RoadPro Pro Driver Council provided tips for what to keep in your truck when the cold weather hits.

Stay Warm

Staying warm on the road is crucial. Many drivers recommend heated gear. Pro Drivers, Rich and Ashley, suggest using a heated blanket powered by an inverter, extra sweatshirts, gloves, and battery-powered socks to keep warm. Pro Driver, Matt, also uses a 12V heated blanket under his fitted sheet for extra warmth at night.

Tiffany says it's important to pack extra blankets, clothes, food, and water. She once spent an entire night without her truck's heater but stayed warm thanks to her extra supplies. Hand and foot warmers are a great idea – Pro Driver, Kim, uses them along with a heated blanket to stay comfortable. Henry even keeps a snowmobile suit and goggles for extra protection in bad weather.

Emergency Parts

Winter breakdowns can be dangerous, so it's important to be prepared. Gary suggests keeping extra fuses, relays, a torch for thawing frozen parts, and spare hoses and belts in your truck. Pro Driver, Idella, keeps alcohol and antifreeze handy to prevent her brakes and air lines from freezing. She also packs a candle and a tin can for emergency heat.

Garvis and Henry recommend keeping kitty litter or rock salt in the truck to help with traction on icy roads. He also uses a large candle, which can give off enough heat in an emergency.

Cooking

Having a way to make hot food is important during winter hauls. Oscar and Natalie use a RoadPro 12V Hot Pot to heat water for quick meals like noodles. They also recommend stocking extra food that doesn't spoil, in case you get stuck on the road.

Safety Gear

Winter driving requires extra safety gear. Natalie suggests keeping snow socks and chains for better traction on icy roads. Don't forget a CB radio – both Kim and Idella stress how important it is for communication, especially in areas where cell service might be spotty.

By keeping these essential items in your truck, you'll be ready for whatever winter throws your way. Stay safe and warm out there!



Trucker's Guide: Navigating the South After Hurricane Season

Traveling across Tennessee, North Carolina, and surrounding areas is causing major challenges after the devastation left by Hurricane Helene. The storm hit in late September, causing severe flooding and significant damage to towns. Sections of Interstate 40, a key route for truckers, washed away, complicating routes many take daily.

As crews continue to assess the damage and remove debris, many roadways and bridges remain closed. There will be significant detours through unfamiliar routes for a long time. According to [Tennessee Department of Transportation \(TDOT\)](#), 14 state bridges are currently closed, with five of them destroyed. Among the most affected areas are Greene County, where state routes 107, 350, and 351 are closed; Unicoi County, where a section of Interstate 26 is closed at mile marker 39.6; and Washington County, where the State 81 Alfred Taylor Bridge washed away.

The closure of I-40 at the state line between Tennessee and North Carolina is one of the most significant disruptions to the roadways. TDOT Deputy Commissioner Will Reid emphasized that repairs will take time, and I-40 will remain closed for the foreseeable future.

For truckers navigating holiday traffic, these detours present extra challenges. With heavy holiday shopping and travel on the rise, extra time should be allocated. TDOT has been updating their roadway activity report, which includes road closures and detours. Truck drivers are encouraged to check this report before their travels. You can find the latest updates here: [TDOT Roadway Activity Report](#).

TDOT also issued a warning to motorists: "All roads in upper east Tennessee should be considered potentially hazardous, and motorists should avoid traveling in these areas unless seeking higher ground. Motorists should adhere to all road closure signage and barricades and should never attempt to drive through standing water."

With major highways like I-40 closed, expect increased traffic on alternate routes. This is especially true as more cars and trucks hit the road to meet the demands of holiday shopping and travel.

DriveNC.gov has a fantastic map that allows you to see all road closures. They released a report that says access is limited to local and hurricane response traffic. You cannot get from North Carolina to TN via I-40 or I-26. There may be closed roads not listed on DriveNC.gov as many areas are not able to report at this time. People evacuating the Asheville area can use I-40 east or I-26 east.

Please adhere to TDOT's warnings and road closure guidelines. Thank you for continuing to keep America moving during a difficult time. Our continued thoughts are with those impacted by Hurricanes Helene and Milton. Stay safe!





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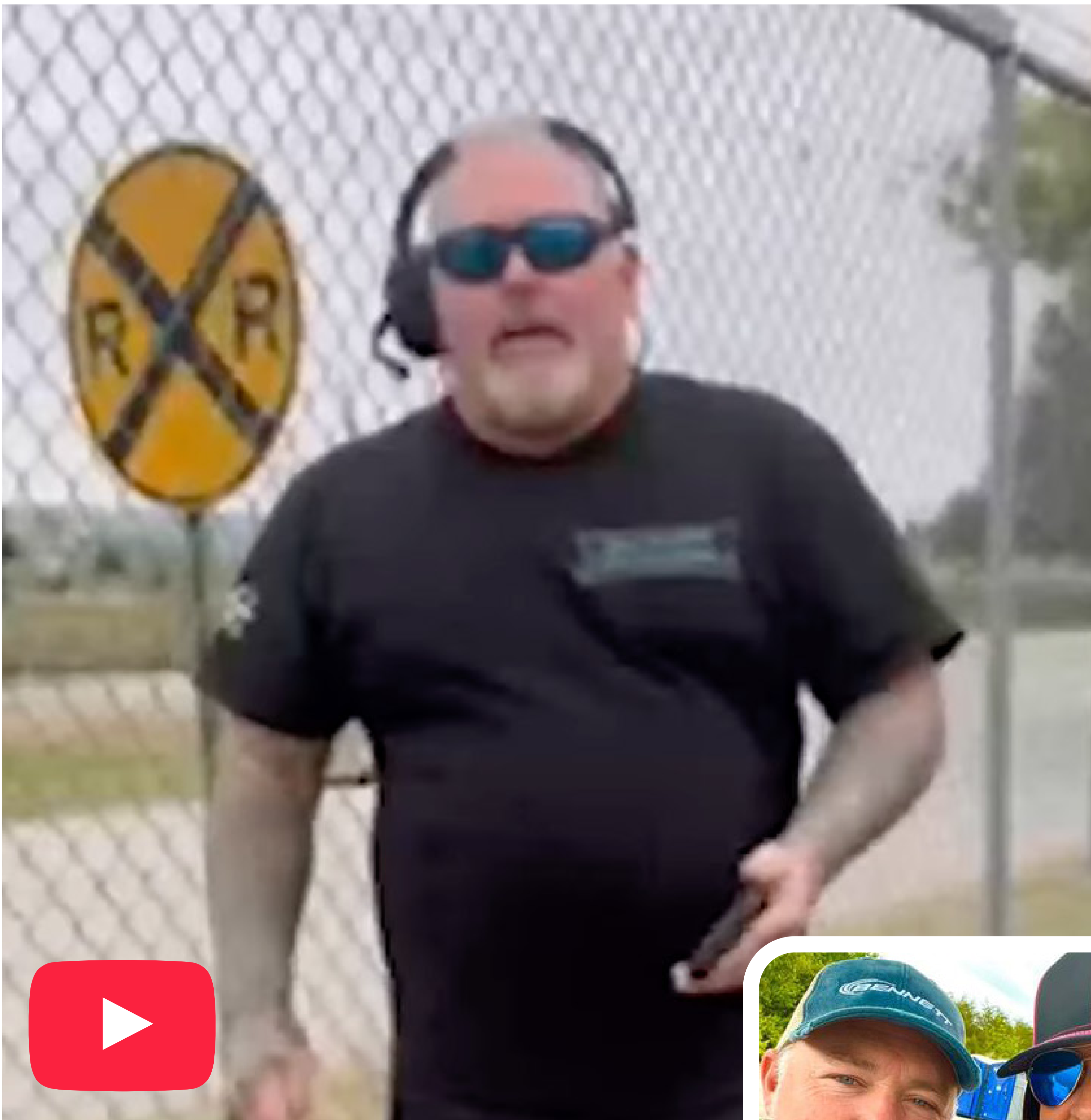
TOTAL RETAIL VALUE: \$175



PRO DRIVER COUNCIL

Product Review: Garmin dēzl™ Headset 210 Range Test

By Jeremy Wallin



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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FLIP 6 | PORTABLE BLUETOOTH SPEAKER

LIVE 770^{NC} | WIRELESS OVER-EAR HEADPHONES

MADE TO BE HEARD

Christmas Shopping in Travel Centers

Travel centers are more than fueling stations and snack stops. They have become an excellent destination for Christmas shopping. Drivers and travelers alike can find a variety of unique gifts that cater to a range of interests and needs. The holiday season brings an expanded selection of gifts perfect for loved ones – or even a treat for yourself!

As you navigate the aisles of travel centers this season, consider these items that make great gifts:



12V Heavy Duty Car Fan

Keep cool on the road with a 12V heavy-duty car fan. This essential item is perfect for those warm days when the air conditioning doesn't cut it. Whether you're treating yourself or surprising a fellow driver, a fan is a practical gift that enhances comfort over the road.

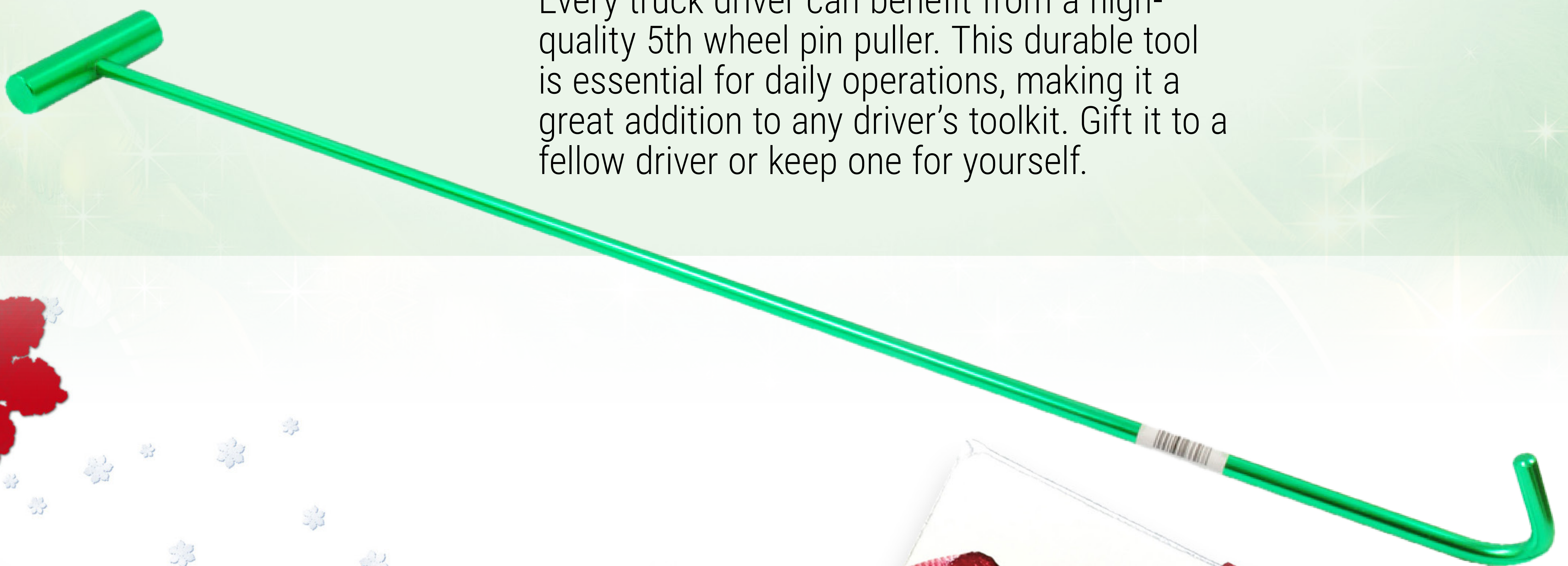
Weighted Wood Tire Thumper

An often-overlooked item, a tire thumper is invaluable for pre-trip tire inspections. Not only does it ensure safety on the road, but it also serves as a useful tool that many drivers don't think to keep on hand. This thoughtful gift can promote safety and peace of mind while driving.



Brushed Aluminum 5th Wheel Pin Puller

Every truck driver can benefit from a high-quality 5th wheel pin puller. This durable tool is essential for daily operations, making it a great addition to any driver's toolkit. Gift it to a fellow driver or keep one for yourself.





24in Magnet Mount Stainless Steel CB Antenna Kit

Communication is crucial on the road. With a reliable CB antenna, you can communicate with other drivers to stay up-to-date on weather, emergencies, and more. It's a practical gift that shows you care about a loved one's safety.



Lens Repair Tape

This handy item is a perfect stocking stuffer! Lens repair tape is great to have on hand for unexpected situations, ensuring drivers are ready for anything the road throws their way.



Seat-Back Organizer

Space is very limited in truck cabs, making a seat-back organizer a fantastic gift for maximizing storage. This accessory is perfect for stashing away smaller items that would otherwise clutter the cab.

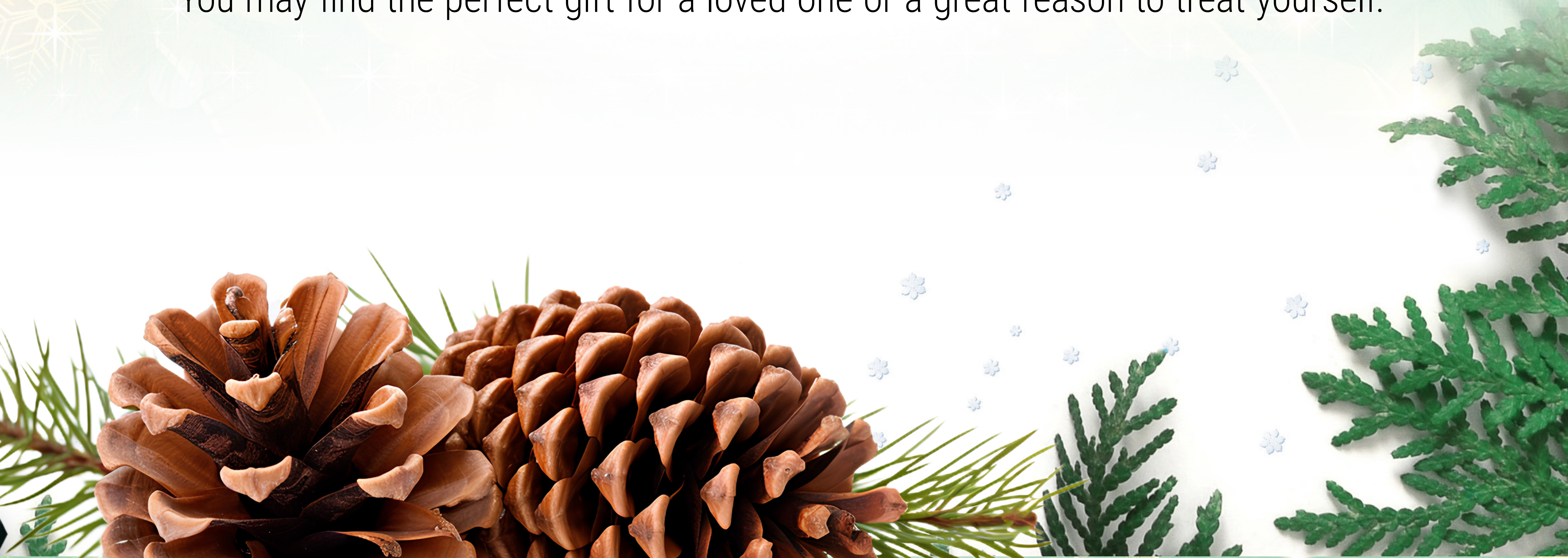


RoadPro Neck Pillow

Consider the gift of comfort. A neck pillow is ideal for a quick snooze while waiting at a dock or on a break.



At your next travel center visit, check out all they have to offer this holiday season! You may find the perfect gift for a loved one or a great reason to treat yourself.



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Available at a travel center
near you, or shop online!

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KNIVES



HEADSETS



DRINKWARE



MAGNETS



TRUCKER HATS



One Skillet Chicken Parmesan

Recipe from Ashley Northup ([@lillytrucker](#))



Equipment:

- RoadPro® RPSL-335 12V Portable Frying Pan

Ingredients (2-3 servings):

- 4-6 Chicken tenders
- Allegro garlic herb seasoning poultry seasoning or seasoning of choice
- 2 Eggs
- 1 Cup crushed pork rinds (you can also use breadcrumbs in the place of pork rind)
- 1 Cup grated parmesan
- 2 cups RAO'S arrabbiata sauce or pasta sauce of your choosing
- 1 Package egg life wraps (you can also use ready-made pasta)
- 1 Cup mozzarella cheese
- Oil to lightly grease pan

* Note: this recipe can easily be made low carb, high protein but can be adjusted with the same great delicious outcome

Directions:

1. Start by seasoning chicken tenders and set aside.
2. Beat two eggs together in a bowl and set aside.
3. Mix crushed pork rind and parmesan cheese together in a separate bowl.
4. Dip seasoned chicken in the egg and then coat both sides with parmesan pork rind mixture.
5. Warm up the RoadPro skillet and lightly grease the pan. Add chicken tenders (4 fit in the RoadPro skillet). Cook tenders to an internal temperature of 165 degrees.
6. Take the tenders out and set aside. Add 2 cups of pasta sauce to the skillet. Slice egg life wraps to create pasta noodles and add noodles to heated sauce. Place 4 tenders on top then cover with Mozzarella cheese put cover on and continue cooking until cheese is melted.



EDT+ WINTER DEFENSE



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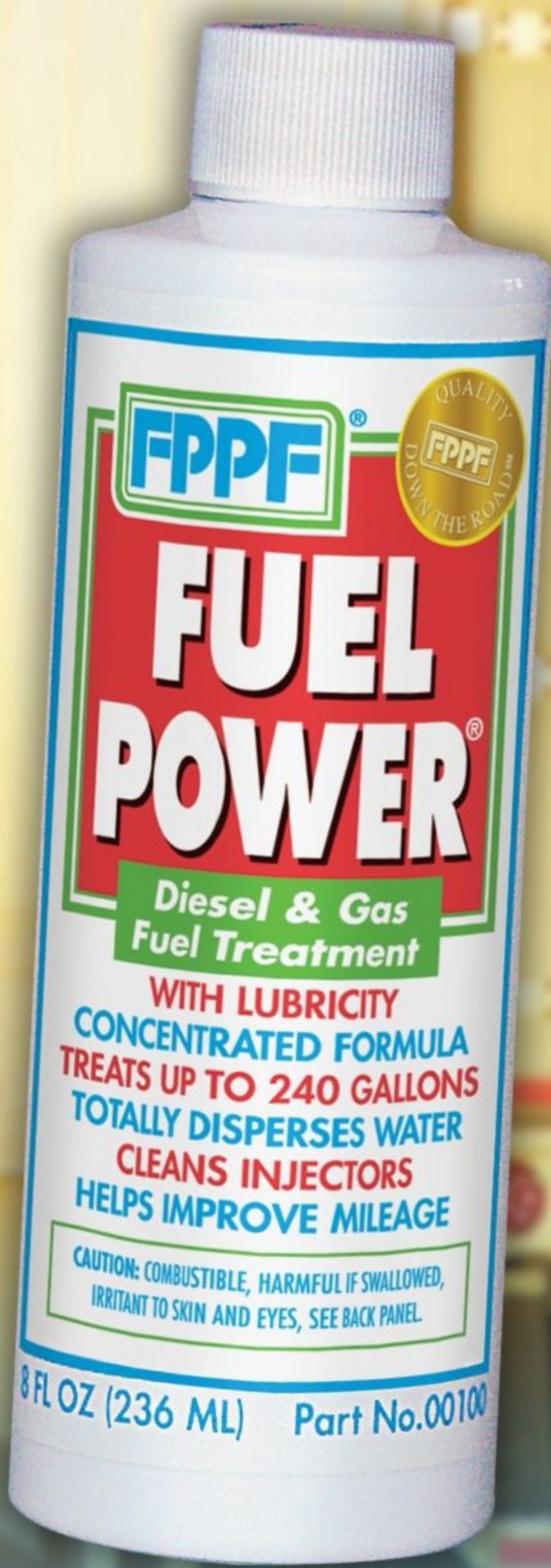


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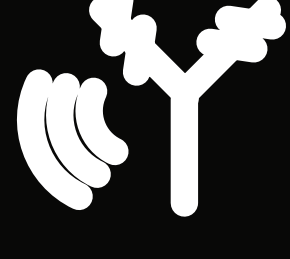
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