

New Year **TRUCKERS'**
GEAR GUIDE

FEBRUARY/MARCH 2025



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**CUMMINS
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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

(continued on next page)

GARMIN®

DēZL™ OTR TRUCK NAVIGATORS

With dēzl community
tips and ratings

LEARN MORE



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 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.

GEAR UP FOR WELLNESS IN 2025

By David Hollis

It's that time of year again. The old year fades and its replacement arrives. With the new year comes the tradition of setting New Year's resolutions. According to a survey earlier this year by the Pew Research Center, 79% of respondents reported making resolutions related to health, wellness, exercise, or diet. Making such a resolution is one thing. Keeping it is another. If improving your health, eating healthier, or losing weight is part of your goals, we have the gear to help you succeed.

RoadPro® SnackMaster



One of the keys to wellness on the road is having access to healthy meals and snacks. That's often easier said than done, as many truck stops and travel centers primarily offer "grab-and-go" or fast-food options. The RoadPro® SnackMaster can help solve that. This compact, 12V combination warmer and cooler is ideal for keeping pre-prepared meals warm until it's time to eat. It can also keep food fresh and beverages cold. With dimensions of 18in x 11.5in x 14in, it features an interior light and a 6ft-long cord that plugs into your truck's 12V port. Available at select travel centers or [online](#).

Yes4All Neoprene Coated Dumbbell Hand Weights



Weight training is not only about building bulging biceps. While these hand weights are ideal for sculpting your arms, shoulders, and back, they also improve stamina and support cardiovascular health. These easily stored weights can also aid in weight loss, improve your balance and build strength. Weights are available in sizes ranging from 2 lbs to 20 lbs. Available on Amazon.

LitBear Sleep Mask & Noise-Cancelling Ear Plus



The key to safe driving is being alert and aware behind the wheel. No matter how comfortable your sleeper berth may be, you sometimes need a little help going to sleep. The LitBear Sleep Mask can provide that help. It's made with smooth, cooling fabric lining and its premium six-layer memory foam, making it breathable and lightweight. It also features 3D contoured eye cups to allow for unobstructed blinking. It also has an adjustable strap for a perfect fit. Available online. It's almost a given that you arrive at a truck stop with minutes to spare on your ELD and slide into the last available parking spot. Just as you prepare for a peaceful night's sleep, you notice the inevitable parking lot noises: truckers talking, engines revving, and reefers running. Made of 100% silicone, these earplugs are soft yet block out most noise. They come with four different-sized ear caps, so you get an ideal fit. Available online.

BlackCanyon Outfitters® 32oz Tumbler



"Stay hydrated!" is a common admonition when it comes to staying well while on the road. It's usually followed by, "Drink water, not sugary beverages." This 32oz tumbler from the RoadPro

Family of Brands can help you do that. Ideal for the trucker who needs plenty of coffee or tea for the long haul, it's designed with convenience and versatility in mind. Its innovative double-wall vacuum-insulated technology keeps drinks hot or cold for extended periods. Available at select travel centers.

Cubii® JR1 Elliptical Trainer



While it's good to try to include a walk in your daily schedule, it's not often easy or practical to do so. This compact elliptical trainer by Cubii® is a suitable substitute, and it doesn't take up much room in your truck. Featuring eight levels of resistance, it delivers significant cardiovascular and strength-building benefits. The built-in fitness tracker shows your results. Pair it with the Cubii® app and track your fitness progress on your smartphone. Available online.

Ninja Blast™ Max Compact Personal Blender



Eating well while on the road can be tricky, especially when it comes to ensuring you eat the recommended five servings of fruits and/or vegetables daily. The Ninja Blast™ Max is ideal for blending smoothies packed with fruits and veggies, making healthy eating more convenient. Fill the 22oz container with your favorite fruits and vegetables, add some ice or juice, use one of the three blend settings, and let the Ninja do the rest. Once blended, you can twist the container off the base and sip your creation. The Ninja Blast™ Max is powered by a rechargeable ion battery, and has a battery life indicator so you know when it needs recharged. Available online.

RoadPro® 12-Volt Portable Roaster



Cooking while on the road does not have to be difficult if you have the right tools and equipment. The RoadPro® Portable Roaster allows you to prepare dishes from scratch or reheat prepared meals from grocery stores or home. It accommodates standard 6" x 9" baking dishes or disposable aluminum trays. Its glass lid is held in place by locking handles and the 5 foot cord plugs into your 12V port. It heats up to 225 degrees. Available [online](#) or in select travel centers.

Foldable Yoga Mat



A lot of bodyweight exercises – push-ups, sit-ups, crunches – require you to get down on the floor of your sleeper berth. This lightweight yoga mat can make that more comfortable. Measuring 72in x 24in unfolded and folding down to 12in x 12.5in, it's easy to store in your truck. At 7mm thick, this mat protects your joints and back as you work out and has a non-skid surface, so it stays in place. Available online.

Gofit ProGym Extreme Resistance Tubes



If you want the benefits of weight training but don't like working out with barbells, this set of resistance tubes could be part of your workouts. They provide 20, 30, 40, and 50lbs of resistance so you can adjust them to your fitness level. The kit comes with handles, door anchors, ankle straps, an instruction manual, and a carrying case. Available online.

3 Types of Pain Drivers Should Watch for this Winter Season

By Hope Zvara

As the winter season rolls in, drivers face the challenges of icy roads, decreased visibility, and various types of pain that can affect their well-being and performance on the road. Here are five types of pain truck drivers should be vigilant of and simple solutions to kick them fast:

Mental Pain

What is Mental Pain?

Mental pain can encompass the stress and anxiety that come with the pressures of tight schedules, long hours of isolation, and the constant alertness required while driving. This type of pain is not always noticeable to everyone but can significantly impact a trucker's life if not addressed.

Simple Solution:

A practical way to combat mental pain is through meditation and breathing exercises, which can be done in the comfort of your truck. Try breathing techniques like the 5-5-5 breath or deep abdominal breathing, where your exhale is longer than your inhale, to help decrease stress and anxiety quickly. **Click [HERE](#)** to listen to the 5-5-5 Breathing Guided Meditation

Emotional Pain

What is Emotional Pain?

Truck drivers can experience emotional pain from long periods away from family and friends, leading to feelings of loneliness or missing out on significant family events. This pain is deep and affects one's mood and overall emotional well-being.

Simple Solution:

A proactive approach to mitigating emotional pain is to stay connected with loved ones through video calls, regular messaging, or scheduling visits home as often as possible. You can also consider a gratitude journal to keep life and all that comes with it in perspective.

Embracing technology to bridge the gap can help minimize feelings of isolation and maintain strong emotional bonds; next time you are ready for a chat off the road, consider a video chat to enhance emotional relationship and a sense of connectedness. How often do you connect with loved ones?

Physical Pain

What is Physical Pain?

Physical pain in truck drivers often falls into three categories:

- **Musculoskeletal pain** from long hours of sitting and manual handling of cargo.
- **Repetitive strain injuries** from constant driving.
- **Cramps and stiffness** due to lack of movement and improper ergonomics.

Simple Solutions:

Truckers should prioritize regular breaks to stretch and walk around to combat physical pain, maintain proper seating posture, and adjust seating and controls to reduce strain. Even with the little time you may have, even just a few moments to stretch it out can help you win big regarding physical discomfort!

Managing Life When Pain Strikes Doesn't Have to Get You Down:

The life of a truck driver comes with its unique set of challenges, particularly during the winter season. By recognizing the types of pain that can afflict them — mental, emotional, and physical — drivers can take proactive steps to mitigate these issues. Truckers have various tools to ensure their well-being, from leveraging technology to stay connected with loved ones to engaging in mindful practices and using specialized products like **Road Relief Wellness™** cream. This winter, prioritize health and wellness and keep pain at bay with practical, effective solutions.

Try These 3 Stretches

1. Standing Side Bends:

Stretch shoulders, obliques, lateral hip and thigh

2. Figure 4 Stretch:

Stretch, Glutes, IT band (side of thigh), lower back, inner thigh

3. Cobra Back Extension:

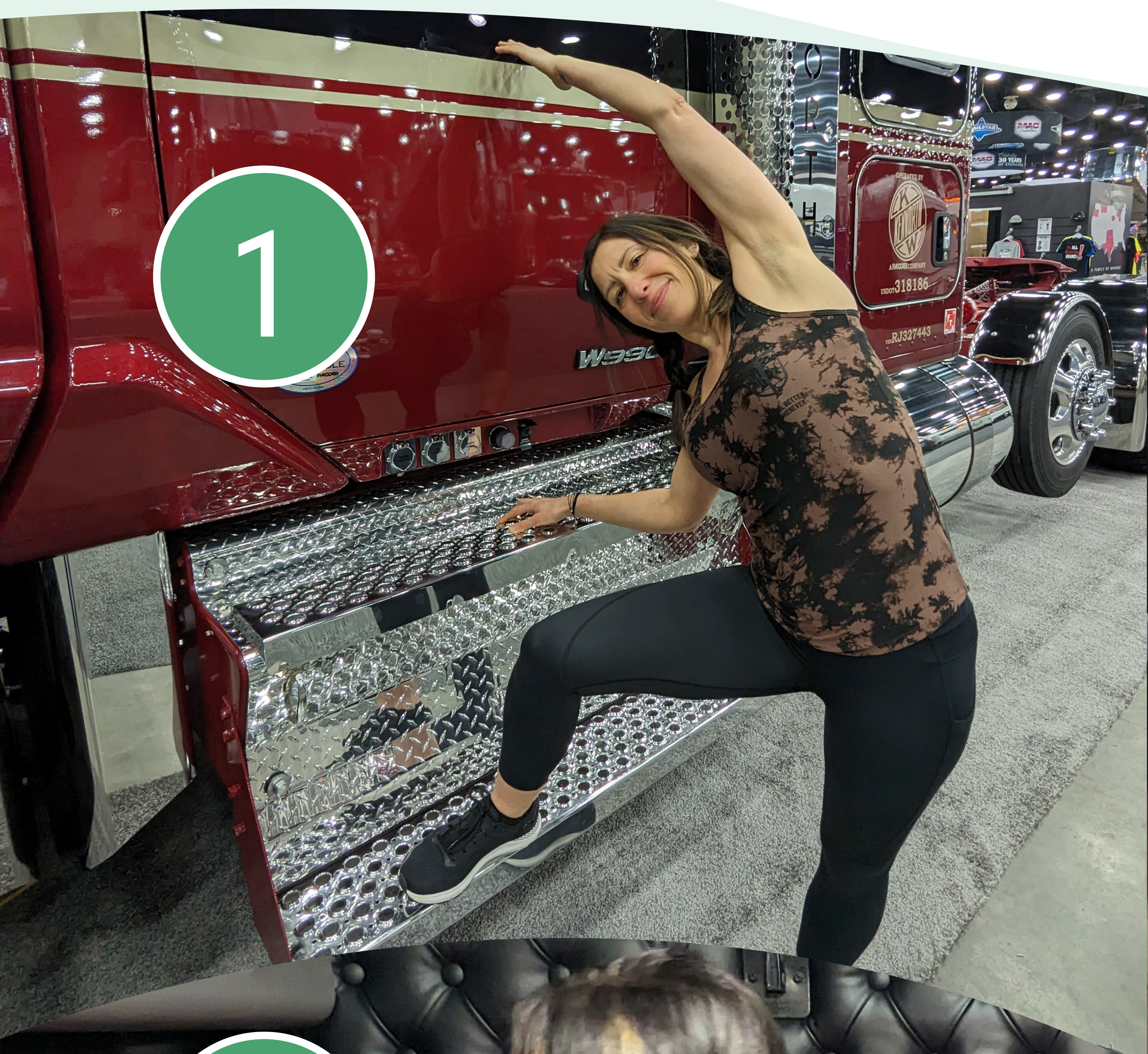
Stretch hip flexors, lower back and chest

Consider using **Road Relief Wellness's** all-natural aches and pains cream for immediate pain relief and to support long-term wellness. Engineered with truckers in mind, this cream can provide soothing relief for musculoskeletal pain, helping to keep you comfortable and focused on the road. Look for **Road Relief Wellness at Travel Centers of America** in 2025 and online, designed specifically for the unique needs of truckers. Remember, if it's not Road Tested Trucker Approved™, it's not tough enough for you.

Hope Zvara is the CEO of [Mother Trucker Yoga](#), a company devoted to improving truck drivers' fitness and wellness standards. She has been featured in Forbes and Yahoo News and is a regular guest on SiriusXM Radio. Hope's practical strategies show drivers how they can go from unhealthy and out of options to feeling good again, all while living over-the-road as a trucker. Check out Hope's driver wellness and pain relief product line Road Relief Wellness for all your aches and pains needs, and remember, if it's not Road-Tested Trucker Approved™, it's not for you.



1



2



3





Alone or Lonely?

By Craig Daniels

Why do you drive? For solitude or for a solution? For as long as truck drivers have been around the question of being alone versus being lonely has been asked. Even as recently as the 1980s, when drivers wanted to call home, they needed a phone booth. While I wasn't driving, I can remember lines at the phone bank of my fellow soldiers waiting to call home. We lined up after returning from the field, but not while we were in the barracks. Why?

We just spent weeks or months in the field on a training exercise or deployment, surrounded by our friends. We were doing tasks requiring attention to detail with very little time for random thoughts. At night, we stood guard duty, watching for movement and listening for the slightest hint of an advance warning. Our minds were constantly on high alert. We weren't alone. Thoughts of loneliness rarely entered our heads, until downtime. Then some people would get hit hard with depression and anxiety almost as if our brains needed something to do.

As a driver we have downtime every night. During our driving shifts, we are just as alert and focused. We watch our lanes, other's lanes, what's behind us, in front of us, to the sides, and the on-ramps, constantly scanning in a chaotic random pace. Some areas are busier than others. Big cities with heavy traffic obviously require more attention than western Kansas. So, when we shut down for our required rest, what do we do? How do we handle this time?



Do we talk to friends and family while driving, or do we wait until we're stopped and can concentrate on the conversation? What if we don't have anyone to talk to? What if we don't want to talk to people? Being alone versus being lonely are two completely different experiences. A person can be alone and complete tasks or get a good night's sleep, moving between extremes of brain activity just fine, if they allow themselves to be. But when someone is lonely, and thoughts of helplessness creep in, it can become dangerous.

Go into the truck stop and have a sit-down meal. Talk on the CB. Get an XM radio and listen to channel 146. You'll soon find that you are not alone.

I have been studying imposter syndrome and how it affects veterans. One thing drivers need to understand is that our work is valuable. While our loads may seem simple, the whole collective literally moves America. Without those hauling food, we don't eat. Without those hauling stones, we don't build. Without those hauling trash, we don't thrive. Countless more examples could be made.

I am personally proud to be part of this brotherhood.

Homemade Snack Ideas

Travel center snacks are convenient, but they're often pricey and packed with sugar. Making your own snacks is an easy way to save money and eat healthier on the road. Here are a few simple DIY snack ideas to keep you fueled without the sugar crash.

1. Energy Bites



Energy bites are packed with protein, fiber, and healthy fats. Just mix rolled oats, peanut butter, honey, and extras like chia seeds or chocolate chips in a bowl. Roll them into small balls, store in an airtight container, and you're set! These bites are great for a quick energy boost.

2. Trail Mix with a Twist



Ditch the store-bought trail mix and make your own! Combine nuts like almonds or cashews with seeds, dried fruits, and a handful of dark chocolate. Portion it into small bags for a mess-free snack you can grab anytime.

3. Homemade Jerky



If you have a dehydrator or oven at home, making jerky is a great option.

Use lean cuts of meat, marinate with your favorite seasonings, and dry it at a low temperature. It's a tasty, high-protein snack without the extra salt and preservatives of store-bought jerky.

4. Roasted Chickpeas



For a crunchy, savory snack, try roasted chickpeas. Toss canned chickpeas with olive oil and spices like garlic powder or paprika, then roast until crispy. They're loaded with fiber and protein and are easy to store in a container.

5. Fruit and Nut Bars



Homemade fruit and nut bars are a healthier alternative to granola bars. Blend dates with nuts like almonds and a pinch of salt, press the mixture into a pan, refrigerate, then cut into bars. They're naturally sweet, filling, and perfect for long trips.

With a little prep during your home time or off time in your cab, these homemade snacks are a delicious way to stay energized and save money on the road. Plus, you get the bonus of knowing exactly what's in your food!

Truck Stop Talk...



TAKE OUR TRAVEL CENTER PREFERENCES
SURVEY FOR YOUR CHANCE TO WIN!

ENTER NOW

TOTAL RETAIL VALUE: \$300



PRO DRIVER COUNCIL

The Basics of Backing Up

By Kenyette Godhigh-Bell



Kenyette Godhigh-Bell - Kenyette has been a driver for 3 years and is the owner of Bellwether Logistics. She was born in Indianapolis, IN and has called Tampa Bay home for the last 21 years, she started trucking school at 45 years old in 2017, looking for an interesting, dynamic, and unorthodox change. Kenyette is also a licensed Real Estate Agent and investor. She has a Business degree with a concentration in Accounting. She has various work experiences to include: Social Worker, Construction Company Owner, Office Manager, Administrative Assistant, and a host of other jobs. Kenyette started out pulling Reefer freight out of Nebraska. She is currently a Power Only driver servicing the SE and is looking to slowly expand her fleet and diversify into other areas of the transportation industry.



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**MOTHER'S DAY
TRUCK CONVOY**

PHILADELPHIA, DELAWARE &
SUSQUEHANNA VALLEY

YOUR TRUCK CAN GRANT WISHES

JOIN US: SATURDAY, MAY 10, 2025
MANHEIM PENNSYLVANIA AUTO AUCTION
Family Fest: 9:00 AM Convoy Departs: 1:30 PM



- ✓ Join the tradition and raise funds to grant wishes!
- ✓ 75 kids are waiting for their wish to be granted in the Susquehanna Valley.
- ✓ Your Truck Can Make Wishes Come True!

LEARN MORE AND REGISTER AT WWW.WISHCONVOY.ORG



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Roaster**



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Hydration on the Highway

Hydrate!

As a truck driver, your focus is often on getting from Point A to Point B safely and timely. But amidst the long hours and changing conditions, it's easy to overlook one vital part of your routine: staying hydrated. While it's a challenge year-round, the winter months can make it even harder to consume enough water, as the cold temperatures dull thirst and heat in your truck dries out the air in your cab. Proper hydration is important for your energy, focus, and overall health.

Why does hydration matter?

Water is essential for nearly every function in your body. As a truck driver, staying hydrated combats the effects of sitting for extended periods of time and maintaining mental clarity. Dehydration can cause fatigue, headaches, and a drop in concentration. This can greatly impact your driving.

Winter Hydration Challenges

In the cold winter months, you might not feel as thirsty as you do during summer. This can lead to drinking less water, even though your body still needs it. The dry air from heaters can increase fluid loss without you even noticing. Although coffee and tea will help warm you up and keep you awake during your travels, it can also further dehydrate you if consumed excessively.

Tips for Staying Hydrated on the Road

Here are some practical ways to ensure you're getting enough water during winter:

1 Refillable Water Bottle

Keep a refillable water bottle on your truck and within arms reach while driving. Insulated bottles are great for keeping water at a comfortable drinking temperature, even in cold weather.

2 Add flavor to your water

If plain water isn't appealing all the time, try adding a lemon, lime, or orange for a refreshing taste.

3 Set Hydration Goals

Aim to drink at least half of your body weight in ounces. For instance... Using a water bottle with marked measurements can help you track your intake.

4 Hydrating Foods

Snacking on the road doesn't have to be unhealthy. Snack on foods with high water content, such as oranges, grapes, cucumbers, or celery. These not only provide hydration but also deliver important vitamins and minerals.

5 Limit Dehydrating Drinks

Coffee and soda but be tempting or needed at times but try to balance them with plenty of water. For every cup of coffee, drink an equal amount of water to offset its dehydrating effects.

Make a habit!

Start your day by drinking a glass of water before hitting the road. Use alarms or reminders on your phone to prompt you to take a drink regularly. Stay healthy, focused, and energized this winter season!



Chicken Curry

Recipe from Marcus Dodson



Equipment:

- RoadPro® 12V Portable Stove
- RoadPro® Aluminum Pans (3pk)

Ingredients (2-3 servings):

- Chicken
- Olive Oil
- Fresh Garlic
- Fresh Onion
- Turmeric
- Cumin
- Curry Powder
- Bay leaf
- Crushed red pepper
- Baby golden potatoes
- Rice

Directions:

1. Line your RoadPro stove pan with tinfoil or use the pan directly. Lightly coat it with olive oil.
2. Add diced chicken along with fresh garlic and onion to the pan.
3. Season generously with turmeric, cumin, curry powder, a bay leaf, and crushed red peppers for a flavorful kick.
4. Cook the chicken thoroughly.
5. Once the chicken is fully cooked, remove for serving.
6. Heat up pre-cooked rice and baby golden potatoes in the microwave, then layer them on top of the chicken.
7. Mix lightly or serve as-is, and enjoy this hearty, home-cooked meal on the road!



Marcus has been driving OTR for 10 years. He is passionate about cooking, and loves his lunch box oven.





Outlook 2025

Cummins Merchandise

The new year brings fresh products, exciting milestones, and our commitment to serving the truck drivers' on-the-go needs. After various product launches in 2024, we're excited to see what's ahead in 2025 and to support continued growth in the Travel Center industry.

DAS Companies, Inc., the parent company of RoadPro® Family of Brands, continues to supply travel centers to meet the needs of those on the road. DAS looks forward to revealing more Cummins® - branded DAS products in 2025.

Look for all the latest Cummins® products at select travel centers near you, or on the Cummins® Amazon storefront.

Highlights of the 2024 Cummins® product line include...



Headsets



Magnets



67oz Thermos Bottles



Baseball Hats



Graphic Tees



Graphic Hoodies



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PREMIUM CONVERTIBLE BLUETOOTH® HEADSET



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