All truckers need daily physical exercise. Suggestion: walk briskly in a safe area.

Published: 1/4/2016



Truckers, what do you find most challenging about walking daily for physical exercise?

Published: 1/5/2016



If you do exercises behind your steering wheel, just don't get distracted while driving.

Published: 1/6/2016



Which exercises do you do behind the steering wheel to help you stay physically fit?

Published: 1/7/2016



Truck-Drivers-Money-Saving-Tips.com

Wear good shoes and use walking poles to enhance your daily walking exercise tremendously.

Published: 1/8/2016



Extendable visors 'extend' past where regular visors stop. Using them can assist vision.

Published: 1/11/2016



Which times of the day do you find using extendable visors most helpful? What are they?

Published: 1/12/2016



Truckers who wear polarized sunglasses aren't blinded by glare that can 'hide' road hazards.

Published: 1/13/2016



How do you keep your polarized sunglasses from becoming scratched, marred or unusable?

Published: 1/14/2016



Adjustable caps can help block the sun; just don't create a 'blind spot' while wearing one.

Published: 1/15/2016



Certain seasons of the year are worse for animal collisions than others. Be on your guard.

Published: 1/18/2016



Have you ever had a truckanimal collision? How costly in time and money was that?

Published: 1/19/2016



Some devices designed to warn animals of approaching vehicles may not work. Let the buyer beware.

Published: 1/20/2016



Ever had 'deer alerts' installed on your truck when they didn't work? Please share.

Published: 1/21/2016



Having a heavy duty grill on your truck may reduce damage from large animal strikes.

Published: 1/22/2016



Strap winders may help flatbed haulers save time. Units vary as to how they are powered.

Published: 1/25/2016



Truck Drivers Money Saving Inquiry: How many minutes would you say a strap winder saves you each time you use it?

Published: 1/26/2016



Some truckers save time by using a device to help them adjust their trailer tandems.

Published: 1/27/2016



What is the biggest challenge associated with using a tandem trailer adjustment device?

Published: 1/28/2016



To keep tires properly inflated, regularly monitor pressure with a gauge, not a 'thumper'.

Published: 1/29/2016



Staying properly hydrated by drinking clean water is critical to your good health.

Published: 2/1/2016



What is your biggest challenge when it comes to drinking enough water every day?

Published: 2/2/2016



Truckers intent on drinking water for health carry gallon jugs of it in their trucks.

Published: 2/3/2016



Truck-Drivers-Money-Saving-Tips.com

Where do you get your drinking water? Ever refilled a gallon jug from a water fountain?

Published: 2/4/2016



Some truckers refill their empty jugs at low-cost grocery store water vending machines.

Published: 2/5/2016



Truck seats with air ride suspensions can help reduce trucker back pain and fatigue.

Published: 2/8/2016



Have you found one brand of truck seat to be superior to all others? Why not review it?

Published: 2/9/2016



Truck-Drivers-Money-Saving-Tips.com

Some truck seats have one or more lumbar supports. Inflate or deflate to meet your needs.

Published: 2/10/2016



Have you ever had difficulty adjusting a driver's seat's lumbar support? What happened?

Published: 2/11/2016



If built-in lumbar supports aren't comfortable, consider using a lumbar support pillow.

Published: 2/12/2016



To power electronics, truckers may need a battery-connected inverter in their trucks.

Published: 2/15/2016



What upper limit on watts an inverter can draw from the battery does your company have?

Published: 2/16/2016



To protect truck batteries, companies may install a fuse between batteries and inverter.

Published: 2/17/2016



Have you ever had an inverter to stop working? Was the inverter or the fuse bad?

Published: 2/18/2016



If your old inverter 'died', before buying a new one, troubleshoot to see if the fuse blew.

Published: 2/19/2016



Fuel islands may have diesel or oil on the ground. Be careful not to slip as you walk.

Published: 2/22/2016



Which style of shoes provides better traction in oily places? Why not review them?

Published: 2/23/2016



The speed at which fuel is pumped varies between truck stops. Evaluate any time savings.

Published: 2/24/2016



Have you ever started fueling at one chain over another because of fuel pumping speed?

Published: 2/25/2016



Fuel prices may differ significantly for many reasons. Networks usually beat posted prices.

Published: 2/26/2016



Promptly check your settlement sheets to verify that you were paid for all your trips and work.

Published: 2/29/2016



Have you ever not been paid for work you did or purchases you made? How did you get paid?

Published: 3/1/2016



Many truckers save time and money by authorizing 'direct deposit' for their paychecks.

Published: 3/2/2016



Have you ever had a problem receiving a paycheck once 'direct deposit' was authorized?

Published: 3/3/2016



Contact your driver manager to report any failure in getting paid what you are owed.

Published: 3/4/2016



Some owner-operators may prefer to save money by doing their own repairs on their trucks.

Published: 3/7/2016



What kinds of truck repairs can truckers do themselves to save money vs. having them done?

Published: 3/8/2016



Truck warranties may require that only an authorized service center do certain truck repairs.

Published: 3/9/2016



Have you ever experienced or heard of a warranty being voided by do-it-yourself repairs?

Published: 3/10/2016



Consider the expense of your time and tools needed before you do your own truck repairs.

Published: 3/11/2016



Kingpin locks are designed to prevent trailer movement or theft. They work only when used.

Published: 3/14/2016



How much freight theft could be prevented if only truckers regularly used kingpin locks?

Published: 3/15/2016



Truck-Drivers-Money-Saving-Tips.com

Kingpin locks vary in materials, construction and price. Evaluate security before buying one.

Published: 3/16/2016



Ever heard of a kingpin lock being 'picked' open? Are similar models all keyed the same?

Published: 3/17/2016



If you haul expensive freight, consider investing in a heavy-duty kingpin lock for security.

Published: 3/18/2016



Different trucks have different filter needs. Make sure filters are changed on schedule.

Published: 3/21/2016



Between truck air filters, fuel filters and oil filters, which need changing most often?

Published: 3/22/2016



Truck-Drivers-Money-Saving-Tips.com

A clogged filter can drastically reduce your truck's performance. Pre-filters may help.

Published: 3/23/2016



By what percentage can performance be hindered by one or more dirty or clogged filters?

Published: 3/24/2016



Consider the need for superior hydraulic and transmission filters on your truck, too.

Published: 3/25/2016



It has been said that the largest impact on truck fuel economy is the truck driver.

Published: 3/28/2016



Are you open to learning how changing your driving can help improve truck fuel economy?

Published: 3/29/2016



Progressive shifting has been called the easiest and cheapest way to get better fuel economy.

Published: 3/30/2016



Now use progressive shifting when you didn't used to? What MPG improvement have you seen?

Published: 3/31/2016



Using a truck's cruise control may not always be the best way to improve its fuel economy.

Published: 4/1/2016



One way to reduce your financial stress is to consistently spend less than you earn.

Published: 4/4/2016



How will you know if you consistently spend less than you earn? What tools do you use?

Published: 4/5/2016



One tool to track your spending is a spending diary. Track everything you buy to the penny.

Published: 4/6/2016



Since emotions enter into buying decisions, what were you feeling each time you bought?

Published: 4/7/2016



To track your paychecks, spending and investments, start and maintain a customized budget.

Published: 4/8/2016



Trucking companies and law enforcement in the USA have the right to test truckers for drugs.

Published: 4/11/2016



Did you know that truckers can be tested for drugs before employment and then randomly?

Published: 4/12/2016



Besides urinanalysis, some trucking companies also conduct other types of biometric screening.

Published: 4/13/2016



Did you know that biometric screening can detect drugs in blood, urine, saliva or hair?

Published: 4/14/2016



Biometric screening on truckers can happen at any time. Staying free of harmful drugs is best.

Published: 4/15/2016



Many compact refrigerators are not designed to withstand road vibrations within a truck.

Published: 4/18/2016



Did you know that some refrigerators are designed specifically for use in trucks and RVs?

Published: 4/19/2016



Refrigerators designed for invehicle use can be much more expensive than standard models.

Published: 4/20/2016



Have you ever used a nontruck refrigerator in your truck? How long did it work or last?

Published: 4/21/2016



When a non-truck refrigerator vibrates too much, all of one's perishable food can spoil.

Published: 4/22/2016



There are at least 10 reasons for truckers to consider having a portable toilet intruck.

Published: 4/25/2016



What would you do if you arrived at a place where the restroom facilities were off-limits?

Published: 4/26/2016



A portable toilet can also be used to hold wash water from cleaning up your meal prep tools.

Published: 4/27/2016



Why do some trucking companies forbid truckers from having a portable toilet in-truck?

Published: 4/28/2016



If you take a portable toilet in your truck, use a waste breakdown chemical and keep it clean.

Published: 4/29/2016



Trucking trainees and driver trainers should define their mutual expectations before training.

Published: 5/2/2016



When driver trainers don't define their expectations, why shouldn't trainees become upset?

Published: 5/3/2016



Besides packing list ideas, a driver trainer should define what a trucking trainee will learn.

Published: 5/4/2016



Why aren't some driver trainers evaluated regularly to learn if they're really teaching?

Published: 5/5/2016



If a driver trainer isn't helping you as a trucking trainee learn, ask for another trainer.

Published: 5/6/2016



Truck-Drivers-Money-Saving-Tips.com

An ice chest will work to keep cold food cold as long as ice is in it. Drain off water often.

Published: 5/9/2016



Where would you store an ice chest in-truck? Could lifting a full one strain your back?

Published: 5/10/2016



Among the potential problems with an ice chest are broken lid hinges and a leaky drain valve.

Published: 5/11/2016



How do you keep your ice chest stocked with ice? Do you make your own ice intruck?

Published: 5/12/2016



The bagged or block ice from some vending machines may cost less than truck stop ice costs.

Published: 5/13/2016



It is a trucker's responsibility to make sure that the brakes on his/her truck work correctly.

Published: 5/16/2016



Have you ever picked up a trailer with brakes out of adjustment? What did you do?

Published: 5/17/2016



Brakes must be adjusted by those who are certified. Have them adjusted as often as needed.

Published: 5/18/2016



Truck Drivers Money Saving Inquiry: If brakes problems found during inspections cost big

bucks, why not fix them in

Published: 5/19/2016

advance?



Some devices can help truckers 'see' whether or not their truck brakes are adjusted correctly.

Published: 5/20/2016



Be aware that out-of-network automatic teller machines (ATMs) may charge a fee to get cash.

Published: 5/23/2016



Why do you need to use an ATM, trucker? Would getting a cash advance work better or worse?

Published: 5/24/2016



Consider the effect of getting cash from an ATM. Having extra cash could tempt you to spend.

Published: 5/25/2016



What is the highest amount of money you've ever been charged for out-of-network ATM use?

Published: 5/26/2016



Keep track of money obtained from an ATM in your budget, just like any other money you have.

Published: 5/27/2016



Some trucking students in company-sponsored 'free CDL' schools are being exploited financially.

Published: 5/30/2016



Have you been exploited in trucking after starting to get a 'free CDL'? What happened?

Published: 5/31/2016



Entities paying for both CDL training and one's loads hold 'all the cards' in their hands.

Published: 6/1/2016



Did you know a DAC report can reflect not completing one's 'free CDL' trucker training?

Published: 6/2/2016



Avoid expoitable situations. If possible, get your CDL training apart from a trucking company.

Published: 6/3/2016



Loans taken out to attend truck driver training school need to be paid back on schedule.

Published: 6/6/2016



Did you know you can be penalized for not paying back trucking school loans on time?

Published: 6/7/2016



Before taking out a loan to go to trucking school, thoroughly understand the terms of repayment.

Published: 6/8/2016



Do your trucking school loans allow you to pre-pay toward the principal without penalty?

Published: 6/9/2016



Pay extra toward the principal with each payment to save interest and pay off loans early.

Published: 6/10/2016



Save money by packing food and making your own meals on the road. Keep perishable foods cold.

Published: 6/13/2016



How do you keep perishable foods cold in-truck: fridge, ice chest or thermoelectric cooler?

Published: 6/14/2016



Fridges and thermoelectric coolers can fail. As long as you have ice, ice chests keep foods cold.

Published: 6/15/2016



Did you know that you can make ice in-truck with a small ice maker, electricity and water?

Published: 6/16/2016



With low cost water and a good ice maker, you save a lot of money compared to truck stop ice.

Published: 6/17/2016



One way to cook food in your truck is with a slow cooker or 'crock pot'. Sizes and features vary.

Published: 6/20/2016



Did you know that slow cooker liners can help you reduce crock pot clean-up time?

Published: 6/21/2016



One can warm pre-cooked foods or cook a variety of foods from scratch in crock pots.

Published: 6/22/2016



Did you know that you can also burn food by cooking it for too long in a crock pot?

Published: 6/23/2016



Brace your crock pot from tipping while you're driving and anchor the lid to prevent rattling.

Published: 6/24/2016



The first step to budget planning is knowing where you're currently spending your money.

Published: 6/27/2016



Did you know that each household's budget needs to be personalized to meet their needs?

Published: 6/28/2016



Use a spending diary to record your expenses so you can set up your own personalized budget.

Published: 6/29/2016



If you're not on a budget, what is the biggest hindrance to you setting up one? Please share.

Published: 6/30/2016



A budget is a spending guide. Use it to plan income and expenses. Plan ahead for big purchases.

Published: 7/1/2016



OTR truckers would do well to pack clothes to handle different weather situations year-round.

Published: 7/4/2016



Have you ever gone out on a trucking tour and wished you'd had lighter or heavier clothing?

Published: 7/5/2016



Laundromats sell cleaning products at a profit. Save money by packing and using your own.

Published: 7/6/2016



Truck Drivers Money Saving Inquiry: Did you know that some laundromat dryers are more expensive to use per cycle?

Published: 7/7/2016



One laundromat mega load may equal 2 or 3 small truck stop washer loads. Compare and save.

Published: 7/8/2016



Employees sign up for benefits during open enrollment. Paying for them may affect every paycheck.

Published: 7/11/2016



Have you ever heard of being 'insurance rich but cash poor'? Choose employee benefits wisely.

Published: 7/12/2016



Some companies pre-select benefits plans for employees, but better options may be available.

Published: 7/13/2016



Isn't it worth your time to see if an insurance broker can get you better benefits for less?

Published: 7/14/2016



Before open enrollment each year, consider all options.
Add or remove plans based on your needs.

Published: 7/15/2016



You will want to keep certain receipts for tax deduction purposes. Consider using a dated file.

Published: 7/18/2016



Did you know that there are electronic services that can make record keeping easier?

Published: 7/19/2016



Truck-Drivers-Money-Saving-Tips.com

If you're using your personal vehicle for business purposes, that mileage may be tax deductible.

Published: 7/20/2016



Which type of record keeping filing system do you use for physical receipts and warranties?

Published: 7/21/2016



One can keep records in expandable files or hanging file boxes. Choose what works for you.

Published: 7/22/2016



Many activities can encroach on your CDL and effectively prevent you from driving professionally.

Published: 7/25/2016



Did you know that too many points on your CDL can hinder one's pro ability to drive a truck?

Published: 7/26/2016



Protect your CDL by making sure that the truck you're assigned to drive is both safe and legal.

Published: 7/27/2016



Has your trucking company ever endangered your CDL by asking you to do something illegal?

Published: 7/28/2016



Drinking alcohol, using certain drugs and hauling contraband can all endanger your CDL.

Published: 7/29/2016



You can set goals for achievement levels any time of the year, not just before New Year's.

Published: 8/1/2016



Do you set your goals on a yearly, quarterly, monthly, weekly, daily or other basis? Why?

Published: 8/2/2016



Goals need to specific, measurable, attainable, relevant and time-bound to be most effective.

Published: 8/3/2016



Are your goals written? Are you accountable to someone for them? Are they positively stated?

Published: 8/4/2016



If you set a goal to run X number of paid miles this month, share this with your driver manager.

Published: 8/5/2016



Consider that a dirty truck may be more likely to invite an inspection than a clean truck will.

Published: 8/8/2016



Did you know that trash on the passenger side floorboard can be seen through the peek window?

Published: 8/9/2016



A truck dashboard loaded with paperwork indicates disorganization and can invite inspections.

Published: 8/10/2016



Isn't it worth a few minutes per day to organize your paperwork and throw away all trash?

Published: 8/11/2016



Truck-Drivers-Money-Saving-Tips.com

Paperwork on the dash can impede your truck's defroster operation, which can cause problems.

Published: 8/12/2016



Two types of trucker medical exams include DOT physicals and random drug screens.

Stay prepared.

Published: 8/15/2016



Did you know that accidents can happen at any time and involved truckers undergo urinalyses?

Published: 8/16/2016



All the time, but especially in preparation for a DOT physical, eating good food is a great idea.

Published: 8/17/2016



If a sleep study is recommended, did you know that you may have options on where to take it?

Published: 8/18/2016



Devices to treat sleep apnea may vary greatly in features and costs. Shop around for best value.

Published: 8/19/2016



Truckers need to be observant so as not to invite situtions where self defense may be needed.

Published: 8/22/2016



Did you know that some products used for self defense are perfectly legal to carry in-truck?

Published: 8/23/2016



Firearms and pepper spray may be illegal in some jurisdictions in the USA. Know before you go.

Published: 8/24/2016



Is it true that parking in dark, isolated places invites more self defense situations?

Published: 8/25/2016



Truck-Drivers-Money-Saving-Tips.com

Both men and women can learn effective self defense techniques to deal with inperson attacks.

Published: 8/26/2016



Truckers are required to keep the lights on their trucks in good working order at all times.

Published: 8/29/2016



Which tools are required to replace the bulbs or lamps on your truck and do you have them?

Published: 8/30/2016



Leaving a light burning in your truck after you've turned it off can drain down your battery.

Published: 8/31/2016



Do you require an external lighting system to make your truck more easily seen at night?

Published: 9/1/2016



A light shining down on your windshield can hinder visibility at night. Consider removing it.

Published: 9/2/2016



Truckers needing to carry water with them in-truck may obtain it from water vending machines.

Published: 9/5/2016



Did you know that grocery stores with water vending machines usually charge by the gallon?

Published: 9/6/2016



Refilling water jugs at a water vending machine can save you money compared to buying new.

Published: 9/7/2016



Are water vending machines cleaner sources of water than some drinking fountains?

Published: 9/8/2016



Truck-Drivers-Money-Saving-Tips.com

Thoroughly cleaned juice jugs are sturdier than flimsy milk-type jugs for carrying water.

Published: 9/9/2016



Truck-Drivers-Money-Saving-Tips.com

One device used to reduce air resistance is a vortex generator. They are installed in sets.

Published: 9/12/2016



By how much have vortex generators improved your fuel economy, trucker? Have data?

Published: 9/13/2016



Side skirts installed on a trailer can reduce air resistance and improve fuel mileage.

Published: 9/14/2016



By how much has your fuel mileage improved since using sides skirts or a trailer tail?

Published: 9/15/2016



Truck-Drivers-Money-Saving-Tips.com

Another air deflector is a wheel cover. Periodically check beneath them for wheel problems.

Published: 9/16/2016



Thermoelectric coolers can lower internal temp by only about 40 degrees F below outside temp.

Published: 9/19/2016



Did you know that thermoelectric cooler motors are subject to burning out rather quickly?

Published: 9/20/2016



Where you place a thermoelectric cooler in-truck may dictate how well and how long it runs.

Published: 9/21/2016



Were you aware that placing a thermoelectric cooler inside a cabinet can overheat it?

Published: 9/22/2016



Truck-Drivers-Money-Saving-Tips.com

Since thermoelectric coolers contain no refrigerants, they are not true refrigerators.

Published: 9/23/2016



Some truckers have different legal service plans. Evaluate benefits and costs before buying.

Published: 9/26/2016



Does the legal service plan you're considering buying have a network of actual lawyers?

Published: 9/27/2016



Commercial vehicle legal plans are specifically for truckers. Consider if you need this.

Published: 9/28/2016



Truck Drivers Money Saving Inquiry: If one of your memberships includes a legal service plan, will that meet your needs?

Published: 9/29/2016



A family legal service plan may benefit some truckers more often than a commercial one.

Published: 9/30/2016



If you're paid for loading or unloading waiting time, keep track of time in and time out.

Published: 10/3/2016



What's the best or worst example you've ever had in being paid for waiting as a trucker?

Published: 10/4/2016



Keep track of which shippers and receivers keep you waiting how long for loading/unloading.

Published: 10/5/2016



How are you logging the time that you're forced to wait for loading/unloading your truck?

Published: 10/6/2016



If your wait in docks is costing you too much, talk with your driver manager. Seek resolution.

Published: 10/7/2016



The fifth wheel platform must be kept greased so that the attached trailer can turn easily.

Published: 10/10/2016



Do you know what trouble will arise when a fifth wheel platform doesn't stay lubricated?

Published: 10/11/2016



Change a truck's oil at scheduled intervals in order to help keep the truck running well.

Published: 10/12/2016



Which do you consider to be a superior truck oil -- regular or synthetic -- and why?

Published: 10/13/2016



Keeping a can of spray lubricant like WD-40 in your truck can be invaluable at times.

Published: 10/14/2016



If your credit card balance is too high, why not undertake a 'no credit card challenge'?

Published: 10/17/2016



Are there specific stores where you know not to take a credit card due to temptations?

Published: 10/18/2016



Even though some credit cards offer 0.00% interest, having too many credit cards can be bad.

Published: 10/19/2016



What situations have you encountered when you wished you'd had a credit card with you?

Published: 10/20/2016



The 'no credit card challenge' is both mental and not taking any credit cards with you.

Published: 10/21/2016



Truck-Drivers-Money-Saving-Tips.com

It is easiest to clean a truck on a 'clean as you go' (CAYG) basis, right when it's needed.

Published: 10/24/2016



Which supplies do you use for cleaning your truck, trucker? Whisk broom? Vacuum? Other?

Published: 10/25/2016



The nature of the truck cleaning job, wet or dry, determines the cleaning supplies needed.

Published: 10/26/2016



For some wet cleaning tasks, have you ever used baby wipes? How well did those work?

Published: 10/27/2016



Keep paper towels on hand for some cleaning tasks such as cleaning your truck's windows.

Published: 10/28/2016



Be aware of huge bonuses offered by trucking companies that require a long time to earn.

Published: 10/31/2016



Are you aware of all of the requirements associated with earning job-related bonuses?

Published: 11/1/2016



Many things can disqualify truckers from earning certain bonuses, including accidents.

Published: 11/2/2016



Ever been involved in an accident not your fault that kept you from earning a bonus?

Published: 11/3/2016



Ask, if necessary, for all of the details associated with performance-related bonuses.

Published: 11/4/2016



Different foodstuffs have different food storage needs. Keep perishable foods cold.

Published: 11/7/2016



Have you ever purchased food that didn't get eaten before its stated expiration date?

Published: 11/8/2016



Keep dry products like cereal or pasta in moisture-proof containers until ready for use.

Published: 11/9/2016



Which foodstuff(s) have you had the most difficulty keeping edible in your truck? Why?

Published: 11/10/2016



All foodstuffs, including fresh fruits and vegetables, need to be eaten in a timely manner.

Published: 11/11/2016



Prepared food comes prepackaged. Eating all of it at one time may or may not be advisable.

Published: 11/14/2016



Ever been tempted to overeat because a prepackaged food was bigger than for one meal?

Published: 11/15/2016



Some people limit the calories they consume by eating meals with controlled portions.

Published: 11/16/2016



One way to enjoy portion control is by eating home canned food in pint or quart sizes.

Published: 11/17/2016



Be aware of the trade-off between lower-cost larger quantities and eating too much food.

Published: 11/18/2016



Every trucker should have an 'emergency fund' to handle personal emergencies on the road.

Published: 11/21/2016



What situations could truckers encounter that require using emergency fund cash?

Published: 11/22/2016



There's a difference between a 'truck fund' for trucking expenses and an emergency fund.

Published: 11/23/2016



Have you ever dipped into your emergency fund to pay for truck expenses? Which ones?

Published: 11/24/2016



Be careful regarding emergency fund storage. Remove it from your truck when needed.

Published: 11/25/2016



Idling rules vary by location. Review ATRI's 'Compendium of Idling Regulations' regularly.

Published: 11/28/2016



Have you ever been ticketed or fined for idling your truck? What happened and where?

Published: 11/29/2016



Some truckers idle trucks for comfort, but there may be better, lower cost solutions.

Published: 11/30/2016



In what circumstances have you ever idled your truck to keep it operational?

Published: 12/1/2016



When other options don't exist, consider the health impact of not idling for warmth in winter.

Published: 12/2/2016



Some shippers or receivers may have a financial penalty written into the terms of their loads.

Published: 12/5/2016



Under what conditions would you consider accepting a load with a financial penalty section?

Published: 12/6/2016



You may be forced to pay a financial penalty even if the delay in arriving was not your fault.

Published: 12/7/2016



Have you ever paid a financial penalty you felt was unfair? Who charged you? What happened?

Published: 12/8/2016



If your trucking company accepts loads with truckerpaid financial penalties attached, ask why.

Published: 12/9/2016



Some truckers enjoy pet companionship on the road. Understand the pros and cons ahead of time.

Published: 12/12/2016



Ever taken a pet with you in your truck and later decided against doing so? What happened?

Published: 12/13/2016



Dogs need food, water, sleep, exercise and restroom breaks. Extra stops en route may be needed.

Published: 12/14/2016



How do you take care of your pet's needs for medical care on the road? See a vet at home?

Published: 12/15/2016



Some animals may make better in-truck pets. Help may be needed entering and exiting the truck.

Published: 12/16/2016



Female truckers, never feel inferior as a pro driver! You've earned a CDL, just like any man.

Published: 12/19/2016



Ladies, where are you likely to encounter discrimination: Dispatch? Truck shop? Other?

Published: 12/20/2016



Female truckers may face health issues that vary greatly from those of men. Be prepared.

Published: 12/21/2016



Did you know that statistics show that female truckers are safer than male counterparts?

Published: 12/22/2016



Female trucker, take continual precautions against sexual harrassment, abuse and assault.

Published: 12/23/2016



A trucker's preference may make him/her choose bed sheets vs. a sleeping bag to sleep in.

Published: 12/26/2016



Did you know that bed sheets may need to be washed more frequently than sleeping bags?

Published: 12/27/2016



Generally, a sleeping bag will keep you warmer in winter than bed sheets with a blanket.

Published: 12/28/2016



Did you know that sleeping bags vary by temperatures down to which they keep users warm?

Published: 12/29/2016



Sleeping bags that are used daily can wear out. Inserting a liner can give greater longevity.

Published: 12/30/2016



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