

TRUCKERS' Gear Guide



**FIRST
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**LISTEN
LONGER,
TRUCK
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**LUBRICITY
A KEY
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THAT'S
MISSING**



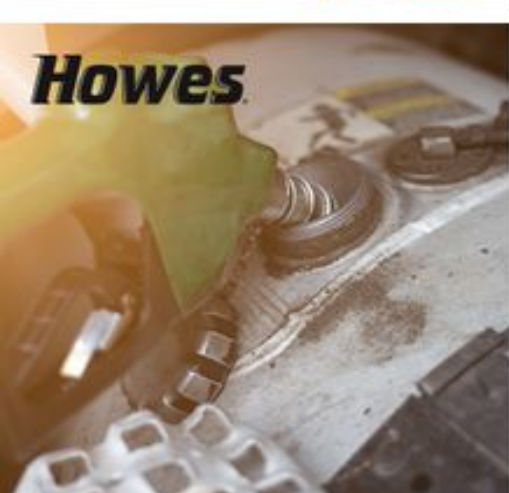
MUCH MORE INSIDE

IN THIS ISSUE



LISTEN LONGER, TRUCK SMARTER

with Premium dēzl Headsets
from Garmin



LUBRICITY...A KEY INGREDIENT

- Rich Guida

TRUCKER GEAR BUYER'S GUIDE

Bluetooth®

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TO BLUETOOTH® OR NOT

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FOR NEW CDL DRIVERS



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TIPS TO BEAT THE HEAT



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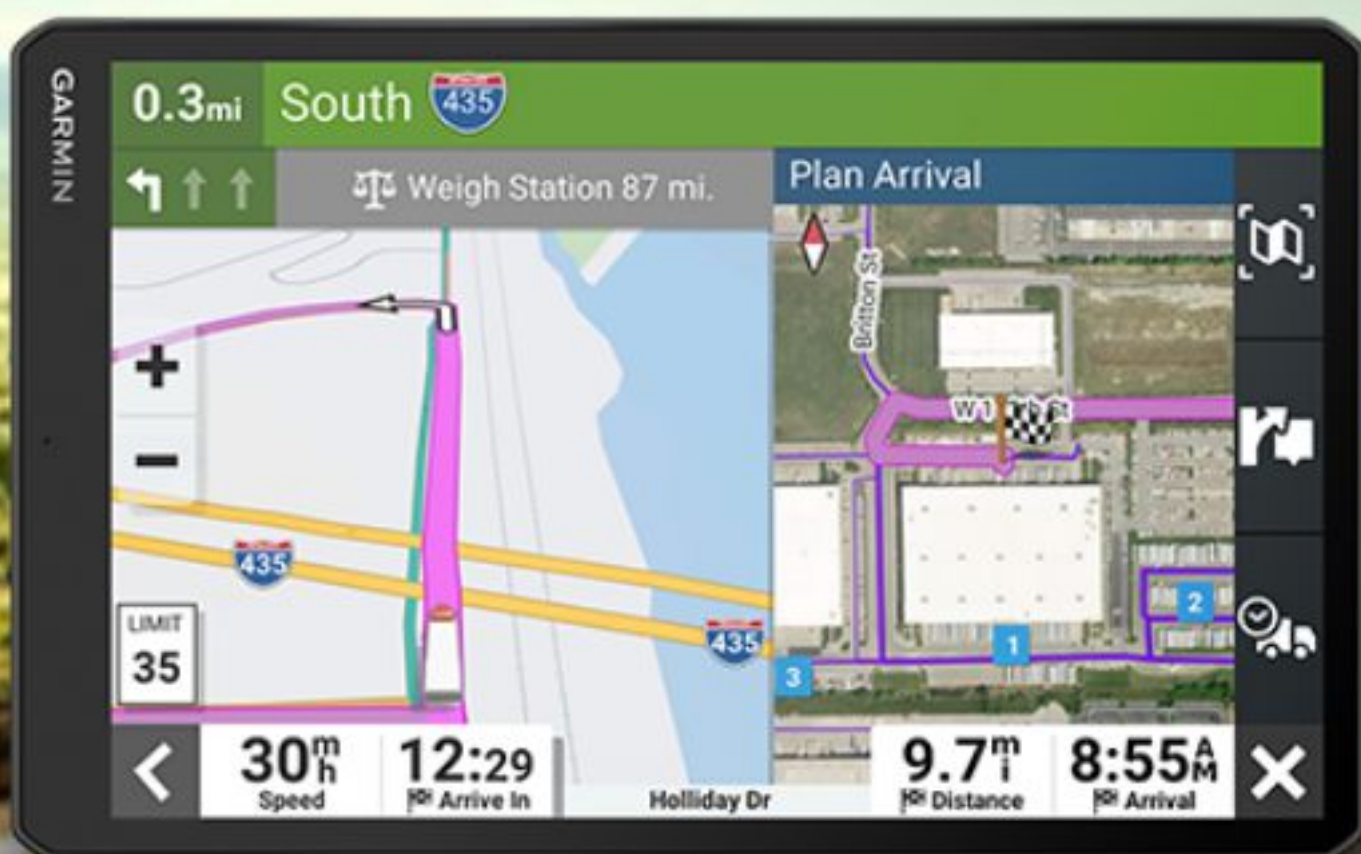
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Always use single-ear headset while driving

Listen Longer, Truck Smarter with Premium dēzl Headsets from Garmin

By Mike Cummings, Garmin



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

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

Up to 50 hours of continuous talk time

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

Active noise cancellation

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

Wireless smartphone/dēzl navigation compatibility

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

Designed for the long haul

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

Flexibility for on- or off-duty use

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

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

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Howes

Lubricity...A Key Ingredient That's Missing From Today's Diesel Fuel.

By Rich Guida

There's a well-known saying in the real estate world that goes like this, "The three most important words in real estate are, Location. Location. Location."

Well, there is a similar saying when it comes to diesel fuel. "The three most important words in diesel fuel are Lubricity. Lubricity. Lubricity."

Since the 1990s, EPA mandates have slashed the amount of sulfur in diesel fuel to less than 1% of its former level – currently 15 parts per million (ppm), formerly 5,000 ppm. Culminating in 2006, today's ULSD or Ultra Low Sulfur Diesel continues to face many challenges and drawbacks.

True, the reduced sulfur helps the environment and curbs sulfur-based urban air pollution, which is caused in large part by diesel traffic from large vehicles like trucks and buses. However, as with many things in life, this comes with tradeoffs. The downside to stripping all the sulfur out is you get diesel fuel with lower lubricity, which affects the ability of the fuel to reduce friction.

In the past, the sulfur in the fuel helped to lubricate parts like fuel injectors and fuel pumps. Hydrotreating the diesel fuel at the refinery takes out the sulfur and some of the complex organic molecules in the fuel that performed this function. The "ultra-low sulfur diesel" fuel now does not lubricate injectors and fuel pumps nearly as well, raising concerns about the life of these crucial parts.

By using Howes Diesel Defender at every fill-up, critical lubricity is added back into the fuel system to combat premature wear of injectors, pumps, and upper cylinders in the "top end" of the engine. In fact, Diesel Defender adds up to 2.5 times the amount of required lubricity to provide superior power, protection, and performance.

Large or Small, all Diesel Vehicles Benefit from Treated Fuel

Beyond lubricity, everyone faces the same challenges when operating diesel vehicles. The most common problems seen by diesel engine operators tend to be low fuel mileage, poor cold-starting, and rough running for vehicles large and small. For users storing diesel, control of water build-up and fuel stabilization are both desired areas of improvement.

With over 100 years of expertise, Howes has tirelessly developed, tested, and refined the most trusted solutions to address all these issues and more. Providing a full line of the highest quality additives on the market, Howes has products

perfect for big rig operations, light-duty vehicles, and fuel storage alike. Literally, any diesel system user can reap huge benefits from using Howes products year-round to treat their fuel.





Bluetooth®

Presented by RoadPro Family of Brands

Consider the creature comforts in the cab of today's over-the-road truck driver:

- Custom seat
- Mini fridge
- 12-volt power inverter
- Microwave
- Flat-screen TV

Now, add something unseen to that list that would be wildly missed if it were not there. That's Bluetooth connectivity, which makes so many truckers' gear items function flawlessly and enhances almost every aspect of life on the road.

Bluetooth uses short-range radio waves to connect devices and share data. It's been used in consumer applications since 1999. Today, it's especially important to the trucking industry as it allows wireless and hands-free connections, so drivers answer and make calls from their smartphones while keeping their hands on the wheel.

Wireless, Bluetooth-enabled headsets are a staple of the professional trucking community, and there are many to choose from, including several that do double-duty for when you're driving and when you're enjoying your favorite tunes in your sleeper berth when not driving.

BlueParrott B650-XT and the S650- XT



BlueParrott has numerous wireless headsets aimed specifically at professional drivers including the B650-XT and the S650- XT. Both offer what the company calls "Active Noise Cancellation" to ensure the folks you talk to hear you clearly without any background noise. The two each have 36 hours of talk time and a range of 300 feet. Both are rated IP54 for superior protection against dust and water. The big difference between the two models: the S650-XT has a second ear pad you can attach for stereo sound when you're streaming music or a movie in your down time. The [S650-XT](#) and [B650-XT](#) are available on BlueParrott's website or in a travel center near you.

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. The RKING4000 does double duty. You can wear it with the one connected ear pad 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 on the [Roadking Amazon storefront](#).

Rand McNally ClearDryve 220



Rand McNally (yes, the company that makes the essential trucker's atlas and numerous GPS devices for your truck) also has a lineup of 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 Store](#).

RoadKing Wireless CB Radio



Headsets aren't the only communications devices that are wireless, Bluetooth enabled, and essential to truckers. RoadKing reshaped the CB radio market when it introduced its handsfree CB that pairs with the RKING940 wireless headset. This device allows you to use your CB without having to reach for the mic, while also allowing you to answer or make calls from your smartphone with voice commands. The 940 also features a 7-color display, NOAA weather alerts, PA function, and talkback. Available at travel centers and truck stops and [online](#).

Logitech K780 Multi-Device Wireless Keyboard



More of your trucking life has gone digital, and even more is headed that way. That means being able to enter information quickly and easily is more important than ever before. This means having a good keyboard. The Logitech K780 Bluetooth-enabled keyboard is such a device. What sets this apart from other wireless keyboards is that it can be paired with three devices at once, so you can easily switch between your smartphone, laptop and tablet. It is a full-sized keyboard with a number pad for ease of entering numerical data. Available online at travel centers and truck stops and [online](#).

Jiobit Pet Tracker



If you're like the growing number of over-the-road truckers who travel with a pet, then you know it's important to always keep track of your furry sidekick. 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](#) plus a monthly plan.

Ultimate Ears WONDERBOOM 3 Speaker



This delivers a lot of sound in a small package. The WONDERBOOM 3 is about four and a half inches square but delivers the kind of sound you expect from a portable Bluetooth-enabled speaker two or three times its size. Plus, it has a battery life of 14 hours, so it'll keep your sleeper berth filled with sound for most of the time you're not driving. The durable WONDERBOOM 3 is dust and waterproof so it's going to stay safe even if your driving takes you into difficult conditions. Use two of them for stereo sound. You can purchase the Ultimate Ears WONDERBOOM 3 Speaker [online](#).

Connected Rubik's Cube



In the late 1970s and early '80s, the Rubik's Cube 3-D puzzle had everyone fascinated or frustrated. It was an obsession for many to get all the same color faces on each of the cube's six sides. Doing so was not easy for most folks. Now, the cube is back and this time it uses Bluetooth to connect to your smartphone so you can time your progress – or lack of it – and compete with others. This could be the ideal way to fill your time waiting to load or unload or when you are parked for the day. [Available online](#).

Samsung Smart Watch



The Samsung Galaxy Watch5 does much more than tells time. This Bluetooth-enabled timepiece also monitors your sleep, tells you your blood pressure, tracks your heart rate, keeps track of your daily workouts, and functions as a GPS tracker. It syncs easily with your smartphone and helps you live up to your fitness and wellness goals while on the road. [Available online](#).

FIRST GEAR

for new CDL drivers



To Bluetooth or Not

by Craig Daniels

As professional drivers, we must be just that, professional. That means we must have the right tools for the job as any mechanic or commercial pilot would have. Federal regulations necessitate hands-free communication on our phones; however, speaker phones, whether integrated into the phone or connected to the stereo, are insufficient at best. This limitation leaves us with headsets as the preferred solution.

Wired headsets are just plain unsafe as well. The wire gets caught on armrests, arms, feet, and bottles of water in the cup holder. That leaves wireless Bluetooth headsets and other devices. Apart from the conversation itself potentially being a distraction at times, the Bluetooth headset can dramatically reduce the risk of distraction.



I have tested many different types of headsets, including over-the-ear single-sided options, as well as models with a removable side for better sound with both ears, while still complying with legal functionality by using just one ear. The RoadKing 4000 is an outstanding headset with top-notch performance with music and voice calls. The biggest drawback is the size and that it is not only over the ear but around the ear. I can't do that because my head gets too hot, and my ear will

sweat. The smaller ones that are on the ear usually have either too weak or too strong of a spring holding it to the head. That leaves bone conduction. I absolutely love my Aftershock Open Comm set with the boom mic. It is so light I often forget I am wearing it and both ears are always open. For calls it really is unmatched. For music, it has some drawbacks. Music with a lot of bass tends to tickle the side of my head if it is loud (it is music after all). While at MATS I thought they were playing overhead music (great soundtrack too), but it was my headset I had forgotten I had on.

Next is the new Road Dog Bluetooth XM radio. OUTSTANDING! Some great features are that you cannot only connect it with Bluetooth to the truck stereo but also pair it to your headset if you have a teammate. You can jam while the other driver sleeps. The hook-up is also different than in the past with only one USB wire from the power adapter to the radio. I have mixed feelings about this. With the antenna, USB, and aux cable (if needed) going to the power adapter, what if the adapter gets hot from bouncing around in the socket and must be replaced? You can't use any adapter; you must reorder an exact replacement. The small new antenna works great though. The small one used to blind out from the cab and not receive a signal. However, with the new mount it is not only easier to move to a different truck but from coast to coast through I-90 and I-20 and I-5 to I-75 in either direction, I have yet to have it blind out from the cab. Clearly, a lot of thought went into this unit.

We have a myriad of options to choose from in terms of cost and functionality. I have learned that spending extra money on quality products pays for itself in the long run with durability. Long battery life is a must as well as noise canceling microphones when fueling next to a running refer unit. Choose wisely and know the rules as far as how many ears can be "covered" at one time.

All headsets mentioned in this article can be found at your local travel center or one along your route in the United States or Canada.



Craig "10ring" Daniels is a Million-mile accident-free "Patriot Fleet" driver with Crete/Shaffer/Hunt for 9 years, and 12 years over the road. Having previously built roads for 20 years, he drove end dumps and lowboys and operated asphalt and concrete plants, all before becoming a superintendent. He has been a solo driver, and trainer, and continues as a mentor. You can follow him and his #signthetruck travels on TikTok [@10ringcraigdaniels](#) or Instagram [@shaffer_patriot_46135](#).

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Henry is the owner of Albert Transport, Inc., Statesville, NC and a member of our RoadPro Pro Driver Council. He has been in the trucking industry for 30 years. He is also a member of Freightliner® Team Run Smart and a former Owner/Operator of the Year Award winner for Overdrive Magazine.

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Stay Cool in the Summer Months

It is officially the hottest time of the year, with some areas of the country experiencing triple-digit temperatures while others are relatively cooler. So, how can you stay cool and keep your truck running smoothly in extreme heat? Just like cars, trucks face more breakdowns in extremely hot temperatures. Despite the challenging weather mother nature throws at us, trucking must go on.

To tackle the scorching heat, it is important to try and stay cool as best you can. Temperatures can rise rapidly, especially within a confined truck cab. Hot temperatures often pose a high threat to truck drivers who are on long breaks and resting for their next shift. Make sure you check your truck's air conditioning regularly, so you don't find yourself without it on a hot day. Keep water and electrolytes on hand for proper hydration and don't forget to apply sunscreen to protect yourself from getting a trucker burn.

Apart from safeguarding your personal well-being, pay attention to how your truck responds to warmer temperatures, including the brakes, tires, engine oil, and coolant. Brakes commonly malfunction in warmer weather, and sometimes the brake fluid even overheats and causes a loss in brake power. Regularly check your brakes for wear or damage so you don't go without them and put yourself in a dangerous situation.

A common problem the heat gives a semi-truck is the impact on engine oil and coolant. Monitor the coolant levels and make sure they don't get too low. If you see a problem, stop, and identify it before it gets worse.

Tires are an obvious concern in hot temperatures. Regularly inspect them during your pre-trip and breaks for uneven wear and proper air pressure. In hot temperatures, tires often overinflate throughout the day. If your tires are hot to the touch when you're on a break, wait until they cool down to proceed on the road. An overheated tire often will result in a blowout.

While this is not necessary to do at every stop, check your engine belts more regularly throughout the hotter days to make sure they are ok. Loose belts commonly have a negative impact on the performance of the water pump and fan which can lead to a truck overheating. Belts tend to wear out quicker during the summer months than they do in the winter. Make sure you are keeping up with your well-being and the condition of the vehicle, especially during the hot summer months. Taking proactive steps now will help keep your truck running smoothly for the remainder of the summer.



Best Sleep Strategies for Truck Drivers

By Hope Zvara

Truck drivers need to sleep. They need sufficient sleep to stay alert behind the wheel, and they need it to be healthy. But for truckers, getting enough sleep isn't always as easy as some think. And much of your sleep quality depends on how you behave during the day. Here are some simple strategies for getting a good night's rest.

Follow the 10 - 3 - 2 - 1 - 0 Rule

What is the 10 3 2 1 0 rule for sleep?

- 10 hours before bed: No more caffeine.
- 3 hours before bed: No more food or alcohol.
- 2 hours before bed: No more work (if you can avoid it).
- 1 hour before bed: No more screen time (shut off all phones, TVs, and computers).
- 0: The number of times you'll need to hit snooze in the AM.

This simple rule can be a formula for being more proactive during the day to hit the hay more soundly at night. Our sleep quality often has more to do with what we do during our wake hours than when we are in bed.

Setting up a new sleep environment

Turn off all lights in the cab except those needed for safe driving conditions. This includes any glowing electronics such as phones or tablets—even if they're not being used! They emit EMFs which disrupt brainwave patterns needed for deep REM sleep cycles; these devices should also be moved away from where you sleep at night so you can have higher quality sleep. Consider a weighted sleep mask to help your eyes relax and keep the light out so you can transition to sleep faster.

Get out and get moving daily

Being physically active does not necessarily mean you have to "exercise." Still, if you are not exerting yourself daily, your body may not feel ready to rest, leading to insomnia, poor-quality sleep, and other issues like muscle cramping, digestive upset, stiffness, and even a racing mind. Consider a brisk 15-minute walk after your last meal or before bed. Find pockets of time to stretch, do as many squats as you can in a minute, or even consider adding a light hand weight to your driving routine and get a few curls in. This not only exerts you physically but can help you mentally empty your mind to fall asleep faster.

Practice deep-breathing exercises

In addition to meditation, deep breathing exercises are a great way to calm down and relax. The 4-7-8 Breath is one such exercise that can be done anywhere—even in your truck driver seat! Here's how it works:

- Close your mouth and quietly inhale through your nose for a count of four seconds.
- Hold for seven seconds at the top of the inhale.
- Exhale through pursed lips (like when whistling) while making an audible "whoosh" sound for eight seconds. Repeat this cycle three more times for a total of four breath cycles.

Foods to eat before bed to help you sleep

If you must eat before bed, choose your sleep-fuel foods wisely!

- Almonds (1 ounce) are an excellent source of magnesium and promote sleep, and may help reduce the stress hormone cortisol, which is known to interrupt sleep.
- Turkey contains the amino acid tryptophan, which increases the production of melatonin.
- Chamomile tea contains the antioxidant apigenin, which binds to specific receptors in the brain that may promote sleepiness and reduce insomnia.
- Tart cherry juice has sleep-promoting effects due to its high amounts of melatonin.

Other food sources to promote better sleep include dairy products, bananas (which contain tryptophan), oatmeal (which contains B vitamins), and whole grains like brown rice or quinoa with a side salad topped with olive oil dressing instead of vinaigrette dressing. Avoid large meals before bedtime because they can disturb your natural circadian rhythms. Big meals can cause digestive issues such as heartburn, bloating, or other discomforting sensations that disturb sleep patterns.

Sleep is critical to staying healthy on the road

It's no secret that truck drivers need to get enough sleep. If you don't, your health and safety could be at risk. Getting enough sleep regularly is essential for staying alert while driving. No one will prioritize your sleep except for you. It's not just the mattress or the lights at night that will help you sleep; it's how you go about your day when you are awake that dictates your sleep health. How you sleep tonight depends on how you act, move, think, and breathe during the day today. What one small change can you make to your wake time that can help you during sleep?



Hope is a yoga, movement, and lifestyle expert who is also a nationally recognized speaker, best-selling author, and the CEO of Mother Trucker Yoga®. She also hosts a radio show titled "A Daily Dose of Hope" that focuses on truck drivers' well-being, implementing programs that speak to both the body and mind. Providing drivers with a more fulfilling lifestyle by improving their health, mobility, and mental point of view. For more information visit www.mothertruckeryoga.com.
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Mussels & Veggies

12V RoadPro Slow Cooker

Prep Time: 15 minutes

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Servings: 4-6

Ingredients:

- Mussels
- Olive Oil
- Zucchini
- Pepper
- Salt



Directions:

1. Spray the pan with olive oil
2. Cut up the zucchini
3. Place the mussels in the stove
4. Place the zucchini on top
5. Cook for 1 hour
6. Add salt and pepper to taste



Kristy Klass is an avid user of the lunchbox stove and enjoys making simple and healthy meals when she is OTR. If you'd like to share your tips on cooking in a RoadPro stove or another cooking appliance, you can share them to our Facebook page or Facebook Group Page RoadPro Driver's Lounge.

[Click here to share your recipes, cooking videos and pictures!](#)

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COOKING WITH ROADPRO LIBRARY



Exciting New Cummins Products Coming Soon!

Get ready for new Cummins official licensed merchandise hitting the market soon! If you've recently visited any travel centers, you might have already spotted the new Cummins official licensed [apparel](#), [cellular accessories](#), [knives](#), and [power inverters](#). But in case you missed them, we have you covered! They are also available on the [Cummins Amazon Storefront](#).

Now, let's give you a sneak peek into what's coming in the next few months in addition to what you've seen in travel centers and on the storefront already.

Cummins Gloves

Whether you need split leather palm gloves for versatile work, latex and nitrile-dipped gloves for a secure grip, or mechanic gloves for high-performance tasks, there is a wide range of options to meet your needs. With durable materials and thoughtful designs, Cummins Gloves will ensure your hands are well-protected in any job.

Cummins New Apparel

Stay tuned for our latest apparel collection featuring classic Cummins logos. We'll keep the details a secret until the launch this fall.

Cummins Drinkware and Coolers

Just in time for your fall trips, we're introducing sleek, compact, and highly portable coolers and drinkware. Our 12-can portable cooler provides the perfect storage space for your food and drinks during adventures. This must-have cooler will become a staple in the front of your truck. Choose between a red or black matte tumbler with a secure snap seal lid and magnetic base.

Stay tuned for these exciting new products and get ready to continue repping your favorite engine brand!

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