

## **STUDENT CO-DRIVER SUPPLY LIST**

Besides the general list of supplies that your trucking company recommends that you take with you during training, if you know who your trainer will be, it is a good idea to make a phone call and find out what else the trainer wants you to bring.

### **What to bring for training:**

1. Clothes for 7-10 days: 4-5 pairs of jeans and collared work shirts (or nicer t-shirts)
2. Work shoes or work boots
3. Sleeping bag and pillow
4. Personal care items/toiletries in sufficient quantity to last for 7-10 days
  - a. Soap in travel container; shampoo; conditioner (if you use it)
  - b. Deodorant; body spray; cologne
  - c. Hair dryer (if you use one); hair brush or comb
  - d. Toothbrush and toothpaste
  - e. Razor or electric shaver
  - f. Fingernail and toenail clippers
  - g. Baby powder (if you use it)
5. Debit or credit card; \$50-\$100 cash for personal expenses
6. 800 #, calling card or cell phone to call home
7. Pain relievers, allergy medicine, prescriptions and vitamins (if you take them)
8. Shower bag for clean clothes; dirty clothes bag; Flip flops for showers (if you use them)
9. A hat for those bad-hair days or to keep sun out of your eyes
10. 2-3 Books or magazines and CDs (6); may bring a Bible
11. Bottled water
12. Light jacket for cooler regions and rain jacket (if you use one)
13. Sunglasses or wraparound shades
14. CDL and medical card
15. Spiral bound notebook; pencils and pens not needed
16. Bath towel and wash cloths

### **In winter weather:**

1. One jacket and one coat; winter gloves (if you use them)
2. Two pairs of shoes
3. Clothing that can be layered, perhaps including flannel shirts
4. Blankets/spreads for bedtime if you are cool-natured

### **What NOT to bring:**

1. Music with explicit lyrics or occult messages
2. Map book
3. Food in large amounts (snack food is okay)
4. CB radio, tape player, radio, TV/VCR
5. Games, electronic or otherwise
6. Alarm clock/screaming meanie
7. Medical supplies laced with alcohol
8. Guns/weapons of any sort
9. Work gloves
10. Truck cleaning supplies

Courtesy of: <http://www.truck-drivers-money-saving-tips.com/>