

WELCOME TO THE ROAD

Preparing for Your First Training Trip

As a newly licensed CDL holder, you're about to embark on an exciting journey as you train with an experienced driver on the road. To ensure you're fully prepared & comfortable during this time, we've compiled this list of essentials to bring along. Pack smart, stay safe & get ready to hit the road with confidence!

Always pack as light as you can to maximize space in the truck cabin.

Clothes & Comfort

Dress appropriately for any weather conditions. It's always a good idea to dress in layers, so you can easily adjust if it gets too cold or warm.

CLOTHING Enough for 2 weeks

4 Pairs of Jeans	Comfortable Sneakers
8 Shirts	Sleepwear
12 Undergarments	Hat(s)
12 Pairs of Socks	Gloves: Leather and
Boots, Coat, Rain Gear	Rubber Fueling (Required)

BEDDING Hot/Cold Weather

Sleeping Bag	Light Jacket
Twin XL Sheets	Light Clothes
Blankets	Closed Toe Shoes
Pillow	

WINTER/FALL Cold Weather

Heavy Coat (Winter)	Beanie
Light Jacket (Fall)	Gloves
Long Sleeve	Winter Boots (Winter)
Warm Socks	Closed Toe Shoes (Fall)
Pants	

Bags & Medical

Use only a duffle bag for easy packing and storage. Prescriptions must be approved by safety.

BAGS

1 Duffle Bag
1 Personal Bag (backpack)
Shower Caddy/Bag
Laundry Bag (breathable, not plastic)
Liquids in Ziploc Bags

MEDICAL

Medications
Other Medical Devices
you might need
Glasses, Contacts &
Prescription Sunglasses

Hygiene & Snacks

Check with trainer if they allow cooking in the truck.

PERSONAL HYGIENE

Toothbrush
Toothpaste
Shampoo/Conditioner
Soap
Deodorant
2 Towels/Washcloths
Shower Shoes
Laundry Detergent/Pods

SNACKS

Easy-to-prepare meals
PB&J Sandwiches
Cup of Noodles
Granola Bar
Bottled Water
Favorite Beverages

Personal Items

Avoid bringing valuable or irreplaceable items.

PERSONAL IDENTIFICATION

Medical Card
Drivers License/CDL
Knight Badge
DOT Physical
Training Paperwork

PERSONAL EXPENSES

Credit/Debit Cards
Cash

TECHNOLOGY

Downtime Entertainment

Laptop/Tablet/E-Reader
Headphones/Earbuds
Phone Charger
Other Chargers
Phone
Bluetooth Headset

Knight Items

Items obtained from Knight before going with a Trainer.

Drug Test
Work ID
Fuel Card
Driver Code #
Safety Vest
Hard Hat
(construction site)
Training Paperwork