

# 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
- Twin XL Sheets
- Blankets
- Pillow

#### **SUMMER** Warm Weather

- Light Jacket
- Light Clothes
- Closed Toe Shoes

#### **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

