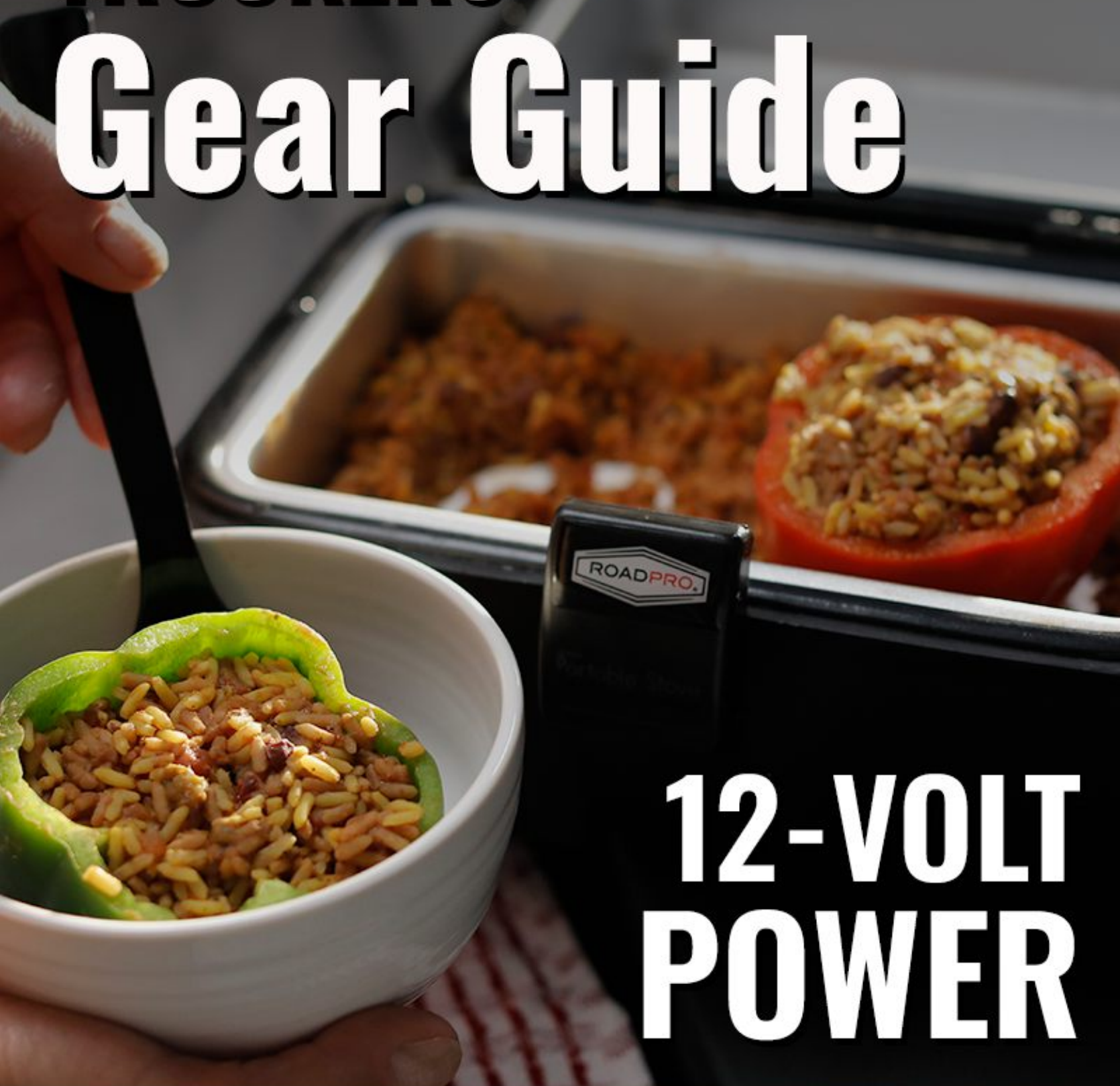


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FAMILY OF BRANDS



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FEND OFF RISING FUEL COSTS

By Rich Guida, *Howes*

Check out some simple tips and tricks to maximize fuel economy and defend your wallet.

With the cost of fuel skyrocketing, drivers will be looking to squeeze every ounce of fuel efficiency from their vehicles. As most drivers know, there are steps that can be taken when trying to stretch extra miles out of their diesel and keep more money in their wallets.

A little effort can go a long way, and these are just some of the tips and tricks that can make a real difference when trying to decrease trips to the pump.



MONITOR TIRE PRESSURE

Underinflated tires decrease your fuel economy. For every one PSI drop in pressure, your fuel mileage can be reduced by 0.3%. Properly inflated tires also have a longer lifespan and are safer on the road.



MINIMIZE IDLING

Only idle your truck when absolutely necessary. Just ten seconds of idling wastes more fuel than simply restarting the engine. One hour of idling burns about a gallon of fuel. Turning off your vehicle is one of the easiest ways to save fuel and increase the life of your engine.



BALANCE YOUR LOAD

Having a balanced load with proper weight displacement can make a dramatic difference. Whenever possible, look to have the weight evenly distributed to ensure the best results.



USE AN ADDITIVE

Another surefire way to stretch your MPG is to use a proven diesel fuel additive like our **Diesel Defender**. With the strength of a horde of Vikings, Defender uses unmatched IDX⁴ Detergent to fight off deposits and keep them from returning. Clean injectors allow for even spray patterns that prevent unburned fuel from being wasted. In fact,

Defender protects your system so well that we guarantee a minimum 5% improvement in fuel economy. That's a significant savings when tanking up could reach \$1500 or more. •

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Howes Diesel Defender



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YOUR YEAR-ROUND
SOLUTION

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COMING SOON

TO A STORE NEAR YOU

By Kim McDonnell

In August of 2021, DAS Companies, Inc., the parent company of RoadPro Family of Brands, entered into a licensing agreement to sell Cummins branded DAS products.

What does this mean for you, the driver?

Cummins and DAS are joining forces and building on the Cummins promise of innovation and dependability and leveraging DAS' extensive portfolio of more than 12,000 products serving the on-the-go lifestyle.

Cummins officially licensed merchandise will include apparel, power equipment, knives, CB accessories, flashlights, gloves, safety gear, tools, and cellular and travel accessories.



The apparel line will feature an extensive offering of hats, beanies, sunglasses, hoodies, sweatshirts, and long and short-sleeved t-shirts, all Cummins branded and made of high-quality materials. There will also be a selection of durable gloves that include full leather, split leather, dipped, and mechanic gloves. In addition, there will be a full line of safety apparel, including work vests and safety glasses.

The Cummins offering will also include heavy-duty knives made of high-carbon D2 steel with various blade options and textured handles for the perfect grip. If you need more than just a good knife, a multi-tool with multiple knife blades and a bottle opener, wire cutter, screwdrivers, and a 10-piece bit set are all neatly contained in a formed nylon sheath with embroidered logo and belt loop.



Cellular accessories will include wall and car chargers, charge and sync cables, power banks, charging pads, and more. There will also be a line of cup, dash, and tablet mounts to keep your electronic devices safe and secure.

Cummins branded power inverters will include a 120W direct plug modified sine wave inverter and a 120W cup or strip inverter that can be plugged into a 12 Volt socket. For more power, a line of larger hard wired inverters with 4 AC outlets, port covers, USB and USBC ports, LCD screen, and remote control will be available from 3000W to 5000W.

While these are just a few of the products, you will see this Fall, more products for your on-the-go lifestyle are in development.

Cummins branded merchandise will be available in many retail locations in the near future. •

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12-VOLT POWER

By David Hollis, Editor, Truckers News

Today's American truckers can thank Fredrich Wilhelm Schindler for making their lives on the road safer and more comfortable.

In the 1880s, the Swiss-Austrian inventor created what would some 40 years later show up in automobiles as cigarette lighters. Today, that standard feature is better known as a 12-volt port and allows truckers to stay warm when it's cold, cool off when the temperatures rise, and enjoy a cold beverage or a hot meal without having to enter a truck stop or restaurant.

Schindler's modest invention has made possible a long list of appliances and other devices that enhance life on the road.

Leading the parade of 12-volt appliances are ones that can be used to handle most any task you could imagine accomplishing in your home's kitchen.

We suspect that one day in the not too distant future, one such appliance will find its rightful place in one of the new trucking-related halls of fame that have been created. Of course, we speak of the **lunchbox cooker** from the RoadPro Family of Brands.



So named because it resembles the old-style lunchboxes workers carried to job sites before the advent of the food truck, this oven for the road can be used to prepare meals from scratch or reheat ones you prepared at home, were frozen and brought along for the ride. It's able to heat up to 300 degrees to handle most anything asked of it. The actual cooking can be done in an 8-inch x 3.75-inch aluminum pan, which can be tossed when done. RoadPro's portable stove is available online and in most travel centers and big box stores for under \$35.

The lunchbox may be as basic as it is beneficial, but there are other more specialized appliances to help with your in-cab cooking needs.



RoadPro also makes:

- An 8-inch, non-stick **frying pan** with a glass lid for under \$38
- A two-quart **saucepan** with non-slip feet 4.5-foot power cord for about \$38
- A personal **roaster** that holds a 6" x 9" glass baking dish with a three-cup capacity for \$44
- A 1.5-quart **slow cooker**, which is ideal for cooking dinner while you drive and for about \$30

All of these appliances are available at most truck stops and travel centers and online.



More and more folks have come to rely on a simple **rice cooker** to help with their meal prep. [EduSoho](#) makes a 1.2-quart appliance that allows you to steam vegetables and/or meat while it also cooks the rice. Priced at \$54.

While you mightn't consider a rice cooker essential to your trucking kitchen, we're willing to wager a 12-volt coffee pot is.

RoadPro offers a 12-volt drip **coffee maker**. The glass carafe holds 20 ounces, and it comes with a reusable filter and coffee scoop. Features include a quick brew cycle and a stop-drip interrupt when the carafe is removed. It is easy to clean and store and will save you money and time when you need a cup and don't have time to stop. [Available online](#) and in most truck stops for \$36.



Aside from your coffee, few things start a morning like fresh, hot toast. Fortunately, [Tracker](#) makes a 12-volt travel size toaster with an extra-wide slot for making bagels or English muffins. It toasts to golden brown in minutes and has a crumb catcher drawer for easy cleanup. Available online and at larger retailers for just under \$34.00 it's a sure way to make your morning!

As important as any other appliance to a proper truck kitchen is a decent **refrigerator**, and it's possible to spend as much or as little as you wish to keep your food and beverages properly chilled while on the road.



You can choose from:

- RoadPro soft-sided cooler bag has a 1.5-liter capacity and will cool contents to 35 degrees below ambient temperatures. This cooler retails for \$69.99 and is available in truck stops, travel centers, and [online](#).
- Coleman TE 40-Quart cooler holds the equivalent of 44 cans plus snacks This iceless cooler chills contents to 40°F below the surrounding temperature. Powered by 110-Volt home outlet (with separate adaptor) or 12-Volt vehicle outlet (included) [Available online](#) for \$131.
- CHO portable freezer/cooler; 16-liter capacity; AC adapter included; has trolley wheels; [available online](#) for \$199
- Dometic CFX3 45-liter refrigerator/freezer is near the top of the price list at \$941, and is [available online](#). In addition to 12-volt power, it can use AC or solar to keep your cold things cold. You can control the temperature settings by WiFi or Bluetooth.

But, the array of devices powered by the 12-volt outlet in your truck's dash is not limited to those that allow you to enjoy decent meals on the road. There are more than a few that add comfort to your time on the truck.

Sometimes you need more than your truck's AC to keep you cool, and there are times when you can't use it. Fortunately, there are a variety of 12-volt fans that can help.

This 12-volt **dual-fan** from RoadPro has adjustable dual fans, variable speeds, and a heavy-duty clip for easy mounting. With a 7.5' cord, you have flexibility when it comes to mounting. RoadPro also has a 12-volt, a 12-volt portable box fan with two speeds, and a 9-inch blade. You will find all of these fans to keep you cool in most truck stops, travel centers, and online, with prices from \$19 to \$37.



The [Yesfashion](#) 12-volt **fan** is small but powerful and has a 360-degree rotation with cooling air circulation and quiet operation. It has three different speeds, low, medium, and high and one of the best advantages of this fan is that it will easily clip to the dashboard vents of your truck. Reasonably priced at just over \$13, it's an affordable way to add a little extra cool to your ride.

But, with apologies to Herr Schindler, there are numerous devices that convert 12-volt power to alternating current – the kind found in your home or hotel room – so you can use devices with conventional plugs. And there are a number of power inverters available to meet most of your electrical needs.

One very well-regarded inverter is the BESTEK 1,000-watt **pure sine wave power inverter**. Since this model delivers a pure sine wave, it's safe for your sensitive devices like smartphones, tablets, and laptops. It has two AC outlets and two USB ports. It's lightweight and [available online](#) for \$156.



PowerDrive recently unveiled a new line of **power inverters** ideal for professional truckers on the road. The new inverters will include a variety of power choices, from the 120W cup inverter that fits into a 12-volt port to the 3000W inverter that can be hard-wired. The 12-volt models have a 36" DC cable, short circuit and overload protection, one to three AC outlets, and USB and USB-C ports. Available in truck stops and travel centers.

With numerous appliances and personal comfort devices providing 12-volt power, today's truckers may have to leave home for work, but can still have many of its comforts. ●

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MINDSET MAKEOVER

By Hope Zvara, *Health and Wellness Coach*

Today people are prioritizing mental peace and mental wellness more than ever. And meditation is one of the best ways to clear the mind and calm the thoughts that come and go at any moment. This mental health month, consider giving yourself a mindset makeover with the help of meditation practice.

Meditation is not what many think it is. You may discover your focus, concentration, and approach to life as a driver gets an overhaul by adding a little meditation to your life.

As a driver, your life can be full of stress and distractions.

Driving is a challenging job that requires the full attention and focus of the driver. To achieve that, you need to be in a good headspace and focused as a driver, and you can concentrate better and reduce accidents on the road.

Meditation: The Trucking Yoga Mindset Makeover

Meditation is something that many people put in a category all its own. They are afraid to try it out for several reasons: most think they need to be able to sit, be still, and be quiet before they meditate.

So what is meditation exactly? I like to think of meditation as giving your complete attention to one thing for a specific amount of time. In the art of paying attention in yoga, we have a word for that "Dharana," or immovable concentration.

Meditation is like yoga for your mind that rids you of irrelevant thoughts and excessive stress, which helps you focus and create clarity when you need it most. As a driver, your life can be full of stress and distractions. Meditation, when implemented correctly, can be a tool for your toolbox to reduce mental fatigue, distracted driving, and increase concentration, all while reducing stress.

Quality sleep is essential for truck drivers, and meditation can help you sleep better.

The next time you find yourself behind the wheel, set a timer for five minutes, and focus on nothing other than what is in front of you. When your thoughts wander, bring them back to the road. When your nose feels an itch, don't scratch and just focus your attention out the windshield. Those random, restless, distracting thoughts will begin to fade, and you will feel peace.

Three ways how meditation can change a driver's life in just a few minutes a day:



Helps fight stress

Working as a truck driver is stressful, but meditation can change a driver's life in just a few minutes a day. Your physical, mental, and emotional stress can melt away by learning to calm your body and mind. This leaves you feeling better, refreshed, and ready to face the challenges of your day with a fresh attitude. With regular practice over weeks or months, you can experience even more significant benefits.



Provides peace of mind and mood stability

Just as physical yoga makes you feel more peace of mind and energetic, meditation also brings serenity to mind. Meditation can help bring awareness, balance, and control to turbulent emotions. By calming your mind, you can become more apparent and focused and help you manage the rise and fall of your emotions, over time reducing the reaction rate to stressors that come your way.



Assists in better sleep

Quality sleep is essential for truck drivers, and meditation can help you sleep better. How? Well, meditation allows you to slow down and get rid of the overthinking and irrelevant thoughts in your mind. When implemented regularly, meditation can improve sleep issues like insomnia and difficulty falling asleep.

Your life will change as a truck driver when you add five minutes of meditation to your routine. Remember, a little can go a long way. ●



Hope is a yoga, movement, and lifestyle expert who is also a nationally recognized speaker and best-selling author and is 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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POWER

Presented by RoadPro Family of Brands

Think back to the early days when cellular phones began wending their way into the American trucking industry. Instead of ensuring they had pockets full of quarters to feed a payphone – if they could find one – early adopters spent part of each meal break looking for a truck stop electrical outlet they could use to top off their phone's charge.

Fortunately, those days are long gone. Now you can take about as much power as you need with you. Between power inverters (devices that convert your truck's direct current to alternating current like you have at home), portable power stations, and power banks, a typical trucker can ensure all of their electrical needs are met.

The market for inverters, power stations, and power banks is both broad and deep. With a little study, you can find products that meet your personal needs that also fit within your spending comfort zone. Here are some to consider.

PowerDrive PWD3000P



PowerDrive, part of the RoadPro Family of Brands, has numerous solutions to your power needs, including its new 3000 Watt Bluetooth-enabled power inverter. This inverter delivers 3,000 watts of continuous AC power with a high surge capacity for devices that require up to 6,000 watts to start. The new PowerDrive 3000 Watt inverter is loaded with four three-pronged AC outlets with protective covers and two USB ports; one is a standard 2.4 AMP port, and the other is a USB-C 3.0 AMP port. Its safety features include audible alarms and safety shut-off triggers. It also has a whisper-quiet fan and includes a 39" cable kit. Like all of PowerDrive's larger inverters,

the PWD3000P features the PowerDrive Plus App that can be downloaded for convenient remote monitoring and operation of the inverter from your smartphone.

The PWD3000P will be available at most truck stops and travel centers this July, and it is also [available online](#) for \$269.99

Giandel 2000



Giandel makes a large line of inverters, most of which are suitable for use in your truck. They offer both modified and pure sine wave units, and have inverters available across the entire price spectrum. The Giandel 2000 watt modified sine wave inverter has two 110 AC outlets and one USB port. This model has both wired and wireless remotes for ease of control. At 3.7" x 9.1" x 15.9" the Giandel 2000 will not take up too much of your cab's precious space, but will still deliver all the juice you need. It's [available online](#)

for \$169.96.

Cobra PRO



Like Giandel, Cobra makes a long line of power inverters so you ought to have one to fit your needs on and off the job. Suitable for trucking purposes, the Cobra PRO delivers 2500 watts of modified sine wave power and is [available online](#) for \$299.95. It offers four grounded three-prong AC outlets and two USB ports. A seven-color LED indicator displays battery voltage and current consumption. For your safety, the Cobra PRO has five levels of protection: over-temperature, reverse polarity, over-voltage, low voltage alarm, and low voltage cutoff.

protection: over-temperature, reverse polarity, over-voltage, low voltage alarm, and low voltage cutoff.

GoWise PS 1004



The GoWise PS1004 3000 watt pure sine inverter is [available online](#) for \$392. As a pure sine wave inverter, the PS1004 delivers clean electricity suited for sensitive devices like CPAPs, gaming consoles, tablets, and laptops. It has three three-pronged AC outlets and one USB port. For safe operation on the road, the PS1004 has thermal protection, overload protection, over-voltage protection, under-voltage protection, and a low voltage protection alarm. It also

features a wired remote.

Jackery Power Stations



Jackery offers a full line of portable power stations suitable for camping, in-home emergencies and, of course, on your truck. Prices range from \$140 to \$1,700 and deliver from 1,800 watts to 293 watts. The Jackery Explorer 1000 portable power station is an ideal addition to your truck. It can supply 1000 watts of power to its two USB-C, two USB, one DC car port and three pure sine wave AC outlets. Portable and Compact: It weighs only 22 pounds, making it compact and portable. A solid handle makes for easy carrying. The Explorer 1000 features an easy-to-read LCD screen with charge/discharge data and battery life status for safety and ease of use. And, if you are home or camping, the Explorer 1000 can be recharged using optional solar panels.

[Available online](#) for \$1,099.

PowerDrive Power Banks



PowerDrive also has two new power banks, one has 20,000 mAh capacity and the other is 10,000 mAh. Each has two USB outlets and comes with micro charging cables. These are invaluable for the over-the-road driver or one who runs locally. They ensure your smartphone always has sufficient power so you are never out of touch. And, they are conveniently sized so you can carry them with you even when you have to leave your truck.

Mophie Powerstation wireless XL



Mophie has a number of portable chargers, including this wireless one for Qi-enabled devices. This charger has a 10,000mAh internal battery and 18W USB-C PD fast charge. It also has a USB-C PD port and a USB-A port. It can deliver more than two full charges to your typical smartphone and weighs less than half a pound, so it is easy to carry in a pocket.

[Available online](#) for \$69.95.

Anker PowerCore 20



The Anker PowerCore 20 ultra high capacity power bank delivers 100mAh with 4.8A Output and PowerIQ technology. Ideal for a trucker's life on the road, the PowerCore20 can refill a Galaxy S8 smartphone five times or an iPhone 8 almost seven times. And, it recharges itself in just two hours. With surge protection, short circuit protection, and other advanced safety features, the PowerCore 20 keeps you and your devices safe.

[Available online](#) for \$49.99.

How to decide what you need

Here are five quick questions to answer to make sure you get all the power you need in an inverter and that it meets your devices' requirements safely:

- 1. How many watts do you need?** Most manufacturers and reviewers say to add up how many watts each device draws (you can find that on the devices and/or in their manuals) if all are plugged in at once, then add some more on that. Others suggest doubling the requirement of your most watt-hungry device.
- 2. Pure sine vs. modified sine wave?** Pure sine is clean, consistent power, the sort needed by laptops, CPAP machines or gaming consoles. Modified sine wave power is OK for use with less sophisticated equipment.
- 3. How do you plan to use an inverter?** If you just want to ensure your smartphone is fully charged, you can get by with a modest, low-wattage inverter. If you expect to use electrical appliances for meals e.g. microwaves, slow cookers, frying pans then you need one with more muscle. Just do the math before you buy.
- 4. How good a technician are you?** In the realm of technical installations, adding a power inverter to your truck is on the less demanding side. However, it's still worth in peace of mind whatever you pay to have a technician install your inverter. Be sure they place it someplace convenient, clean, flat and with adequate ventilation.
- 5. How much do you want to spend?** Price is generally a consideration for any addition to your truck no matter how beneficial. Luckily, you can find inverters with similar features and about the same amount of wattage at various prices, and certainly one to fit your budget. And, you can get a less

Like the market for other gear aimed at professional drivers, the one for power devices in your truck is vast. With a little study, you can find an inverter, power station or power bank that meets your personal needs that also fits within your spending comfort zone. ●

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PRO DRIVER TIP

Choose Your Power

Al Kohl



How To Buy a Truck Inverter



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A RoadPro Pro Driver Council member, Al Kohl is a 43-year veteran in the trucking industry. He drives team with his wife Jenn for a small mid-west freight company, and they travel with their three fur babies. They also manage a Facebook group called Cooking on the Truck.

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WHAT YOU NEED TO KNOW ABOUT TRUCK NAVIGATION

By Linda Pappalardo, *Rand McNally*

Not all GPS devices are created equal. Developed by the U.S. Department of Defense in 1994, Global Positioning System (GPS for short) devices have existed for car use for years, but devices that accurately route trucks came about much later. Unlike car GPS units, truck-specific GPS devices take into account road restrictions, the type of load carried, truck configuration, and other metrics. Truck GPS devices help prevent Commercial Motor Vehicles (CMV's) from getting stuck on roads, under bridges, or other inappropriate places, thus preventing traffic incidents. They keep CMVs off weight-restricted roads and bridges, which in turn protects the structural integrity of our highways. Truck GPS devices also route to keep hazardous loads off restricted roads, further improving public safety.

Truck-designated routes

There are a variety of federal, state, and local laws that govern where CMVs may or may not travel.

Federal law governs:

- 1) the weight of vehicles on the Interstate System
- 2) the width of vehicles on the National Network
- 3) and the maximum length of others on the National Network

States may restrict or allow commercial motor vehicles as may local municipalities. Physical restrictions occur due to low vertical clearances, such as bridges and underpasses, or due to weight and/or length requirements. Legal restrictions reflect truck-prohibited roads. Other restrictions may occur based on loads being carried, such as hazardous materials.

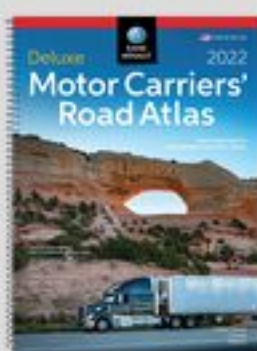
Benefits of GPS devices – More than navigation



A truck-enabled GPS device contains information about truck-restricted roadways and designated routes, as well as takes into consideration the size of the truck (length, weight, height, and load type) as it routes. But many do much more than provide navigation; tablet models have Wi-Fi connected services such as real-time weather, fuel prices, and traffic in addition to navigation. Many come ELD-ready. Hardware varies also; screen sizes can range from 5-inches to 10-inches. Rand McNally's recently released TND™ Tablet 1050 features a high-definition 10-inch heavy-duty screen, a rugged removable guard for protection against damage during falls, as well as a built-in dash

camera, and connected Wi-Fi services.

Printed maps as a back-up



While truck-specific GPS devices have become an essential tool in cabs, many professional drivers also opt to carry a printed atlas for a big-picture reference as well as fail-safe back-up. Rand McNally's Motor Carriers' Road Atlas is a handy complement to their GPS devices and has been a favorite of drivers for over 40 years. The atlas highlights state and national designated routes, and contains charts of restricted routes, low clearances, and weigh station locations by state. The atlas pages are also keyed to all their GPS devices, making planning and cross-checking between the two a breeze.

Technology is advancing with a quickly changing commercial trucking industry. Truck-specific navigation optimizes routing, maximizes driver productivity, and reduces fuel and maintenance costs. Real-time weather and traffic help avoid delays. A truck-specific GPS is no longer a luxury to the professional driver, but an invaluable tool that saves time and money, and makes the job safer. ●

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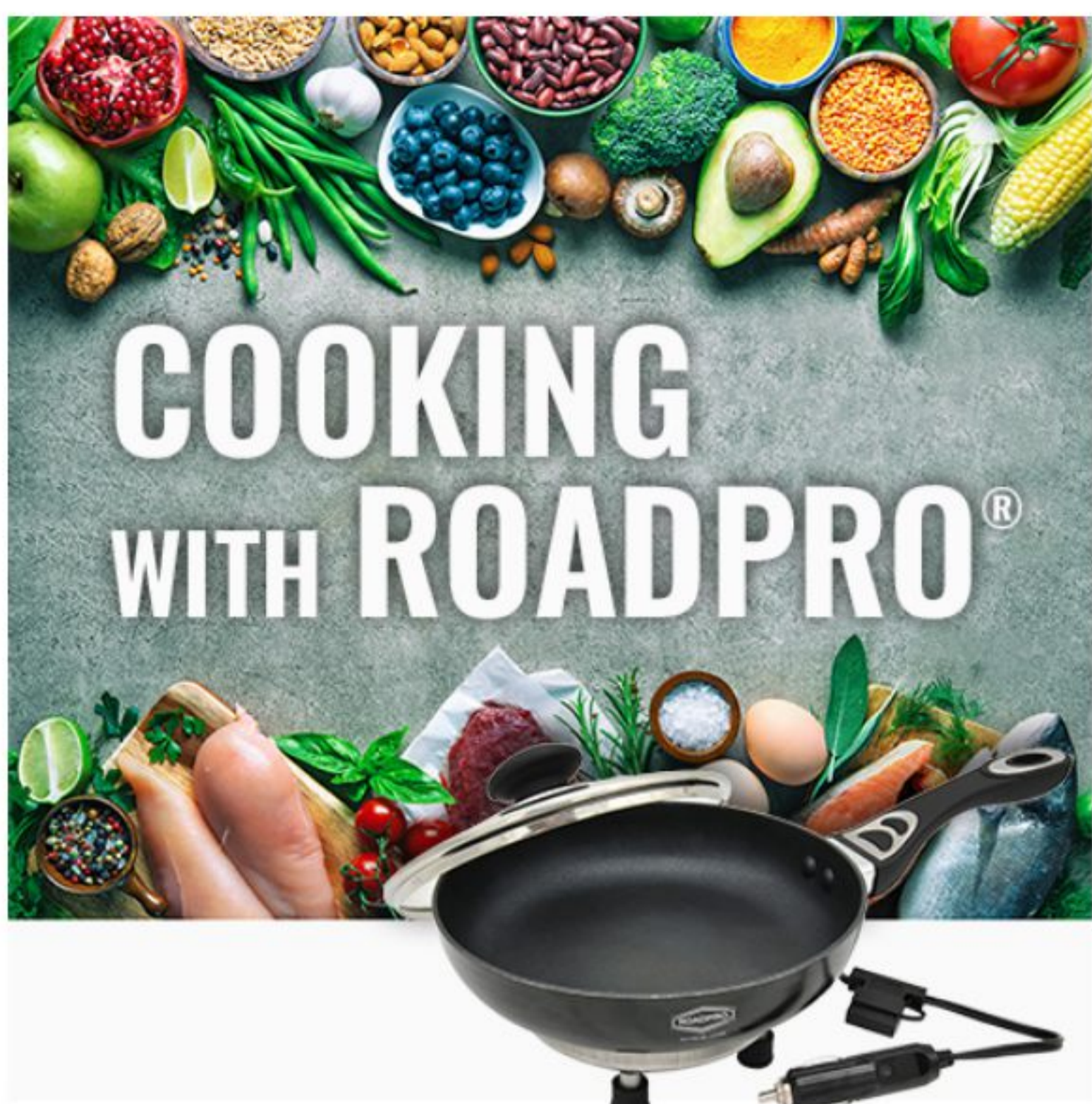
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COOKING WITH ROADPRO®



ROADPRO® BEEF STIR-FRY

Made for the RoadPro® Frying Pan

Ingredients:

- 1 Tbsp oil
- ½ Lb Beef
- Salt & pepper
- ½ Onion, chopped
- 1 Bell pepper (or ½ red bell pepper & ½ green bell pepper)
- 1 Tbsp soy sauce
- Rice

Directions:

1. Heat the [RoadPro Frying Pan](#).
2. Add oil and beef to the pan.
3. Season with salt and pepper.
4. Stir until cooked through.
5. Set beef aside and drain some of the liquid left behind.
6. Add onion and peppers to the pan and stir.
7. Cover until softened.
8. Add the cooked beef and soy sauce
9. Serve over rice.



ROADPRO® CHEESEBURGER

Made for the RoadPro® Frying Pan

Ingredients:

- ½ Lb ground beef
- Sea salt & pepper
- 1 Tbsp butter
- Cheese slice
- Burger bun
- Optional toppings: lettuce, tomato, onion, mayo

Directions:

1. Take 1/2 lb of ground beef, form and flatten into a patty. Make sure to flatten well so it doesn't take too long to cook.
2. Sprinkle one side with sea salt & black pepper.
3. Heat the [RoadPro Frying Pan](#).
4. Add butter.
5. Once butter has melted, add patty seasoned side down.
6. Sprinkle with sea salt & black pepper.
7. Cook until browned.
8. Flip after 10 mins.
9. Cover and cook for approx. 6 more minutes.
10. Add cheese slice and cover until the cheese starts to melt.
11. Serve on a bun with mayo, lettuce, tomato, and onion.

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WOMEN IN THE DRIVER'S SEAT

By **Kim McDonnell**

According to the Department of Labor, statistics show that there are 3,364,000 truck drivers in the United States, and of that total, 7.8 percent are women. That means over a quarter of a million female truck drivers are on the roads today.

Only a few short years ago, that number was under 5 percent, and some reports now show that more than 15 percent of truck drivers are women, and that number continues to grow.

Much of the growth can be attributed to the pandemic and dramatic economic changes that left more women reconsidering their professional opportunities.

Women have changed the face of trucking. They have made sure truck stops have better showers, better food options, and much more.

Doors have also been opened as many truck drivers have chosen to retire in the last several years or change careers that keep them closer to home. There is also continued demand to put more drivers behind the wheel, and many companies are recruiting more women to enter the business. Why? Studies have proven that women are more cautious behind the wheel, have fewer accidents, and are more detail-oriented and organized (sorry, fellas), making them more attractive to trucking companies to keep down operating costs, deliver on time, and retain customers.

While you would think there would be more acceptance and accommodations for female drivers as the numbers increase, some say there is still a long way to go. A recent discussion forum in RoadPro's [Brake Time](#) community proved just that. "I had some guy in California telling me that I didn't belong behind the wheel," said Mariana C., but noted that while comments like that bothered her at the beginning of her career, it no longer phases her. Other responses noted that there is still a lack of respect, doubt, or just downright discrimination still present towards women drivers.

While trucking may still be considered a male dominant industry, one thing is sure, the number of female drivers will continue to grow.

Several drivers also commented that many facilities need to be updated to accommodate women drivers "Some of the biggest issues I face are finding places to go to the bathroom," said Stephanie R., "Or when walking down the shower hallway and a man stops to watch where I'm going, super uncomfortable and stressful," she continued, "Usually I say something or go back to the main area and wait for him to leave. About half the men I say something to don't realize what they're doing or how it makes me feel. A few get defensive or angry, but most seem to be honestly clueless about their behavior and how women can perceive it as threatening or dangerous." Stephanie also noted that her husband doesn't see the danger that women see or how things can be perceived but is slowly opening his eyes to it because of what she shares. Al K. also commented, "I've been out here for nearly 43 years. I remember having to guard the men's room so a group of women could safely shower. Women have changed the face of trucking. They have made sure truck stops have better showers, better food options, and much more. Yet they are still treated unfairly. Ladies like Idella Hansen and Desiree Wood continue to advocate for women and fair treatment."

If you haven't heard of Desiree or Idella, they have been instrumental in creating an organization called [Real Women in Trucking](#), advocating for women's rights and being a helpful resource, offering support, advice, mentorship, and valuable tools for women who choose a trucking career. RWIT is one of several organizations that have been developed specifically for women in trucking to help further their careers.

Others in the discussion advised that women truckers need to be more aware of their surroundings and plan their stops in advance.

Tips include:

- Make sure to lock the doors even if you only step out of your truck briefly to fuel or take a quick break.
- Always park in a well-lighted area
- Look at reviews on where you plan to stop for food, showers, and restroom conditions, and see what others say about the location

Food choices can also be an issue, and while there have been improvements in recent years, many advise cooking meals in your cab to control what you are eating and the money out of pocket. A whole line of 12-Volt cooking appliances, such as the very popular RoadPro 12 Volt Portable Oven, can make it easy to cook healthier and provide savings that add up.

While trucking may still be considered a male dominant industry, one thing is sure, the number of female drivers will continue to grow. This is one industry that offers equal pay, the opportunity to travel, and the freedom from the 9-5 office job that has long been so stereotypical for women.

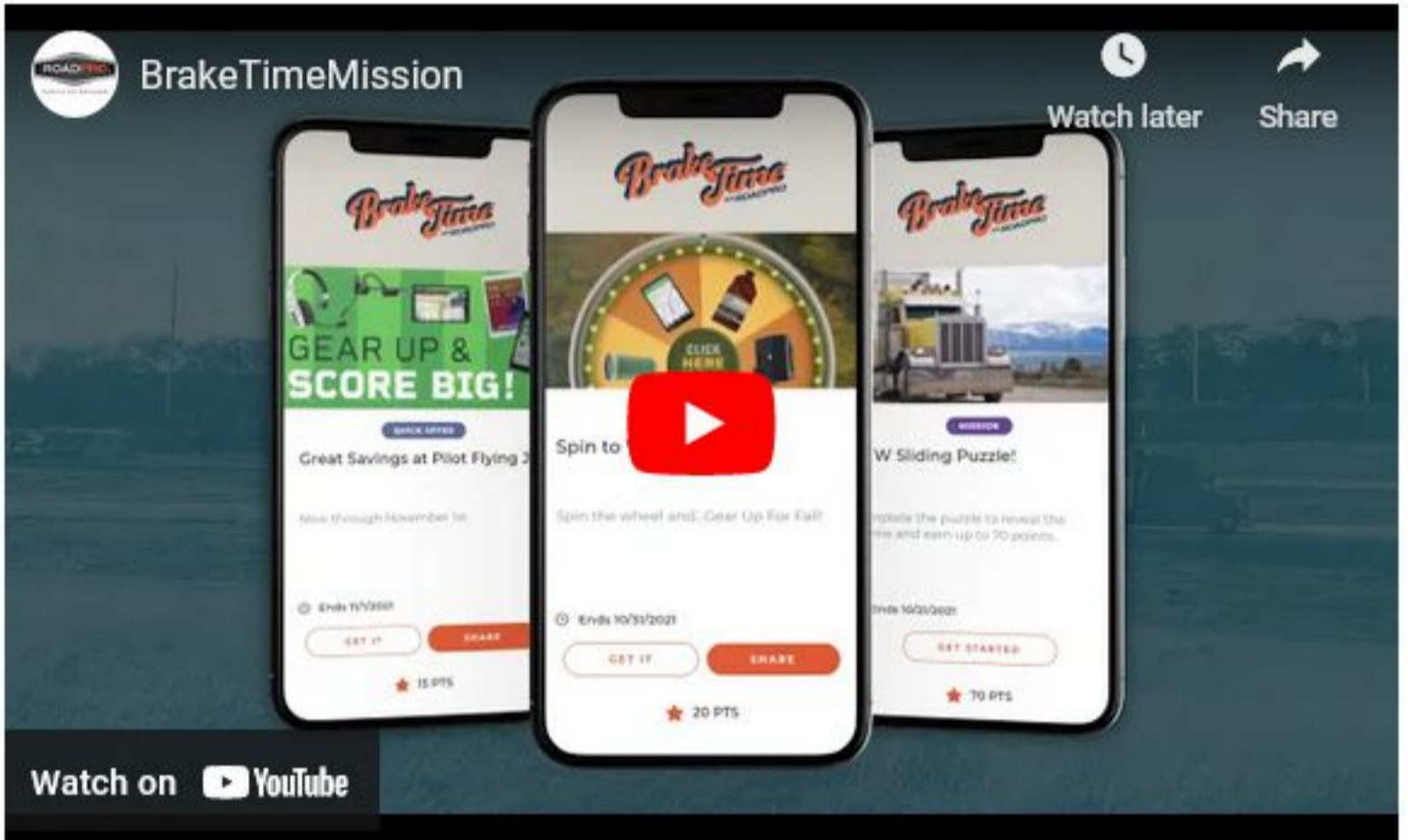
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