

# Packing List For Trainers Truck

## Shower Bag

- ☐ Shampoo & Conditioner, Bodywash
- ☐ Deodorant
- ☐ Toothbrush/Toothpaste, alcohol free mouthwash
- ☐ Shower Shoes
- ☐ Lotion, Sunscreen
- ☐ Hair Care Products
- ☐ Feminine Hygiene Products
- ☐ Baby Wipes

## Essentials

- ☐ **Clothing (1-2 weeks, compact):**
  - 5-7 pairs of underwear, socks.
  - 3-4 T-shirts, 2-3 long-sleeve shirts, 1-2 pairs of pants (jeans/work pants).
  - 1 jacket (season-appropriate), 1 pair of sturdy work boots (steel-toe if required). 1 pair of casual shoes
  - 1 set of sleepwear, 1 pair of shower shoes/flip-flops.
  - Beanie/Scarf depending on climate
- ☐ Laundry bag, travel-size detergent
- ☐ Prescription medications (original containers). Vitamins (daily multivitamin or specific supplements, small container). \*\*Prescription medications must be in original bottle with your name
- ☐ Smartphone, **charger with wall plug and car plug** (e.g., USB-C or Lightning with 12V car adapter).
- ☐ Headphones (for calls/media).

## Bedding

- ☐ Sleeping Bag or Compact Bedding

- ☐ Pillow
- ☐ Fitted Sheet (I recommend full size)

## Work Gear

- ☐ Flashlight
- ☐ Work Gloves
- ☐ Hi-Viz Vest
- ☐ Safety Glasses/Hard Hat (Optional)
- ☐ Atlas/GPS
- ☐ Notebook/Pens

## Miscellaneous

- ☐ Emergency Cash/Credit Card
- ☐ Non-Perishable Snacks