

Truckers' Gear Guide



▶ **8 Great Travel-Friendly Snacks**

▶ **The Meaning of the Spirit**

▶ **The Latest in Mobile Tech**

▶ **Buyers' Guide: In-cab Lighting**

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Navigating the Open Road

This past year has proven the importance of over-the-road drivers and the contribution they make in all of our lives. If you're one of them, you know that driving for a living is different from getting behind the wheel for a road trip or family vacation. You know that GPS navigators are great tools to have on the road — no matter what kind of driving you do. But if you're like so many long-haul drivers still relying on GPS systems designed for passenger vehicles, you're missing out on a bunch of trucker-tailored features and capabilities that could be making your life easier and better. Is it time for an upgrade?



Bigger Screens, Easier Viewing:

The bigger they come, the easier they are to see and interpret. Instead of squinting to read that small portable car navigator across a big truck cab — or trying to hold it close enough to

see while you drive — try out options in 6", 7", 8" or 10" formats with super-sharp touchscreen displays and clear, easy-to-read maps. Plus, the 8" and 10" displays typically offer both portrait and landscape orientation options, so you can position them whichever way gives you the best viewability in your cab.



Custom Truck Routing:

The best route for a car may not be the best for a truck hauling freight. A custom routing feature¹, available on the select truck-specific GPS units, lets you enter your vehicle profile (customizable by height, weight,

length, width, and hazardous materials carried) to find truck-preferred routes best suited for your rig and load. With onboard trip planners, you can easily change your route to include preferred roads, waypoints, or cities. And if you're driving in unfamiliar territory, there's a feature that shows you popular routes used by fellow truckers in the vicinity. Plus, driver alerts for upcoming bridge heights, weight limits, sharp curves, steep grades, and other potential "oops-factors" help add safety and take the guesswork out of getting your load delivered on time.



Quality-of-road-life Features:

Need to make a pit stop? Grab a shower? Park your rig? Find a reliable mechanic? To help simplify life on the road, your OTR-friendly GPS can include searchable database information such as a Truck & Trailer

Services directory that helps you locate all these things and more. The directory can filter listings by brand or amenity, such as "Restaurants" or "Showers." And truck-specific parking data helps you locate the choice slots at truck stops and rest areas along your route. You can even access load-to-dock guidance features that show potential loading zones or storage lots available as you're approaching your drop-off destination.



Staying Connected:

Want hands-free calling? Smart notifications on the big screen straight from your smartphone? Live traffic, weather, fuel prices? A voice assistant you can ask for directions? All these connectivity features and more are on the menu with these new-generation truck navigators.

Bottom line, if you are still using your old GPS navigator, you can probably navigate your rig from Point A to Point B. But a GPS that understands how truckers work can do so much more to make life on the road less stressful and more enjoyable. Check out the latest GPS gear at your favorite travel stop, and see if you don't agree. ■

FOOTNOTE: ¹Not available in all areas. Entering your truck profile characteristics does not guarantee your truck's characteristics will be accounted for in all route suggestions. Always defer to all posted road signs and road conditions.

GARMIN



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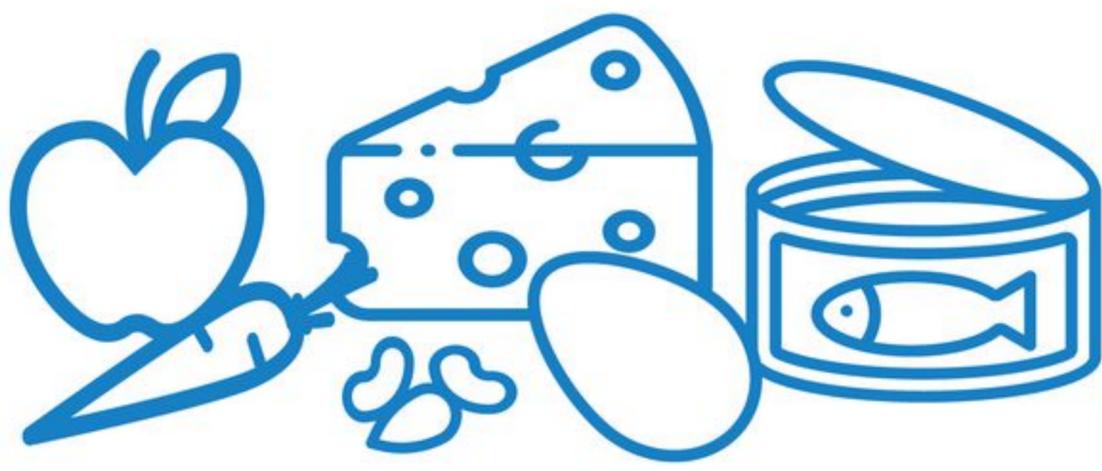


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Dēzl™ TRUCK NAVIGATORS

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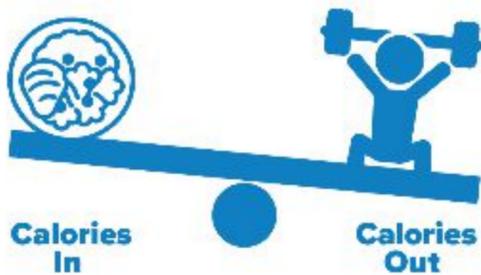


8 Great Travel-Friendly Snacks to Fuel You

By Hope Zvara, CEO of Mother Trucker Yoga

Living your life behind the wheel has its positives and negatives. You get to see parts of the country. Most have no idea it even exists. But with that level of travel comes its challenges, you are away from family, you are alone much of the time, and you have limited space traveling with you, so you have to choose wisely when it comes to what you bring along for the ride.

Now some drivers never cook a day in their life on their truck, while others that is all they do. And although I believe that the more food you can prepare yourself, the better, truck driver or not, when you are traveling, it's good to have some easy-to-grab foods available and ready to go in the cab of your truck for when you need them.



Calories In, Calories Out

I have been in the health and fitness industry for nearly 20 years, and I have seen dozens, if not hundreds, of diet suggestions, food combination meal plans, exercise regimes, and approaches to weight loss and health. Some science-backed, some not.

Because you spend most of your day behind the wheel, you don't burn a high amount of calories. This means you do not need so many calories to fuel you.

Some will argue that this formula is not advanced enough or that the human body is not that simple, and in some ways, they are right. But here's the thing, as a driver, we cannot deny the fact that your calorie output is low, and the only way to fix that ratio is to either one, move more (increase calories out) or two, eat smart, and less (calories in).



Water, flavored water (look for minimal ingredients and watch for added sugars), sparkling water, or kombucha (an excellent soda alternative, sparkling probiotic beverage).



Low Sodium Jerky. Jerky is a great snack for the long-haul. It's tough, chewy, and makes your mouth work for the food you are eating, which may help for those of us who are more affixed with the act of chewing than the need for actual calories. Make sure you read the label and look for brands that are low in sodium and minimally processed. Jerky is also high in protein and low in carbohydrates, so it will help keep your hunger cravings at bay.



Low Salt Nuts & Seeds. Nuts and Seeds are a great alternative to chips. However, a high sodium intake can throw your kidneys out of whack, and if you aren't drinking enough while out on the road, move you even closer to dehydration. So make sure you look for bags that say "low-sodium" or "salt-free" on the bag. And remember, nuts and seeds are high in (good) fats, so a small handful goes a long way.



Hard-Boiled Eggs. Eggs are great brain food and overall fuel for your body. Most truck stops carry hard-boiled eggs ready to eat. An egg is an excellent protein snack and one that will help keep you feeling full without all the extra calories.



Fresh Fruit and Veggies. This should be obvious, but there is always something fresh at a truck stop (it may not be much- but it's there). Some will argue that the banana is too high in sugar, or all they have are carrots, but both these options are 100% better than a bag of Skittles, chips, or a Big Mac. Remember this motto Fresh is Best! And when you are shopping at a truck stop with limited options, the freshness will outweigh the rest.

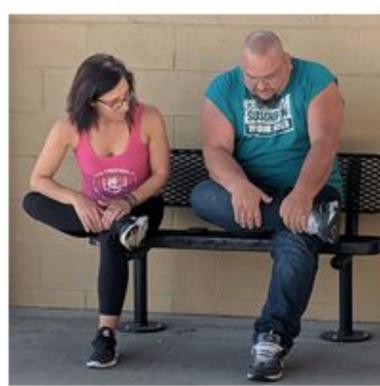


Cheese. In moderation, cheese can be a great snack when you are on the go. Cheese is a great source of calcium, fat, and protein and contains high amounts of Vitamin A, B-12, and zinc (brain food).

However, cheese-eating in high quantities coupled with a lack of exercise can pack on the pounds. Like all things, practice moderation.

The next time you stop for fuel or need a bite to eat, remember that you can only eat what you have bought when you are in your truck. And if you look a little closer, you will see that healthier options are hanging on the shelves of your truckstop. You just need to take a closer look.

Follow our motto when it comes to grabbing a bite to eat here at Mother Trucker Yoga. Good-Better-Best. The best options may not be available to you at this moment, don't stress over it, but are there good options and maybe even better options available to you? Are there easy grabs that you can find that are better than what you have been doing? That, my friend, is a win. One your body will thank you for. ■



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 radio show titles "A Daily Dose of Hope" and focuses on the well-being of truck drivers 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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RAND McNALLY

Featuring a sleek design and new mapping, the TND™ 750 is a sixth-generation TND truck GPS built for professional drivers.

TND 750

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RAND McNALLY

Watch on YouTube **ID™ 750**

Fueled by powerful new navigation software, TND Tablet 85 is an 8" truck GPS and Android tablet in one, built for your truck, your business, and your life.

TND Tablet 85

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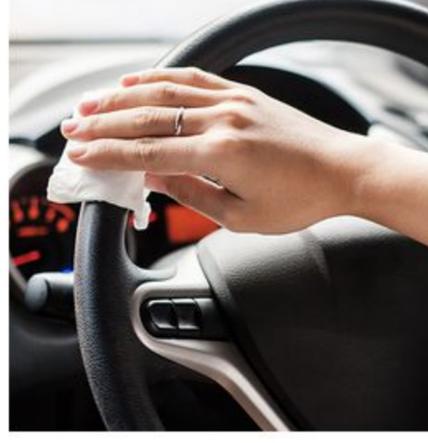
Road Ready for Summer Driving

By Kim McDonnell

As a truck driver, most of your time is spent in the confines of your cab and making sure it is clean and tidy is good for not only your physical health but your mental health too. Your truck is your home on the road, and keeping the interior and exterior clean, organized, and well maintained will protect not only you but your investment in that rig you drive.

Our RoadPro Council members weighed in on some great tips to keep your truck in tip-top shape not only heading into Summer but all year round:

Interior



Ramona Hogue drives slip seat, and since she shares her cab with other drivers, she is especially mindful of keeping the cab's interior clean. "I spray a fine mist of rubbing alcohol everywhere on the inside, especially the seats, and then use a bucket of my favorite cleaner and a scrub brush, and basically wash down everything that is not cloth or glass," she said, "I then clean the windows,

gauges, and chrome handles and leave a damp cloth on the driver's side to wipe off my shoes as I get in and out." She does this every time she makes a stop in order not to drag dirt into the truck. She also uses a beach towel sewn at the sides to make a big pocket that she can then slip over the seat. This way, she is sitting on a clean seat and not having to worry about what another driver may have left behind.

Joanne Fatta drives for Four Seasons produce and has had occasions where she has also slip seated. However, for the most part, she has a designated cab. "Currently, my company sanitizes trucks on a daily basis due to COVID, if you request it." Commented Fatta, "But I always grab wipes daily and go over everything each day before I jump in."

Every council member we spoke to said that having a clean truck reflects on you in a big way, not only with your customers you are delivering to but also the DOT.

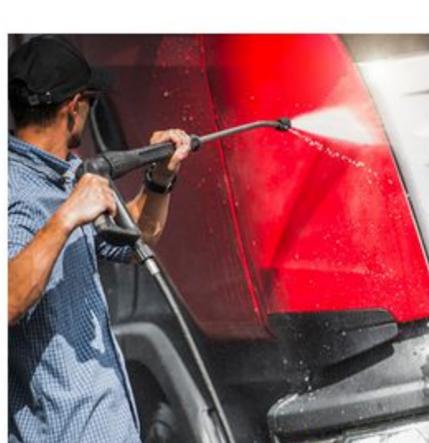
Allen and Sierra Wilcher recommend using your air hose to blow out the dust from your dash, under your seats, and other areas where dust and dirt accumulate. Then wipe everything down with a damp cloth and a cleaning spray that cuts down on greasy residue. Sierra also likes to use a solution of water and white vinegar. "The vinegar will kill germs and is safe to use on fabric; it is less irritating to the skin and is pet safe." recommended Sierra, "It will also do a great job on glass, windows, and mirrors."

Robert Greene also recommends that you pop out the vents and run a vacuum over everything and change out the air filters at least every three months. "This will keep the dust and dirt down and keep the air you are breathing in clean," he said.

Kenyette Godhigh-Bell likes to use a Swiffer with wet pads to clean the floor surfaces of her truck. "I would also recommend a handheld vacuum and a small broom and dustpan to have on hand," she commented.

Exterior

Tip number one – WASH IT AND KEEP IT CLEAN! Every council member we spoke to said that having a clean truck reflects on you in a big way, not only with your customers you are delivering to but also the DOT.



"Customer perception is key to be a success in this business," said Lamar Buckwalter, "If a customer sees a clean truck that assures them you are taking care of what you are delivering to them and will result in repeat business." He also said the DOT might not look at you as closely as a clean truck depicts that you take care of your equipment and your truck is well maintained.

Buckwalter likes to wash his truck thoroughly each time he comes home, and when he is out for an extended period will utilize the truck wash when he stops. He pays particular attention to the stains and soot his stacks create, removing the tar and bugs and thoroughly cleaning his tires. Various products are specific to cleaning your tires to make sure they are kept in great shape and prevent dry rot; he prefers those geared towards tire dressing. "Once in the Spring and again in the Fall, I use an engine and chassis degreaser to remove oil, tar, and grease from the undercarriage."



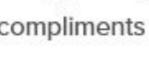
Most of the Council advised that when washing your truck, be sure to use a professional solution specific to washing a truck and use warm water. Stay away from products that may not be made for trucks or dish soap that can affect the paint job and remove the wax. Once the truck is lathered up remove the soap suds with a squeegee and a clean sponge. Take a scrub brush and loosen up the dirt on

your wheels and rims. [Helpmate®](#) recently launched several great cleaning tools that you may want to check out specific to cleaning your truck. Rinse the exterior thoroughly, and some said they start by using buckets of warm, clean water followed by spraying away all the remaining suds with a hose. Once the truck is dry, you may want to consider moving it to a shady spot and apply a good coat of wax. This will help protect your truck's finish and make your truck look fantastic.

Keeping it Clean All Year Round

The Council also had a few more tips. Make it a habit to do small things to keep your truck in the best shape, both inside and out. Simple things like having a microfiber towel handy to wipe down the dash daily, removing the trash regularly so it doesn't pile up, or doing your laundry more often will make a big difference inside your cab. The same goes for the exterior; run it through that truck wash if you cannot be home to do it yourself, clean your windshield and mirrors frequently, do what you can to keep your truck looking good.

After all, a clean truck can improve your mental well-being, decrease stress, keep you organized and just help you feel better. You might just get some compliments along the way too! ■



IN-CAB LIGHTING

A BUYERS' GUIDE FROM **TRUCKER GEAR** PRESENTED BY **ROADPRO.**

FAMILY OF BRANDS



Proper lighting is not just for your truck's exterior.

While you need legal headlights as well as marker lights, turn signals, exterior cab lights, and lighting on and in your trailer, you also need some additional lighting inside your truck's cab. When your driving day is over, and you're relaxing or catching up on paperwork, having a meal, or reading a book, you'll need sufficient lighting so you can see what you're doing. While most trucks for commercial use come outfitted with decent interior lighting, there still are times and locations where you may need more. Fortunately, you have many to choose from.

But, before we get into specifics, let's talk about one important word when it comes to lighting: lumens. Dictionarily speaking, a lumen is "a unit of luminous flux equal to the light emitted in a unit solid angle by a uniform point source of one candle intensity." Or, to put it simply, a lumen is a measure of the amount of light from a lamp or other source you can see. So, most importantly, the higher the lumen rating of any of these lights, the brighter the light will appear. Now, onto the specifics.

LUMAGEAR LED Magnetic/Adhesive Touch Lights

LUMAGEAR, a member of the RoadPro Family of Brands, delivers a solution to that constant problem of not having enough light where you sometimes need it most: inside a closet or cupboard or near your sleeper berth's desk space. LUMAGEAR offers a selection of interior lights that will brighten your cab and your day. They fall into essentially two categories based on how they are mounted. Some have magnetic backs, while others affix to your truck's interior with an adhesive.



Ones with magnetic backs include:

Gator Eyes

Sometimes having a light is only half the solution to any problem you're likely to encounter on the road. Getting that light trained where you want it while also having your hands is the rest of the issue. Gator Eyes solves that issue. These ingenious miniature flashlights have a four-volt LED affixed to a multi-function case that is a plastic alligator clip. You can use the clip to hold the mini-light in place as you work or read. Or, you can use the magnet that is built into the case to affix it to any metal in or on your truck. The lithium batteries that power the Gator Eyes are included.

[Gator Eyes come in a five-pack and sell online for \\$10.99.](#)

Button Lamps

Too often, there is a spot in your truck that cries out for illumination but has no convenient place to stow a flashlight, so it's handy when you need it. If there is a flat space about the size of a quarter, you can affix a Button Lamp and see what you need to see. Button Lamps have LED bulbs that provide fully 13 lumens of light. They come with a power adhesive you can use to affix a Button Lamp where it's needed. The mini lights are weather and shockproof and rated to provide more than 17 hours of battery life. Batteries are included.

[A six-pack of Button Lamps sells online for \\$9.99.](#)

Finger Flashlights

These may seem like a novelty item you might put in your kid's Christmas stocking, but these work gloves outfitted with two LEDs on each index finger and thumb can be helpful in so many ways. Made of polyester, they are breathable and stretchy making them comfortable to wear. The on/off switch is found on the back of each glove. They take two CR2016 button batteries, which last about 39 hours before needing to be replaced.

[Available online for \\$15.99.](#)

Atomic Beam TapLight

Despite living in the original mini-home – your truck's sleeper berth – there often are times when you can't see what you're looking for in a closet or cupboard. Having An Atomic Beam TapLight inside that storage space means you always have enough light to find what you seek. A super-bright LED is powered by three AAA batteries (not included). Like the Button Lamps, the Atomic Beam TapLight has adhesive you can use to affix

it to any flat surface, like the indoor of a cupboard or closet.

[One Atomic Beam sells online for \\$9.99.](#)

Northlight LED Outdoor Christmas Rope Lights

Not everything you put in your truck's cab MUST be practical, functional and utilitarian. It's possible to also have a little fun, which is what this 18-foot-long rope of Christmas lights provides. String them above your bunk and you can be bathed in soft white light. Or, buy them in one of several colors for an even more festive feel.

[Available online for \\$31.24](#)



The Meaning of the Spirit



An Interview with Jon Osburn, Spirit of the American Trucker, OOIDA

By the time this edition of Gear Guide is live, Jon Osburn, the OOIDA Spirit of American Trucker Skipper, will have retired. Jon and his faithful companion, Sassy, could be found at many truck stops and truck shows since 2012, informing drivers of the OOIDA mission and providing valuable information on the industry. RoadPro had an opportunity to speak to Jon right before his retirement and find out more about the Spirit truck and what it is all about.

What is the purpose of the Spirit?

“The truck was started 20 years ago by an OOIDA board member and his wife. It was a Mayflower moving van converted into a tour trailer. In 2001, I took over the wheel and the Spirit’s schedule, whose primary purpose is to get information out to the drivers. This includes the most up-to-date rules and regulations that are specific to not only federal but State. There is also a lot of socializing that goes on – whether they want to renew their OOIDA membership or if they just want to have a cup of coffee and chat – we are here for the drivers.”

Where does the Spirit travel?

“I have been as far east as Bangor, Maine, and as west as Portland, Oregon. I have been everywhere and in every State, with the exception of Vermont, as there are no truck stops that have more than 100 spots. I don’t want to take a space away from someone who needs it, so you can usually find the Spirit in truck stops with 100 spaces or more. I typically travel 25,000 miles per year which isn’t much for the average over-the-road driver, and depending on the location; I will stay up to four days. For example, the Petro in Arkansas is a busy stop, so that one may be a two to four-day stop, where a stop in New Hampshire may only be two.”



What has it meant to you to be the Skipper of this Truck?

“It has been an honor being trusted with this job, and I have always taken my job very seriously. It was an honor to educate drivers when they had no idea what OOIDA was or did. I enjoyed meeting new people and sharing information to help them with their careers. I also made some great friends along the way.”

What do you want other drivers to know about the Spirit’s mission/purpose?

“The mission is to provide information on the education that OOIDA can provide. Letting them know about the discounts and services that an OOIDA membership gives them and educating them on the tax laws, regulations, and answering questions about the industry. It is also about community and sharing things that will help them live better while out on the road.”

What will you miss or not miss about your time with the Spirit?

“Talking with all the people. I will miss seeing some of those familiar faces every year. I am blessed that I will still be able to help out from time to time at some events or when Marty needs some time off. I will also miss everyone at OOIDA that I have worked with and the camaraderie. I won’t miss the guy that throws his trash in the parking lot that I would go and pick up on my walks with my dog Sassy or wrapping up the truck in the pouring rain. It has been fun, but I promised my wife, who has already retired, to come home and spend time with family and my grandbabies. I also didn’t want to have my 70th Birthday in the truck.”

While Jon and his pup Sassy will surely be missed by many, Marty Ellis will be taking over the Spirit’s helm to continue the OOIDA mission. Be on the lookout for Marty and the Spirit, and make sure you stop in and say hello. You might just learn something new. ■



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Pro Driver Tip



Cleaning Tips for Slip Seat Driving

 Pro Council Tip Cleaning Tip for Slip Seat Driving

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A video thumbnail showing a green bottle of Mr. Clean All Purpose Cleaner on a black metal table. A red play button is centered over the bottle. The bottle label includes the text "CUTS THROUGH 100% OF GREASE" and "Mr. Clean".

Watch on  YouTube



Ramona has been in trucking for 18 years and currently drives team for YRC Freight out of California. In her career she has driven all 48 states and Canada and has won numerous safety and driving awards including the California State Truck Driving Championship where she was the first women in Southern California to win that award. She also is a cancer survivor, being diagnosed in 2010 with stage 4 Non-Hodgkin's lymphoma she was back to work in less than

a year.

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Now available at a travel center near you!

The Latest in Mobile Tech for Summer Driving

By David Hollis, Editor, Truckers News

If you've gotten an income tax refund or qualified for the latest round of stimulus checks from the federal government, now might be a good time to invest in some new technology. Notice we said invest and not indulge. There are a lot of new bits of tech gear on the market that can help keep you safer, more comfortable, and more profitable while on the road. Therefore, it makes sense to invest some of that money in tools that'll make you a better and safer driver. Here are a few of the hottest of the hot new tech items that can help make you and your summer feel a bit cooler.



MobileSpec Bundles for your Over-The-Road Life

One of the truest of truisms of today's technology-driven work life is that you can never have enough charging cords or ways to keep your smartphone handy and protected. The good folks at MobileSpec, one of the RoadPro Family of Brands, have taken that to heart with their latest offerings. The company now delivers several tech-related bundles of

products that help you make the most of your smartphone and other devices as well.

Each of these bundles includes a generous 6-foot-long Lightning to USB or USB-C to USB cord. These cords are braided and feature strain relief to keep them from breaking. And, each bundle comes with five cable organizers to keep all of your cords well organized.

One bundle features those items as well as a three-way smartphone mount. This secures your phone to your finger, acts as a stand, or attaches to your truck's dashboard vent. Another has the cord and cable organizers paired with a phone card holder. This will help keep three cards – credit card, fuel card, driver's license – secure and handy. The other bundle adds a helpful multi-tool to the charging cord and organizers. Included in the multi-tool are a pen, a knife, a bottle opener, and a small flashlight.

MobileSpec's Bundles are available at truck stops and travel centers.

Google Pixel 5 5G Smartphone

The latest smartphone offering from Google is being praised as one of its best. The Pixel 5 5G phone features the Android 11 operating system, a 6-inch display and 128 GB of internal storage. As with previous Pixel phones, this new one has outstanding cameras; 16 MP forward and 12.2 MP dual rear-facing cameras.

Other features of the Pixel 5:

- 4080 mAh battery, which holds up to 48 hours of charge
- Stereo speakers
- Ability to share 5G hotspot with other devices and users
- Titan M security chip
- Wireless charging
- Google Voice Assistant



The Pixel 5 retails for \$699 and is one of several new smartphones coming to the market as nice weather looms.



Tribit StormBox Bluetooth Speaker

We have a soft spot in our heart for great sound delivered at an affordable price. Let's face it, there are many Bluetooth speakers on the market that sound great but only because they come with an expensive audio pedigree. It's a special speaker that sounds good and won't cost you the entire budget for a week's worth of food on the road. Tribit's StormBox delivers plenty of clear sound and gives you extra bass with just the push of a button. It's waterproof so is ideal for summer's outdoor functions. The battery delivers more than 20 hours of power to this speaker that is just seven inches long and has a 66-foot range.

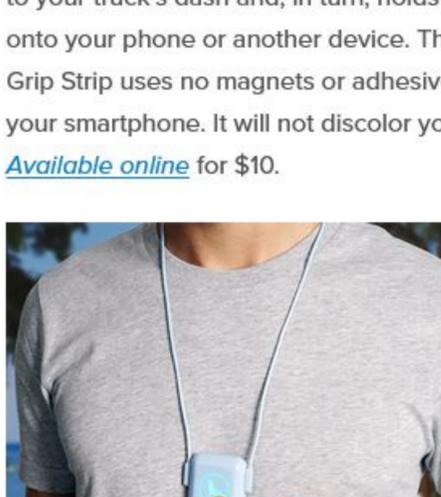
[Available online](#) for \$61.99.

Firebox Grip Strip

The last thing you want to see your new smartphone do is fly across the width of your cab, bounce off the passenger side door, and disappear under the seat. Aside from keeping it in your pocket, you can simply place your phone on the Grip Strip, which is a silicone material that will hold it in place. It holds securely to your truck's dash and, in turn, holds onto your phone or another device. The Grip Strip uses no magnets or adhesives to stay where you put it and hold onto your smartphone. It will not discolor your truck's dash.



[Available online](#) for \$10.



Polar Seal GEMM Wearable Air Conditioner

While it's safe to assume that you're driving a truck that has decent air conditioning, there are no doubt times when you need a little extra cooling off. The GEMM personal air conditioner uses thermoelectric technology to deliver cooling down to 50 degrees. Hang it around your neck -- over or under your clothes -- with its lanyard

and the GEMM can help cool you off. Powered by a lithium-ion battery, the GEMM provides up to about seven hours of cooling. It has three power levels. A small module rests on the back of your neck and a small one rests on your chest. The GEMM can also be switched into heating mode when things cool off.

The GEMM is [available online](#) for \$199.

Urban Outfitters Portable Air Cooler

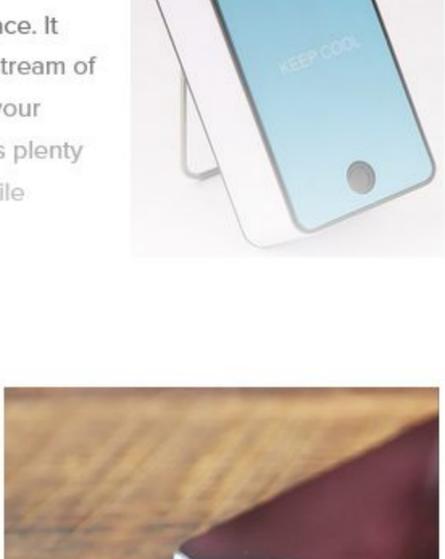
With a similar mission of individual cooling, the Urban Outfitters Portable Air Cooler is meant to sit on a desk, countertop, or another flat surface. It uses a rechargeable battery to provide a stream of cooling air. While only slightly larger than your smartphone, this personal fan still provides plenty of cooling power. Ideal for staying cool while relaxing at the end of your driving day.



[Find it online](#) for \$14.

Blue Key World Cable Clips

Not every piece of hot tech gear is wildly sophisticated and aimed at solving a major problem. Such is the case of Blue Key World Cable Clips. These small circular clips have adhesive backs and are designed to hold your device's charging cord, or the cord of your headphone and keep it handy on your desk or bedside or in your sleeper berth's bunk. After cleaning the surface, peel off the protective covering and affix the Cable Clip to where you want your cables to be handy.



A [packet of six clips can be found online](#) for \$5.99. ■

Cooking with RoadPro

ROADPRO® HOMEMADE GRANOLA

MADE FOR THE ROADPRO SLOW COOKER

INGREDIENTS

- 3 Tbsp Butter
- 2 ½ Cups Oats
- 1 Cup Mixed Nuts, chopped
- ½ Cup Shredded Coconut
- 1 Tsp Cinnamon
- 3 Tbsp Honey
- ½ Cup Dried Fruit

DIRECTIONS

1. Add butter to [RoadPro Slow Cooker](#) and melt completely.
2. Add oats, stir to coat with butter.
3. Add nuts, coconut, cinnamon, and honey.
4. Stir to coat completed.
5. Cover with two layers of paper towels, then the lid and cook for 45 minutes.
6. Stir, then cover and cook for another 45 minutes.
7. Spread out onto a pan or plate and cool completely.
8. Add the dried fruit.
9. Serve with milk, over yogurt, or however you like!



MULLED APPLE CIDER

MODIFIED FOR THE ROADPRO SLOW COOKER

INGREDIENTS

- 3 Cups Apple Cider
- 3 Cinnamon Sticks
- 1 Small Orange
- Whole Cloves

DIRECTIONS

1. Pour apple cider into [RoadPro Slow Cooker](#).
2. Add cinnamon sticks.
3. Punch holes in the orange with a toothpick, then stick whole cloves into wholes. As many as you would like.
4. Add orange to slow cooker.
5. Heat for 1-2 hours.
6. Remove orange and cinnamon sticks before serving.
7. Enjoy!





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