

PRACTICAL HABITS FOR THE AUSTRALIAN ROAD

KEEP MORE OF YOUR HAUL

Less waste. Better preparation.
More deliberate everyday spending.



DARREN McGRATH

A BETTER-PREPARED RUN



The road gives you enough to deal with. Buying another cable, discovering your lunch needs a microwave you cannot find, or arriving without the right contact adds hassle you could sometimes avoid.

This book is about those everyday details: food you will eat, gear you can find, clearer questions before a job and fewer purchases made because the plan fell apart.

Start with the things you actually pay for and control. An employee driver and an owner-driver will use different parts of these pages. Keep what fits your work, and leave the rest.

The aim is a workable routine, not a perfect week. A small change that survives a difficult run is worth more than a grand plan that never leaves the kitchen.

Darren McGrath

FIND YOUR NEXT USEFUL HABIT



01	See Where It Goes	5
02	Food That Earns Its Place	17
03	Drinks, Snacks And Stops	29
04	Pack Once, Buy Less	41
05	Ask Before The Load	53
06	Fuel Without The Folklore	65
07	Plan The Useful Stop	77
08	Keep The Cab Workable	89
09	Prepare Without Cutting Corners	101
10	The Small Purchases	113
11	When The Plan Changes	125
12	Make It Your Routine	137

Useful resources / 149 Final note / 150

USE ONE IDEA AT A TIME



1. Notice. Use one ordinary run to see what you buy, what you forget and what makes preparation awkward.

2. Choose. Pick one practical change. You do not need new equipment to begin most of the everyday habits in this book.

3. Test. Try it on a comparable trip, then record what helped and what did not. Adjust the routine to your real conditions.

Each field note has an idea, a small action and a boundary to keep in mind. The final chapter gives you reusable prompts to copy into a notebook.

All dollar amounts are AUD. Number examples are hypothetical, not current prices or promised savings. Measurements use the metric system and temperatures use Celsius. Safety, proper rest and required procedures come first.

START WITH ONE ORDINARY RUN



Before changing anything, notice what actually leaves your pocket on a normal trip. A bought breakfast, a charging cable and a forgotten towel can disappear into the same vague idea of road costs. Separating them makes the next decision easier. Choose a representative run rather than your best or worst week.

TRY THIS

Keep a simple note of each personal purchase, its price and why you needed it. Review it when safely home.

KEEP IN MIND This is a practical spending record, not bookkeeping or tax guidance. Use your employer's separate process for business expenses.

SEPARATE WHO PAYS



A fuel receipt and your own sandwich may sit in the same console, but they may affect different pockets. Advice aimed at an owner-driver can be useless to someone whose employer covers the truck. Start by identifying which everyday purchases are actually yours to decide on.

TRY THIS

Make three headings: I pay, employer pays, and check first. Put recurring trip purchases under the right heading. Ask about anything unclear before paying.

KEEP IN MIND Do not assume an expense will be reimbursed. Follow the arrangement you already have and keep personal purchases distinct.

FIND THE REPEAT PURCHASE



A one-off replacement can look expensive while a small habit goes unnoticed. Frequency matters. Five unplanned snack stops offer five chances to make a different choice next time. The point is not to criticise every treat; it is to spot the purchases that repeat without bringing much value.

TRY THIS

Circle anything bought on three or more days of the run. Choose one recurring item to plan for before departure.

KEEP IN MIND Keep a treat you enjoy if it fits your priorities. A routine is easier to maintain when it feels reasonable.

COUNT THE FORGOTTEN ITEMS



Some road purchases are really a packing problem. Toothpaste, socks, a phone lead or a spare pen may already be waiting at home. If you keep buying the same item in different towns, another bargain is unlikely to solve the problem. A permanent place for it might.

TRY THIS

Write down the last three things you bought because you left them behind. Add those exact items to a departure list kept with your bag.

KEEP IN MIND Avoid buying duplicates just to make a perfect kit. Start by assigning a home to what you own.