Truck Parking & Trip Planning Worksheet

Trip and time available

Driver / date / route

Start time / time zone

Driving / shift / cycle time remaining

Choose stops before the trip

Stop	Location / contact	Target arrival / backup trigger
Primary		
Backup 1		
Backup 2		

Build in room to adjust

- ☐ Confirm the site accepts your vehicle, trailer, and cargo, including any hazmat restrictions. Check entry, exit, hours, fees, and reservations.
- ☐ Allow time for traffic, fuel, weather, inspections, customer delays, and finding an open space.
- ☐ Set a decision point for switching to a backup before time becomes critical. Tell dispatch promptly if the trip no longer fits the available hours.

On arrival

- ☐ Use a designated, lawful space with adequate clearance, lighting, ground support, and a safe exit. Keep fire lanes and other trucks clear.
- ☐ Avoid planning routine rest on ramps or highway shoulders. Secure the vehicle and load, then check the surroundings before exiting.
- ☐ Do not use personal conveyance merely to extend a planned trip or bypass hours limits. Apply the specific FMCSA guidance to the actual circumstances.

Delay plan / dispatch contact / parking concerns

FMCSA: Personal conveyance 49 CFR 395.3