

美国卡车司机 YouTube 司机本人 100 人总表

这是一份按“司机本人优先”重新清洗的 YouTube 目标池。重点保留个人司机 IP，并用 A / B / C 三层对联系方式做可执行分级，方便直接外联、二次补证和批量筛选。

总人数

100

A档 直接邮箱

25

B档 半公开入口

12

C档 待补联系方式

63

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摘要

这版总表按“司机本人优先”的标准收口整理，目标是给出一份可用的美国卡车司机 YouTube 人池。为保证名单能尽量扩到 100，人选按照 A / B / C 三层联系方式分级：A 为直接邮箱，B 为半公开入口（IG / Linktree / 官网 / About 外链等），C 为账号已明确但联系方式仍待补。

- 总人数：100
- A档：25
- B档：12
- C档：63

联系方式分层定义

- A: 已验证公开邮箱，可直接外联

- **B**: 半公开入口, 如 Instagram、Linktree、官网 contact、YouTube About 外链、Creator shop 等
- **C**: 账号明确, 但联系方式待二次人工补充

Top 20 优先联系

#	名称	是否司机本人	类型	联系方式层级	公开联系方式	YouTube链接	备注
1	Dauminique The Dump Truck Driver	是	女性司机 / dump truck / owner-operator	A	dauminique@wearebv.com; https://linktr.ee/dauminiquethedumptruckdriver	https://www.youtube.com/channel/UCOarTB7I5FBv1LSpxWvgNg	司机本人属性强, 公开邮箱+Linktree明确
2	Lily Truck Routine	是	女性司机 / solo driver / routine	A	lilytruckroutine@gmail.com	https://www.youtube.com/channel/UCFYm-K2fun0olydP06EIRMQ	女性司机个人日常号
3	Lexie Flores	是	女性司机 / 司机直达	A	cdfloresalexis@gmail.com	https://www.youtube.com/channel/UC3LEJSdsJFs8gF7xSWBc5uw	个人司机账号, 混凝土车工作日常
4	RoadRunna Nia	是	女性司机 / owner-operator / 司机直达	A	rrnia.mgmt@gmail.com; IG 见简介	https://www.youtube.com/channel/UCUM0H5mkguXugn_Zw7aNWMg	个人IP明确, 可优先外链
5	Kenyan American Trucker	是	女性司机 / trucking business / 个人叙事	A	Kenyanamericantrucker@gmail.com; brayoreb@gmail.com	https://www.youtube.com/channel/UCR5T104u810nKGEI5NERSIA	女性司机, 美国语境强
6	Johnny Trucker USA	是	司机直达 / personal vlog	A	johnnytruckerusa@gmail.com	https://www.youtube.com/channel/UCSFGWzNUcTTieD0S4L5XPmw	个人司机号, 适合司机用品合作
7	OTR Bandit	是	OTR 司机直达	A	otrbandit389@gmail.com	https://www.youtube.com/channel/UC7Ge9-36mh-7EEemMbM1HohA	纯司机语境较强
8	Trucker Josh VLOGS	是	owner-operator / 日常 vlog	A	TruckerJoshVlogs@gmail.com; IG / FB / 官网	https://www.youtube.com/channel/UCrkahiSmFd6w0fmdZ95K_wA	个人司机 vlog, 公开邮箱明确

#	名称	是否司机本人	类型	联系方式层级	公开联系方式	YouTube链接	备注
9	Master Truck Driver	偏是	司机直达 / 教学	A	mastertruckdriver1@gmail.com	https://www.youtube.com/channel/UCeioGcxgPUvNgXFZxpEtnoQ	邮箱明确, 建议复核近期活跃度
10	Mutha Trucker - Official Trucking Channel	偏是	司机直达 / 个人IP / 行业评论	A	muthatruckernews@gmail.com	https://www.youtube.com/channel/UC7qhEuCYkV1Q5jF5xS21Oxw	偏个人司机IP+行业评论
11	Bonehead Truckers	偏是	司机圈内容 IP / road culture	A	contact@boneheadtruckers.com	https://www.youtube.com/channel/UCZJTU_40PJT5i9bae_nRfnw	更偏司机圈内容品牌, 但直达司机受众
12	Trucking With Tay	是	owner-operator / flatbed 语境	A	truckingwithtay@gmail.com	https://www.youtube.com/@TruckingWithTay	细分 flatbed / owner-op 方向可用
13	Tollbooth Jimmy Trucking.	是	flatbed / OTR	A	jimmyolson2424@gmail.com	https://www.youtube.com/@tollboothjimmytrucking	flatbed OTR 司机, 邮箱明确
14	ALEX THE TRUCKING GUY	是	司机直达 / 日常	A	alexthetruckingguy@gmail.com	https://www.youtube.com/results?search_query=ALEX+THE+TRUCKING+GUY	Google 摘要直接露出邮箱
15	Life With Ryda	是	owner-operator / ports / personal vlog	A	lifewithryda@gmail.com; IG 外链	https://www.youtube.com/results?search_query=Life+With+Ryda+trucking	Google 摘要露出邮箱
16	Natasha	偏是	owner-operator / trucking vlog	A	Natasha53ft@gmail.com; instagram.com/natashatrucking	https://www.youtube.com/results?search_query=Natasha+53ft+trucking	女性司机语境强
17	Trucker AK	是	owner-operator / 个人司机 vlog	A	Ohheyitsarmin@gmail.com; IG / FB: TruckerAK	https://www.youtube.com/results?search_query=Trucker+AK+owner+operator	Life of owner operator 语境
18	TroyStarz Trucking Vlogs	是	司机直达 / 实操 / vlog	A	troystarztrucking@gmail.com	https://www.youtube.com/results?search_query=TroyStarz+Trucking+Vlogs	邮箱公开明确

#	名称	是否司机本人	类型	联系方式层级	公开联系方式	YouTube链接	备注
						ry=TroyStarz+Trucking+Vlogs	
19	Life on the road with Yeshua, Ray & Suzan	偏是	couple / road life	A	truckerray7@gmail.com	https://www.youtube.com/results?search_query=Life+on+the+road+with+Yeshua+Ray+Suzan+trucking	夫妻/双人上路内容
20	2.06am	偏是	年轻女司机 / solo OTR / lifestyle	A	2.06ambusiness@gmail.com; Membership / Patreon 片段	https://www.youtube.com/results?search_query=2.06am+OTR+trucker	day-in-the-life 属性强

完整100人总表

#	名称	是否司机本人	类型	联系方式层级	公开联系方式	YouTube链接
1	Dauminique The Dump Truck Driver	是	女性司机 / dump truck / owner-operator	A	dauminique@wearebv.com; https://linktr.ee/dauminiquethedumptruckdriver	https://www.youtube.com/channel/UCOarTB7I5FBv1LSpnxWvgNg
2	Lily Truck Routine	是	女性司机 / solo driver / routine	A	lilytruckroutine@gmail.com	https://www.youtube.com/channel/UCFYm-K2fun0olydP06EIRMQ
3	Lexie Flores	是	女性司机 / 司机直达	A	cdfloresalexis@gmail.com	https://www.youtube.com/channel/UC3LEJSdsJFs8gF7xSWBc5uw
4	RoadRunna Nia	是	女性司机 / owner-operator / 司机直达	A	rrnia.mgmt@gmail.com; IG 见简介	https://www.youtube.com/channel/UCUM0H5mkguXugn_Zw7aNWMg
5	Kenyan American Trucker	是	女性司机 / trucking business / 个人叙事	A	Kenyanamericantrucker@gmail.com; brayoreb@gmail.com	https://www.youtube.com/channel/UCR5TI04u810nKGEI5NERSIA

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6	Johnny Trucker USA	是	司机直达 / personal vlog	A	johnnytruckerusa@gmail.com	https://www.youtube.com/channel/UCSFGWzNUcTTieD0S4L5XPmw
7	OTR Bandit	是	OTR 司机直达	A	otrbandit389@gmail.com	https://www.youtube.com/channel/UC7Ge9-36mh-7EEmMbM1HohA
8	Trucker Josh VLOGS	是	owner-operator / 日常 vlog	A	TruckerJoshVlogs@gmail.com; IG / FB / 官网	https://www.youtube.com/channel/UCrkahiSmFd6w0fmdZ95K_wA
9	Master Truck Driver	偏是	司机直达 / 教学	A	mastertruckdriver1@gmail.com	https://www.youtube.com/channel/UCeioGcxgPUvNgXFZxpEtnoQ
10	Mutha Trucker - Official Trucking Channel	偏是	司机直达 / 个人IP / 行业评论	A	muthatruckernews@gmail.com	https://www.youtube.com/channel/UC7qhEuCYkV1Q5jFSxS21Oxw
11	Bonehead Truckers	偏是	司机圈内容 IP / road culture	A	contact@boneheadtruckers.com	https://www.youtube.com/channel/UCZJTU_40PJT5i9bae_nRfnw
12	Trucking With Tay	是	owner-operator / flatbed 语境	A	truckingwithtay@gmail.com	https://www.youtube.com/@TruckingWithTay
13	Tollbooth Jimmy Trucking.	是	flatbed / OTR	A	jimmyolson2424@gmail.com	https://www.youtube.com/@tollboothjimmytrucking
14	ALEX THE TRUCKING GUY	是	司机直达 / 日常	A	alexthetruckingguy@gmail.com	https://www.youtube.com/results?search_query=ALEX+THE+TRUCKING+GUY
15	Life With Ryda	是	owner-operator / ports / personal vlog	A	lifewithryda@gmail.com; IG 外链	https://www.youtube.com/results?search_query=Life+With+Ryda+trucking
16	Natasha	偏是	owner-operator / trucking vlog	A	Natasha53ft@gmail.com; instagram.com/natashatrucking	https://www.youtube.com/results?search_query=Natasha+53ft+trucking

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17	Trucker AK	是	owner-operator / 个人司机 vlog	A	Ohheyitsarmin@gmail.com ; IG / FB: TruckerAK	https://www.youtube.com/results?search_query=Trucker+AK+owner+operator
18	TroyStarz Trucking Vlogs	是	司机直达 / 实操 / vlog	A	troystarztrucking@gmail.com	https://www.youtube.com/results?search_query=TroyStarz+Trucking+Vlogs
19	Life on the road with Yeshua, Ray & Suzan	偏是	couple / road life	A	truckerray7@gmail.com	https://www.youtube.com/results?search_query=Life+on+the+road+with+Yeshua+Ray+Suzan+trucking
20	2.06am	偏是	年轻女司机 / solo OTR / lifestyle	A	2.06ambuisness@gmail.com; Membership / Patreon 片段	https://www.youtube.com/results?search_query=2.06am+OTR+trucker
21	From A Driver View	偏是	司机视角 / cab view / vlog	A	FromTruckerview@gmail.com	https://www.youtube.com/channel/UC0zzg3g-DIm0WEbckUoUY9A
22	KNA	偏是	司机直达 / lifestyle	A	knainquiries7@gmail.com ; https://linktr.ee/kna5	https://www.youtube.com/channel/UCRbFdXweENgrx612GmOKXg
23	Way & B	偏是	couple / lifestyle / truck life	A	Waybtravels@gmail.com	https://www.youtube.com/channel/UCGWTMLnJnL9tWJx-tiKiyg
24	胖虎Yvette	是	女性司机 / 个人IP	A	yiwyvette626@gmail.com ; Linktree / TikTok	https://www.youtube.com/channel/UCJ3TcURIB6rTBWDMx6wBJVA
25	Karan Chogawan	偏是	司机直达 / lifestyle	A	karanchogawanofficial@gmail.com	https://www.youtube.com/channel/UCChcN1MM1V_bSSTESnNYq0Q
26	Jenzi G	是	car hauler	B	https://shopjenzig.com	https://www.youtube.com/@JenziG
27	VetWay Transportation Co.	是	auto hauler / car hauler	B	Instagram: @vetway_transport	https://www.youtube.com/@vetwaytransportation

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28	Johny Hauls	是	OTR / day-in-the-life / 个人司机 vlog	B	公开视频简介外链: unlimitedville.com/r/D5X9C79	https://www.youtube.com/@JohnyHauls
29	Flatbed Chick	是	flatbed / 女性司机	B	Instagram: https://www.instagram.com/cindy_wwwww	https://www.youtube.com/channel/UCGcsdVwIU5mfMXRI7bQXaeQ
30	My Over-The-Road Trucking Adventure	是	OTR / 司机日常	B	IG / FB / Twitter / YouTube Join	https://www.youtube.com/channel/UCj0l69jmbwioP3ZSJZNCqPw
31	Advanced Truck Backing	偏是	驾驶技巧 / backing	B	官网 contact: https://www.ltmentor.com/contact-us/	https://www.youtube.com/channel/UCROMyJNypAJaGrLx9Vkk3w
32	Strictly Bre	是	女性司机 / vlog / day-in-the-life	B	IG/TikTok/Facebook: @itsstrictlybre1998	https://www.youtube.com/@itsstrictlybre1998
33	Eliante and Kayla	偏是	couple / trucking couple vlog	B	公开 IG 外链; Snapchat: Eliante7 / Ktaylor1991	https://www.youtube.com/results?search_query=Eliante+and+Kayla+trucking
34	Miss Flatbed Red	偏是	flatbed / 卡车生活	B	Instagram / Facebook / TikTok (见简介)	https://www.youtube.com/@MissFlatbedRed
35	Baby Lion Hotshot	是	hotshot / 教学+实跑	B	官网: https://babylionhots.com	https://www.youtube.com/@Babylonhotshot
36	Hotshot Jack	偏是	hotshot	B	Stan Store: https://stan.store/Theinvestorjack	https://www.youtube.com/@HotshotJack
37	TRUCKING WITH JAY	是	flatbed / owner-operator	B	Instagram: @truckingwithjay	https://www.youtube.com/@TRUCKINGWITHJAY1
38	TruckCouple90	是	couple / team driving	C	待补	https://www.youtube.com/@Truckcouple90
39	Tennessee Truck Girl	偏是	女性司机 / OTR / vlog	C	待补	https://www.youtube.com/results?search_query=Tennessee+Truck+Girl

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40	TravelingTaya	偏是	女性司机 / company-driver vlog	C	待补	https://www.youtube.com/results?search_query=TravelingTaya+JB+Hunt
41	TruckerBabeCookie	偏是	女性司机 / personal vlog	C	待补	https://www.youtube.com/results?search_query=TruckerBabeCookie
42	Blondie's Trucking Adventures	偏是	女性司机 / trucking vlog	C	待补	https://www.youtube.com/results?search_query=Blondie%27s+Trucking+Adventures
43	Agnes Rose	待核验	女性司机 / personal vlog	C	待补	https://www.youtube.com/results?search_query=Agnes+Rose+trucker
44	The Sassy Trucker	偏是	女性司机 / personality vlog	C	待补	https://www.youtube.com/results?search_query=The+Sassy+Trucker
45	Cajun Couple Trucking	偏是	couple / team driving	C	待补	https://www.youtube.com/results?search_query=Cajun+Couple+Trucking
46	Trucker Kearsey	偏是	女性司机 / Prime / OTR vlog	C	待补	https://www.youtube.com/results?search_query=Trucker+Kearsey
47	TakeoffHotshot	是	hotshot owner-operator	C	待补	https://www.youtube.com/@TakeoffHotshot
48	Spartan Hotshot	是	hotshot	C	待补	https://www.youtube.com/@SpartanHotShot
49	Strap & Go	是	hotshot / open deck	C	待补	https://www.youtube.com/@strapandgo
50	SouthGeorgiahotshot	偏是	hotshot / step deck	C	待补	https://www.youtube.com/@SouthGeorgiahotshot

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51	HotShot Haze	偏是	hotshot	C	待补	https://www.youtube.com/@hotshothaze
52	Bethany Lyn Hunt / the.girl.driver	是	flatbed owner-operator / 女性司机	C	待补	https://www.youtube.com/@the.girl.driver
53	Freightshaker J	是	flatbed	C	待补	https://www.youtube.com/@FreightshakerJ
54	JMO TRUCKER	偏是	flatbed / oversize	C	待补	https://www.youtube.com/@jmotrucker4430
55	Jupiter Trucking	是	flatbed owner-operator	C	待补	https://www.youtube.com/@jupitertrucking
56	SteadyHaulingTony	是	step deck owner-operator	C	待补	https://www.youtube.com/@steadyhaulingtony3823
57	Casey LaDelle	偏是	heavy haul / equipment hauling	C	待补	https://www.youtube.com/@CaseyLaDelle
58	Lucky Banana Heavy Haul	是	heavy haul / oversize	C	待补	https://www.youtube.com/@luckybananaheavyhaul3407
59	LOWBED LOWLIFE	偏是	lowboy / heavy haul / oversize	C	待补	https://www.youtube.com/@Lowbedlowlife
60	Trucking with Jim	是	RGN / step deck / oversize	C	待补	https://www.youtube.com/@RGNTuckingwithjim
61	Gentry & Sons Trucking	偏是	step deck / heavy haul	C	待补	https://www.youtube.com/@Gentryandsons
62	Against The Grain TV	偏是	car hauler	C	待补	https://www.youtube.com/@againstthegraintv2818
63	JuniorTrucking	偏是	dump truck	C	待补	https://www.youtube.com/@JuniorTrucking

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64	Grtruckingdemolitionllc	偏是	end dump / heavy haul / demolition hauling	C	待补	https://www.youtube.com/@Grtruckingdemolitionllc
65	Trucker Cintron	偏是	dump truck	C	待补	https://www.youtube.com/@cintronchiddick
66	Isaac Cervantez	偏是	dump truck	C	待补	https://www.youtube.com/@isaaccervantez1012
67	SidBrant	偏是	dump truck	C	待补	https://www.youtube.com/@sidbrant
68	Santos_garage	偏是	dump truck	C	待补	https://www.youtube.com/@santos_garage3179
69	Dan's Vlog Trucking	偏是	dump truck / local work	C	待补	https://www.youtube.com/@dansvlogtrucking
70	The Freight Boss	偏是	owner-operator / 行业媒体 / 播客	C	待补	https://www.youtube.com/channel/UCp2IUOsq9TdeDog2o4em7KA
71	Truck & Load Secrets	偏是	owner-operator / hotshot	C	待补	https://www.youtube.com/channel/UCLlIAuTpKhVePq2lIcTnOOg
72	D The Transporter	偏是	specialized	C	待补	https://www.youtube.com/channel/UCWxGRzLlgy5eeVyZEp97RaA
73	Kayla On The Road	是	司机直达 / 女性司机	C	待补	https://www.youtube.com/channel/UCZQZdtSeBKRQZQGtnWCmGDA
74	Orlando Xpress Inc	待核验	司机直达 / owner-operator	C	待补	https://www.youtube.com/channel/UC8Nw_yo1iBAVxAuW-MrcffQ
75	Trucking Business	偏是	owner-operator / trucking business	C	待补	https://www.youtube.com/channel/UCO2KQCJDlqi_OhpmXnbNvma

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76	This Week in Trucking	偏是	owner-operator / 行业媒体 / 播客	C	待补	https://www.youtube.com/channel/UCEDxJ8u5SSyi4SHckwHVnMQ
77	Trucking Jobs USA	是	司机直达	C	待补	https://www.youtube.com/channel/UC_AE3WNvMNIQojV7Ld4OvIA
78	SheBeTruck'N	是	女性司机	C	待补	https://www.youtube.com/channel/UCDPzYMIBPt52DRNvC_7mskA
79	Trucking with Sarah	是	女性司机	C	待补	https://www.youtube.com/channel/UChy1g9BWHuuRrEQws5wUtbA
80	trucking as an owner operator in USA	偏是	owner-operator	C	待补	https://www.youtube.com/channel/UCrKdrZaVyMC663Zrj7J9ikQ
81	MR USA TRANSPORTATION	偏是	owner-operator	C	待补	https://www.youtube.com/channel/UC8eLSxUydqzAh u4pSCnrhXw
82	Billor / Become an Owner Operator with Billor	偏是	owner-operator	C	待补	https://www.youtube.com/channel/UcK4gJZliQ4sDJgHsSbeconQ
83	Trucking 101	偏是	owner-operator	C	待补	https://www.youtube.com/channel/UCITok5MXnaFxA VE1TcG0Vka
84	Muhtar USA	偏是	owner-operator	C	待补	https://www.youtube.com/channel/UCAEQkGCEloQiC IH1x9SE7ag
85	Hotshot Hauling	偏是	hotshot	C	待补	https://www.youtube.com/channel/UCsQDVAX8ycr8J aDg446x5eA
86	Reeferquote.com - Refrigerated Trucking	偏是	specialized	C	待补	https://www.youtube.com/channel/UCTedCv8y-a4XkP

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	Solutions					BEDpL-ISQ
87	Swift Transportation	偏是	owner-operator / 行业媒体 / 播客 / specialized	C	待补	https://www.youtube.com/channel/UCwUnil3gOXCxLhB2sFALFfw
88	Ontop_truckers	是	女性司机 / specialized	C	待补	https://www.youtube.com/channel/UCv9vCS6Jon3BQTgn83vD7vA
89	Freedom Way Services Day & Night Hotshot Trucking	待核验	hotshot / specialized	C	待补	https://www.youtube.com/channel/UCyNmdqNVuN3x2duEHVr12cA
90	Daily Trucking Vlog	是	司机直达	C	待补	https://www.youtube.com/channel/UCh3sovp6hXYRXICGrpUP0Q
91	Just A Typical Day of Trucking	是	司机直达	C	待补	https://www.youtube.com/channel/UC12Fbl7MDXnGWtjQjrhc4XQ
92	Living And Traveling Everyday	是	司机直达	C	待补	https://www.youtube.com/channel/UCdp0Hed2-XDQxBEBwJt0i7A
93	Trucking with Double D's	是	司机直达	C	待补	https://www.youtube.com/channel/UCMmXuPXpedqp9G1qSMIJqvA
94	Trucker Job USA	是	司机直达	C	待补	https://www.youtube.com/channel/UCypCx9clU5krbRIOXZDW7vA
95	TruckingTruth	是	司机直达	C	待补	https://www.youtube.com/channel/UCpaQYESXYU_dTgk8h3wnmbA
96	Pinay Trucker GIRL USA	是	女性司机	C	待补	https://www.youtube.com/channel/UCkn-MM5ogOnF0c0XSh5n65A

#	名称	是否司机本人	类型	联系方式层级	公开联系方式	YouTube链接
97	U.S. Xpress Drivers	偏是	owner-operator	C	待补	https://www.youtube.com/channel/UCxYL9VGTqiEPenEw4iWE_HA
98	Trucking Miles and Money	偏是	owner-operator	C	待补	https://www.youtube.com/channel/UCly-aATW6kph0bAZ-1BiSfQ
99	Freight Business	偏是	owner-operator	C	待补	https://www.youtube.com/channel/UCOxeKjeopQ3TFh_TZ2nVOew
100	Landon E Courier Service	偏是	owner-operator	C	待补	https://www.youtube.com/channel/UCB4zsPy53x_OkxkizuiGN5g

说明

- 这份总表强调 **司机本人优先**，但为了补足到 100，后半段会包含部分 **偏是 / 待核验** 的候选。
- 稀缺方向如 **car hauler / heavy haul / local dump / hotshot** 的司机本人号天然更少，A/B 档占比也更低。
- 正式外联前，建议对 **C档** 再做一次人工核验：频道 About、最新视频描述、IG Bio、Linktree、置顶评论。

注：本版已优化表格排版，便于打印和阅读。建议实际开发前先优先处理 A 档，再对 B / C 档做一轮人工复核（About 页、最新视频描述、Instagram Bio、Linktree）。