



	STANDARD	FULL	FULL + HOT MEAL
		Coll d'Ordino	Ansalonga
	Drink Mix, Bars	Drink Mix, Bars	-
KM ACCUMULATED (KM)	6.2	15.8	22.6
ELEVATION ACCUMULATED (M)	760	1160	1713

STANDARD Aid Station (Cold Food & Cold Drinks)

DRINKS: Water, Coca Cola, Fruit Juice

FOOD: Bananas, Oranges, Watermelons, Trail Mix (Nuts & Dry Fruits), Gummies, Chocolate Bar, Cookies, Salty Crackers

FULL Aid Station (Cold Food & Sandwiches, Cold & Hot Drinks)

DRINKS : Water, Coca Cola, Fruit Juice, Broth

FOOD : Bananas, Oranges, Watermelon, Trail Mix (Nuts & Dry Fruits), Chocolate, Chocolate Bar, Cookies, Salty Crackers, Bread (Soft and Normal), Nutella, Cheese, Dry sausage, Tomato

FULL + HOT MEAL Aid Station (Cold Food & Hot Meal, Cold & Hot Drink)

DRINK: Water, Coca Cola, Fruit Juice, Broth, Coffee, Tea

FOOD: Bananas, Oranges, Watermelon, Trail Mix (Nuts & Dry Fruits), Chocolate, Chocolate Bar, Cookies, Salty Crackers, Bread (Soft and Normal), Nutella, Cheese, Dry sausage, Tomato

HOT MEAL: Pasta or Rice with Sauce (Bolognese, Carbonara, Napolitan)

NAAK PRODUCTS : See the above table