



# EASY TRAIL

	Aid station snacks *	Water	Coca Cola	Red Bull	Näak Drink Mix	Näak Waffles	Näak Bars	Soup (instant, vegan)
<b>1 Lauchsee</b>		x						
<b>2 Fieberbrunn *</b>	x	x	x	x	x	x	x	x

\* Aid station snacks include the following:

Fruits such as bananas, water melons, etc., nuts, dried fruits, cucumbers, salt, pretzels (soletti), cake, fruit gums (vegan) & fruit puree