

**-STANDARD Aid Station** (Food and cold drinks)

**DRINKS:** Water, Coca Cola, Fruit Juice

**FOOD:** Bananas, Oranges, Watermelon, Trail Mix (dried fruit), jelly beans, kit-kat (chocolate cookies), salty cookies

**-COMPLETE Aid Station** (Cold food and sandwiches, cold drinks)

**DRINKS:** Water, Sparkling Water, Coca Cola, Fruit Juice

**FOOD:** Bananas, Oranges, Watermelon, Melon, Trail Mix (dried fruits), Raisins, Chocolate, Jelly beans, Kit-kat (chocolate bars), Crackers, Chocolate bar with hazelnuts, Bread (sliced and plain), Nocilla, Cheese, Sausage (ham and fuet), Tomato, Salt, Oil

**-HOT FOOD:** Pasta or rice with sauce: bolognese, carbonara, Neapolitan

**-NAAK PRODUCTS:** See table

*At the points marked with this symbol \* you can also find broth, coffee, and hot tea*



	COMPLETE	COMPLETE	COMPLETE	STANDARD	COMPLETE + HOT FOOD	STANDARD	COMPLETE	STANDARD + HOT FOOD
	LA COMA ARCALIS 1	LA COMA ARCALIS 2	REFUGI SORTENY	BORDA DEL PIROL RANSOL*	CANILLO*	LLAC ENGOLASTERS*	PARC CENTRAL, ANDORRA-LA-VELLA*	ORDINO - FINISH LINE
	Drink Mix, Bars, Waffles, Gels	Drink Mix, Bars, Waffles, Gels	Drink Mix	Drink Mix, Bars, Waffles, Gels	Drink Mix	Drink Mix, Bars, Waffles, Gels	Drink Mix, Bars, Waffles, Gels	-
KM ACCUMULATED (KM)	14.7	20.9	30.8	41	46.3	58.7	69.7	77.9
SLOPE ACCUMULATED (M)	1027	1549	2115	2920	3125	3355	3525	3843