X-Alpine (140 km)	X-Traversée (76 km)	Verbier Marathon (42 km)	Verbier X-Plore (26 km)		Plain water	Sirup	Tea / coffee	Cola	Rivella	Naak drink (Lime / Watermelon)	Naak barre	Naak Waffle	Naak Gel	Various cookies	Various chocolates	Gingerbread or fruit bread	Cakes	Dry fruits	Bananas	Oranges	Lemons	Watermelons	Broth with noodles	Hard-boiled eggs	Bread	Local mountain cheese	Spiced turkey breast or salami	Dried turkey or cured ham	Local dry sausages	Salted biscuits	Mixed nuts	Boiled potatoes	Spaghetti with tomato sauce	Risotto
x				Savoleyres (X-Alpine)	x	x	x	x		x		x		x	x			x	x			x	x		x	x	x	x	x		x			
x				Sembrancher	x	x	x	x	x	x	x	x		x	x		x	x	x	x			x		x	x	x	x	x	x	x			
x				Champex	x	x	x	x	x	x	x	x		x	x		x	x	x	x			x		x	x	x	x	x	x	x			
x				Cabane d'Orny	x	x	x	x		x	x	x		x	x		x	x					x			x				x				
x				La Fouly	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x			x	x	x	x	x	x	x	x	x	x	x	
x	x			Grand St Bernard	x	x	x	x	x	x	x	x		x	x	x		x	x	x			x		x	x	x	x	x	x				
x	x			Bourg St Pierre	x	x	x	x	x	x	x	x		x	x		x	x	x	x	x	x	x		x	x	x	x		x	x		x	
x	x			Mille (X-Alpine and X-Traversée)	x	x	x	x	x	x	x	x		x	x		x	x					x			x				x	x			
		x		Mille (Verbier Marathon)	x	x	x	x	x	x		x		x	x			x					x							x	x			
x	x			Brunet	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x			
		x		Pindin	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x		x	x	x	x	x		x	x	x	x			
x	x	x		Cabane de Panossière	x	x	x	x	x	x	x	x	x	x	x		x	x					x			x				x	x			
x	x	x		Lourtier	x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x			x
			x	Savoleyres (X-Plore)	x	x	x	x	x	x		x		x	x	x		x		x	x	x	x	x	x	x	x	x	x		x			
x	x		x	La Chaux	x	x	x	x	x	x	x	x		x	x			x	x	x	x	x	x		x	x				x	x			
x	x	x	x	Verbier (arrival)	x	x	x	x	x					x	x	x		x	x	x		x								x				