

AID STATION SUPPLIES

MY100

AID STATION	DISTANCE	HYDRATION		HOT DRINKS		COLD DRINKS	MAINS						SOUPS		BAKERY & SIDES			NAAK NUTRITION		SNACKS & SWEETS					FRUITS																											
		Ice	Water	Coke	Naak Ultra Energy Drink Mix	Traditional Black Coffee	Cameron Highlands BOH Tea	Hot Water	Hot Chocolate	Cordial	Chinese Fried Rice	Vegetable Fried Rice	Congee with Variety Toppings	Bubur Lambuk	Grilled Chicken	Fried Indomie	Instant Cup Noodle	Chicken Cocktail Sausage	Nugget	Potato Wedges	Bake Beans	Green Bean Soup	Red Bean Soup	Vegetable Soup	Mushroom Soup & Bread	French Toast	Classic Bread & Spread	Nyonya Kuih	Steamed Pau	Hard Boiled Egg	Boiled Potato	Apollo Layer Cake	Swiss Roll Cake	Naak Waffle	Naak Bars	Naak Gel	Egyptian Dates	Raisin/Roasted Trail Mix	Oreo Cookies	Win2 Potato Cracker	Mister Potato Chips	Chok-choki Chocolate Tube	Salt & Lemon Candy	Gummy/Candy	Ice Cream Malaysia	Premium Juicy Watermelon	Banana	Orange				
AS1 / AS9 Angkasa	12.5KM 85KM	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓			✓	✓	✓	✓	✓				✓			✓	✓			✓	✓										✓	✓	✓	✓	✓	✓	✓					
AS2 / AS10 Maxwell BaseCamp	21.6KM 94.1KM	✓	✓	✓	✓		✓																			✓		✓				✓	✓		✓								✓	✓	✓	✓	✓	✓				
AS3 Tiger Temple	29KM	✓	✓	✓	✓	✓	✓						✓								✓					✓			✓					✓											✓	✓	✓	✓	✓	✓		
AS4 Spritzer Ecopark (Legal Assistance Allowed)	37KM	✓	✓	✓	✓		✓									✓											✓	✓	✓				✓	✓	✓	✓										✓	✓	✓	✓	✓	✓	
AS5 KTM Tunnel	49KM	✓	✓	✓	✓																						✓	✓					✓	✓	✓		✓										✓	✓	✓	✓	✓	✓
AS6 Changkat Ibol Junction (Legal Assistance Allowed)	62KM	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓								✓	✓	✓	✓												✓	✓	✓	✓	✓	✓
AS7 U-Turn Kuning Sari	66.5KM	✓	✓	✓					✓													✓											✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
AS8 Peak 300	71.2KM	✓	✓	✓	✓	✓			✓		✓	✓										✓					✓			✓	✓		✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

✓ = Item is supplied at this aid station

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MY50

AID STATION	DISTANCE	HYDRATION		HOT DRINKS		COLD DRINKS	MAINS					SOUPS		BAKERY & SIDES			NAAK NUTRITION	SNACKS & SWEETS					FRUITS																													
		Ice	Water	Coke	Naak Ultra Energy Drink Mix	Traditional Black Coffee	Cameron Highlands BOH Tea	Hot Water	Hot Chocolate	Cordial	Chinese Fried Rice	Vegetable Fried Rice	Congee with Variety Toppings	Bubur Lambuk	Grilled Chicken	Fried Indomie	Instant Cup Noodle	Chicken Cocktail Sausage	Nugget	Potato Wedges	Bake Beans	Green Bean Soup	Red Bean Soup	Vegetable Soup	Mushroom Soup & Bread	French Toast	Classic Bread & Spread	Nonya Kuih	Steamed Pau	Hard Boiled Egg	Boiled Potato	Apollo Layer Cake	Swiss Roll Cake	Naak Waffle	Naak Bars	Egyptian Dates	Raisin / Roasted Trail Mix	Oreo Cookies	Win2 Potato Cracker	Mister Potato Chips	Chok-chok Chocolate Tube	Salt & Lemon Candy	Gummy/Candy	Ice Cream Malaysia	Premium Juicy Watermelon	Banana	Orange					
AS1 Tiger Temple	10KM	✓	✓	✓	✓	✓	✓						✓									✓				✓			✓	✓	✓		✓				✓										✓					
AS2 Spritzer Ecopark (Legal Assistance Allowed)	18KM	✓	✓	✓	✓		✓									✓											✓	✓	✓			✓	✓	✓				✓	✓								✓					
AS3 KTM Tunnel	23KM	✓	✓	✓	✓																						✓	✓	✓				✓	✓				✓	✓													
AS4 Changkat Ibol Junction (Legal Assistance Allowed)	36KM	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓				✓	✓	✓				✓	✓				✓	✓												
AS5 U-Turn Kuning Sari	40.5KM	✓	✓	✓					✓		✓	✓		✓	✓	✓	✓	✓	✓	✓		✓						✓	✓	✓				✓	✓				✓	✓										✓		
AS6 Peak 300	42.5KM	✓	✓	✓	✓	✓			✓		✓		✓									✓					✓			✓	✓				✓	✓				✓	✓											

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Note:

- Aid station supplies subject to changes based on the discretion of the organizer
- We apologize if any food items are unavailable by the time you arrive at the aid station.

Updated: Aug 2026

MY25

AID STATION	DISTANCE	HYDRATION				HOT DRINKS			COLD DRINKS	MAINS			BAKERY & SIDES			NAAK NUTRITION		SNACKS & SWEETS					FRUITS			
		Ice	Water	Coke	Naak Ultra Energy Drink Mix	Traditional Black Coffee	Cameron Highlands BOH Tea	Hot Water	Cordial	Vegetable Fried Rice	Bubur Lambuk	Green Bean Soup	FrenchToast	Classic Bread & Spread	Steamed Pau	Hard Boiled Egg	Boiled Potato	Naak Waffle	Naak Bars	Egyptian Dates	Raisin/Roasted Trail Mix	Win2 Potato Cracker	Mister Potato Crisps	Salt & Lemon Candy	Gummy/Candy	Premium Juicy Watermelon
AS1 Tiger Temple	10KM	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓		✓	✓	✓	✓			✓	✓		✓	✓	✓
AS2 Peak 300	13.7KM	✓	✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓

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AID STATION	DISTANCE	HYDRATION				HOT DRINKS			MAINS		BAKERY & SIDES			NAAK NUTRITION	SNACKS & SWEETS				FRUITS	
		Ice	Water	Coke	Naak Ultra Energy Drink Mix	Traditional Black Coffee	Cameron Highlands BOH Tea	Hot Water	 Bubur Lambuk	 Green Bean Soup	FrenchToast	 Steamed Pau	Hard Boiled Egg	 Boiled Potato	 Naak Waffle	 Raisin / Roasted Trail Mix	Win2 Potato Cracker	Salt & Lemon Candy	Gummy/Candy	Premium Juicy Watermelon
AS1 Tiger Temple	10KM	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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