





Updated: 04.08.2024

NUTRITION SUPPLY PLAN

	VP 1 Alpenrösli 9.3 km	VP 2 Schaffüruggli 19 km	VP 3 Saaser Alp 25.8 km	VP 3 Klosters Dorf 30.3 km	Klosters Bahnhofsplatz Ziel
Banana		x	x	x	
Orange		x	x	x	x
Melon		x	x	x	x
Cucumber		x	x	x	
Biberli		x	x	x	x
Nut cake		x	x	x	x
Salt sticks		x	x	x	x
Salted nuts		x	x	x	
Soft waffles			x		
Black chocolate			x		x
Bars by SQUEEZY	x	x	x	x	x
Gel by SQUEEZY	x	x	x	x	
Boullion*		x	x	x	
Salt		x	x	x	
Cola		x	x	x	x
Isotonic drink by SQUEEZY	x	x	x	x	x
Water	x	x	x	x	x
Erdinger non-alcoholic 					x

* Warm dissolved boullion is available in cold weather. Powder to mix yourself in warm weather.