





NUTRITION SUPPLY PLAN

Updated: 04.08.2024

	VP 1 Alpenrösli 9.3 km	VP 2 Saaser Alp 19.1 km	VP 3 Gafia 33.4 km	VP 4 Rätschenjoch 41.7 km	VP 5 Saaser Alp 46.5 km	VP 6 Klosters Dorf 52 km	Klosters Bahnhofplatz Ziel
Banana		x	x	x	x	x	
Orange		x	x	x	x	x	x
Melon		x	x	x	x	x	x
Cucumber		x	x	x	x	x	
Biberli		x	x	x	x	x	x
Nut cake		x	x	x	x	x	x
Salt sticks		x	x	x	x	x	x
Salted nuts		x	x	x	x	x	
Soft waffles		x	x		x		
Black chocolate		x			x		x
Bars by SQUEEZY®	x	x	x	x	x	x	x
Gel by SQUEEZY®	x	x	x	x	x	x	
Boullion*		x	x	x	x	x	
Salt		x	x	x	x	x	
Cola		x	x	x	x	x	x
Isotonic drink by SQUEEZY®	x	x	x	x	x	x	x
Water	x	x	x	x	x	x	x
Erdinger non-alcoholic 							x

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