





# NUTRITION SUPPLY PLAN

Updated: 25.07.2025

	VP 1 <b>Alpenrösli</b> 9.3 km	VP 2 <b>Klosters Dorf</b> 12.5 km	VP 3 <b>Serneus</b> 17 km	<b>Klosters Bahnhofsplatz</b> Ziel
Banana		x	x	
Orange		x	x	x
Melon		x	x	x
Cucumber		x	x	
Biberli		x	x	x
Nut cake		x	x	x
Salt sticks		x	x	x
Salted nuts		x	x	
Soft waffles			x	
Black chocolate			x	x
Bars by <b>SQUEEZY®</b>	x	x	x	x
Gel by <b>SQUEEZY®</b>	x	x	x	
Boullion*		x	x	
Salt		x	x	
Cola		x	x	x
Isotonic drink by <b>SQUEEZY®</b>	x	x	x	x
Water	x	x	x	x
Erdinger non-alcoholic 				x

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