





Updated: 25.07.2025

NUTRITION SUPPLY PLAN

	VP 1	VP 2	VP 3	VP 4	VP 5	VP 6	
	Alpenrösli	Saaser Alp	Gafia	Rätschenjoch	Saaser Alp	Klosters Dorf	Klosters Bahnhofsplatz
	9.3 km	19.1 km	33.4 km	41.7 km	46.5 km	52 km	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.