



Updated: 04.08.2026

# NUTRITION SUPPLY PLAN

|                           | VP 1<br>Alpenrösli<br>9.3 km | VP 2<br>Saaser Alp<br>19.1 km | VP 3<br>Gafia<br>33.4 km | VP 4<br>Rätschenjoch<br>41.7 km | VP 5<br>Saaser Alp<br>46.5 km | VP 6<br>Klosters Dorf<br>52 km | Klosters<br>Bahnhofsplatz<br>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                                 |
| Cake                                                                                                       |                              |                               |                          |                                 |                               |                                | x                                 |
| Bars by <b>SQUEEZY®</b>                                                                                    | x                            | x                             | x                        | x                               | x                             | x                              | x                                 |
| Gel by <b>SQUEEZY®</b>                                                                                     | 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 <b>SQUEEZY®</b>                                                                          | 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.