

TRANS LAN TAU 50

Check Point	Distance (km)	Cold drinks	Hot drinks	Food
Shap Long 十壟涌口	6	Water, Electrolyte tabs (Hammer Endurolyte Fizz)		
Chi Ma Wan 芝麻灣	17	Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke		Dry fruits, Bread, Peanut butter, Nutella, Bananas, Oranges, Candies, crackers, cookies, Hammer energy gels.
Pak Kung Au 伯公坳	27	Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke		Bread, Peanut butter, Nutella, Bananas, Oranges, Congee, Ham, Cheese, Candies, Crackers, Dry fruits, Hammer energy gels
Pak Mong 白芒	37	Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke	Coffee, Tea, Soup	Cup noodles, Ham, Cheese, Bread, Peanut butter, Jam, Bananas, Oranges, Candies, Crackers, Dry fruits
Finish	50	Water	Coffee, Tea, Soup	Ham & Cheese

Energy Gel



Electrolyte tabs

