

2019 CHECKPOINT FOOD AND DRINKS

Location	Cumulative distance (km)	Cold drinks	Hot drinks	Food
Support Point East Dam	12	Water, Coke, Sports drink		Bananas, Oranges, Cookies, Saltines, Dried Fruit, Nuts, Chocolate, Candies, Cakes
CP1 Ham Tin	22	Water, Coke, Sports drink		Bananas, Oranges, Egg sandwich, Energy bars, Cookies, Saltines, Dried Fruit, Nuts, Chocolate, Candies
CP2 Hau Tong Kai	34	Water, Coke, Sports drink		Bananas, Oranges, Rice balls, Bread with jam or peanut butter, Cakes, Cookies, Saltines, Dried Fruit, Nuts, Chocolate, Candies, Energy Bar
CP3 Pak Sha O	43	Water, Coke, Sports drink	Coffee, Tea, Hot chocolate, Soup, Instant Oatmeal	Bananas, Oranges, Rice Ball, Pasta, Bread with jam or peanut butter, Cake, Cookies, Saltines, Dried Fruit, Potato Chips, Nuts, Chocolate, Candies
CP4 Yung Shue O	51	Water, Coke, Sports drink	Coffee, Tea, Hot chocolate, Soup, Instant Oatmeal	Bananas, Oranges, Rice Ball, Bread with jam or peanut butter, Cake, Cookies, Saltines, Dried Fruit, Potato Chips, Nuts, Chocolate, Candies
CP5 Kei Ling Ha	57	Water, Coke, Sports drink	Coffee, Tea, Ginger tea, Hot chocolate, Soup, Instant Oatmeal	Bananas, Oranges, Pasta, Congee, Rice balls, Bread with jam, Cake, Cookies, Saltines, Dried Fruit, Potato Chips, Nuts, Chocolate, Candies
CP6 Gilwell Camp	70	Water, Coke, Sports drink	Coffee, Tea, Ginger tea, Hot chocolate, Soup, Instant Oatmeal	Bananas, Oranges, Pasta, Rice balls, Sweet Potatoes, Bread with jam or peanut butter, Cake, Cookies, Saltines, Dried Fruit, Potato Chips, Nuts, Chocolate, Candies, Energy Bar
CP7 Beacon Hill	78	Water, Coke, Sports drink	Coffee, Tea, Ginger tea, Hot chocolate, Soup, Instant Oatmeal	Bananas, Oranges, Udon noodles, Congee, Rice balls, Bread with jam or peanut butter, Cake, Cookies, Saltines, Dried Fruit, Potato Chips, Nuts, Chocolate, Candies
CP8 Shing Mun	86	Water, Coke, Sports drink	Coffee, Tea, Ginger tea, Hot chocolate, Soup, Instant Oatmeal	Bananas, Oranges, Pasta, Congee, Rice Balls, Bread with jam or peanut butter, Cake, Cookies, Saltines, Dried Fruit, Potato chips, Nuts, Chocolate, Candies, Energy Bar
CP9 Lead Mine Pass	93	Water, Coke, Sports drink	Coffee, Tea, Ginger tea, Hot chocolate, Soup, Instant Oatmeal	Bananas, Oranges, Pasta, Rice Balls, Bread with jam or peanut butter, Cake, Cookies, Saltines, Dried Fruit, Potato chips, Nuts, Chocolate, Candies, Energy Bar
Finish Rotary Club Park	103	Water, Coke	Coffee, Tea, Ginger tea, Hot chocolate, Soup, Beer	Ramen noodles, Mashed potato, Fried rice, Almond crisps, Bean curd dessert

Although every effort will be made to ensure the availability of the above items to all participants, unforeseen circumstances could render some items unavailable. Thank you for your understanding. Please take only what you need and do not waste the food and drink provided. Bon appétit!!