

HONG KONG 100 – CHECKPOINTS - FOOD AND DRINK AVAILABLE (2017)

Location	Cumulative distance (km)	Cold drinks	Hot drinks	Food
Support point: East Dam	11	Water, Sports drink, Coke	-	Bananas, Oranges, Cookies, Saltines, Chocolate, Nuts, Candies
Checkpoint 1 - Ham Tin	21	Water, Sports drink, Coke		Oranges, Egg sandwich, Cookies, Saltines, Chocolate, Nuts, Candies
Checkpoint 2 – Wong Shek	28	Water, Sports drink, Coke	-	Bananas, Oranges, Rice balls, Bread with jam or peanut butter, Cake, Cookies, Saltines, Chocolate, Nuts, Candies, Energy Bar
Checkpoint 3 - Hoi Ha	36	Water, Sports drink, Coke	Coffee, Tea, Hot chocolate, Soup, Instant Oatmeal	Bananas, Oranges, Rice Ball, Cup noodles, Bread with jam or peanut butter, Cake, Cookies, Saltines, Chocolate, Potato chips, Nuts, Candies
Checkpoint 4 – Yung Shue O	45	Water, Sports drink, Coke	Coffee, Tea, Hot chocolate, Soup, Instant Oatmeal	Bananas, Oranges, Rice Ball, Bread with jam or peanut butter, Cake, Cookies, Saltines, Chocolate, Potato chips, Nuts, Candies
Checkpoint 5 - Kei Ling Ha	52	Water, Sports drink, Coke	Coffee, Tea, Hot chocolate, Soup, Instant Oatmeal	Bananas, Oranges, Pasta, Rice balls, Cup noodles, Bread with jam or peanut butter, Cake, Cookies, Saltines, Chocolate, Potato chips, Nuts, Candies
Checkpoint 6 – Gilwell Camp	65	Water, Sports drink, Coke	Coffee, Tea, Ginger tea, Hot chocolate, Soup, Instant Oatmeal	Bananas, Oranges, Rice balls, Cup noodles, Bread with jam or peanut butter, Cake, Cookies, Saltines, Chocolate, Potato chips, Nuts, Candies, Energy Bar
Checkpoint 7 – Beacon Hill	73	Water, Sports drink, Coke	Coffee, Tea, Ginger tea, Hot chocolate, Soup, Instant Oatmeal	Bananas, Oranges, Pasta, Rice balls, Cup noodles, Bread with jam or peanut butter, Cake, Cookies, Saltines, Chocolate, Potato chips, Nuts, Candies,
Checkpoint 8 - Shing Mun Dam	83	Water, Sports drink, Coke	Coffee, Tea, Ginger tea, Hot chocolate, Soup, Instant Oatmeal	Bananas, Oranges, Rice balls, Cup noodles, Bread with jam or peanut butter, Cake, Cookies, Saltines, Chocolate, Potato chips, Nuts, Candies, Energy Bar
Checkpoint 9 – Lead Mine Pass	90	Water, Sports drink, Coke	Coffee, Tea, Ginger tea, Hot chocolate, Soup, Instant Oatmeal	Bananas, Oranges, Cup noodles, Bread with jam or peanut butter, Cake, Cookies, Saltines, Chocolate, Potato chips, Nuts, Candies, Energy Bar
Finish – Rotary Club Park – Tai Mo Shan Road / Route Twish	100	Water, Coke	Coffee, Tea, Ginger tea, Hot chocolate, Soup	Bread with jam or peanut butter, Cake, Cup noodles

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!