



All Rio aid stations are stocked with:

- GU Energy (and Liquid) Gels (caffeine and no caffeine)
- GU CHEWS
- GU Roctane Energy Drink
- GU Roctane Electrolyte Capsules

Willow Creek

- Non-Caffeine Gels – Lemon Sublime
- Caffeine Gels– Vanilla Bean; Cherry Lime
- Strawberry CHEWS (caffeine)
- Strawberry Hibiscus Roctane Energy Drink – No Caffeine
- GU Roctane Electrolyte Capsules

Black Miners Bar

- Non-Caffeine Gels- Pineapple; Lemon Sublime
- Caffeine Gels- Cola; Vanilla Bean; Cherry Lime
- Salted Lime CHEWS (no caffeine)
- Strawberry Hibiscus Roctane Energy Drink – No Caffeine
- GU Roctane Electrolyte Capsules

Beal's Point

- Non-Caffeine Gels- Lemon Sublime
- Caffeine Gels- Vanilla Bean; Cherry Lime; Chocolate Outrage; Liquid Energy Cola
- Salted Lime CHEWS (no caffeine)
- Strawberry Hibiscus Roctane Energy Drink – No Caffeine
- GU Roctane Electrolyte Capsules

Granite Beach

- Non-Caffeine Gels – Pineapple; Lemon Sublime
- Caffeine Gels- Chocolate Outrage; Cola; Cherry Lime; Liquid Energy Cola
- Salted Lime CHEWS (no caffeine)
- Lemon Berry Roctane Energy Drink – Caffeine
- GU Roctane Electrolyte Capsules

Horseshoe Bar

- Non-Caffeine Gels- Pineapple; Lemon Sublime; Liquid Energy Lemonade
- Caffeine Gels- Cold Brew; Vanilla Bean; Cherry Lime; Liquid Energy Cola
- Salted Lime CHEWS
- Summit Tea Roctane Energy Drink – Caffeine
- GU Roctane Electrolyte Capsules

Rattlesnake Bar

- Non-Caffeine Gels- Pineapple; Lemon Sublime; Liquid Energy Lemonade
- Caffeine Gels- Cola; Cherry Lime; Liquid Energy Cola
- Blueberry Pomegranate CHEWS (no caffeine)
- Summit Tea Roctane Energy Drink- Caffeine
- GU Roctane Electrolyte Capsules

Overlook

- Non-Caffeine Gels- Lemon Sublime; Liquid Energy Lemonade
- Caffeine Gels- Vanilla Bean; Cold Brew; Cherry Lime; Liquid Energy Cola
- Blueberry Pomegranate CHEWS (no caffeine)
- Summit Tea Roctane Energy Drink- Caffeine
- GU Roctane Electrolyte Capsules

No Hands Bridge

- Non-Caffeine Gels- Lemon Sublime; Pineapple; Liquid Energy Lemonade
- Caffeine Gels- Cherry Lime; Cola; Liquid Energy Cola
- Watermelon CHEWS (no caffeine)
- Lemon Berry Roctane Energy Drink – Caffeine
- GU Roctane Electrolyte Capsules

ALT

- Non-Caffeine Gels- Pineapple; Lemon Sublime; Liquid Energy Lemonade
- Caffeine Gels- Cherry Lime; Cola; Liquid Energy Cola
- Blueberry Pomegranate CHEWS (no caffeine)
- Lemon Berry Roctane Energy Drink – Caffeine
- GU Roctane Electrolyte Capsules

Cool Fire Station

- Non-Caffeine Gels- Lemon Sublime
- Caffeine Gels- Chocolate Outrage; Cherry Lime; Liquid Energy Cola
- Blueberry Pomegranate CHEWS (no caffeine)
- Summit Tea Roctane Energy Drink- Caffeine
- GU Roctane Electrolyte Capsules