



All Rio aid stations are stocked with GU Energy Gels, Skratch Sport Hydration Drink, Skratch Energy Chews, Organic Jambar Minis & SaltStick FastChews/Electrolyte Capsules.

Willow Creek

- GU Non-Caffeine Gels – Lemonade; Strawberry Banana
- GU Caffeine Gels– Chocolate Outrage; Vanilla Bean; Tri-berry
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Black Miners Bar

- GU Non-Caffeine Gels- Lemonade; Pineapple
- GU Caffeine Gels- Chocolate Coconut; Cherry Lime; Blueberry Pomegranate
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Beal's Point

- GU Non-Caffeine Gels- Lemonade; Strawberry Banana
- GU Caffeine Gels- Vanilla Bean; Cherry Lime; Vanilla Orange
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Granite Beach

- GU Non-Caffeine Gels – Lemonade; Lemon Sublime
- GU Caffeine Gels- Vanilla Orange; Blueberry Pomegranate; Cold Brew
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Horseshoe Bar

- GU Non-Caffeine Gels- Lemonade; Strawberry Banana
- GU Caffeine Gels- Tri-berry; Chocolate Coconut; Vanilla Bean
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Rattlesnake Bar

- GU Non-Caffeine Gels- Lemonade; Strawberry Banana
- GU Caffeine Gels- Cherry Lime; Chocolate Coconut; Salted Watermelon
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Overlook

- GU Non-Caffeine Gels- Lemonade; Strawberry Banana
- GU Caffeine Gels- Vanilla Bean; Cherry Lime; Chocolate Coconut
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

No Hands Bridge

- GU Non-Caffeine Gels- Lemonade; Strawberry Banana
- GU Caffeine Gels- Cherry Lime; Vanilla Bean; Tri-berry
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

ALT

- GU Non-Caffeine Gels- Lemonade; Strawberry Banana
- GU Caffeine Gels- Cherry Lime; Tri-berry; Chocolate Coconut
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- SaltStick Electrolyte FastChews – Orange or Lemon Lime

Cool Fire Station

- GU Non-Caffeine Gels- Strawberry Banana; Lemon Sublime
- GU Caffeine Gels- Vanilla Orange; Cherry Lime; Tri-berry
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine) & Raspberry Limeade (Caffeine)
- Skratch Energy Chews – Orange & Cherry
- SaltStick Electrolyte FastChews – Orange or Lemon Lime