

# TRANS LANTAU 25

Check Point	Distance (km)	Cold drinks	Hot drinks	Food
CP 1: Shap Long 十壟涌口	6	Water, Electrolyte tabs (Hammer Endurolyte Fizz)		
CP 2: Chi Ma Wan 芝麻灣	17	Water, Electrolyte tabs (Hammer Endurolyte Fizz), Coke		Dry fruits, Bread, Peanut butter, Nutella, Bananas, Oranges, Candies, cookies, Hammer energy gels ( <b>refill</b> )
Finish	25	Water	Coffee, Tea, Chocolate, Soup,	

Energy Gel



Electrolyte tabs

