

『雷利衛徑長征』食物及飲料 Raleigh Challenge - Wilson Trail Food and Drinks

為了環保，大會將不會提供容器和餐具，參賽者必須自備。

For Environmental purpose, NO containers and cutlery will be provided by the Organizer. Participants MUST bring their own.

食物及飲料供應如有更改，將不另行通知。

Food and drinks provided are subject to change without prior notice.

檢查站 Checkpoint	位置 Location	食物及飲料 Food and Drinks
START (起點)	Tai Tam Barbecue Area (大潭水塘道)	水 Water
CP1 (檢查站 1)	Hong Kong Parkview (陽明山莊)	水, 汽水, 蕉, 鹽糖, 包, 果醬/花生醬 Water, Soft Drink, Banana, Salt Candy, Bread, Jam/Peanut Butter
SCP1 (中途檢查站 1)	Yau Tong (油塘)	不適用 Not applicable
CP2 (檢查站 2)	Yau Tong O King Road (油塘澳景路)	水, 汽水, 蕉, 果仁, 包, 果醬/花生醬 Water, Soft Drink, Banana, Nuts, Bread, Jam/Peanut Butter
CP3 (檢查站 3)	Tseng Lan Shue (井欄樹)	水, 運動飲料, 蕉, 橙, 鹽糖, 能量棒, 包, 果醬/花生醬, 蛋糕仔 Water, Sports Drink, Banana, Orange, Salt Candy, Energy Bar, Bread, Jam/Peanut Butter, Cake
CP4 (檢查站 4)	Shatin Pass (沙田坳道)	水, 汽水, 梨, 鹽糖, 果仁, 包, 果醬/花生醬 Water, Soft Drink, Pear, Salt Candy, Nuts, Bread, Jam/Peanut Butter
CP5 (檢查站 5)	Tai Po Road (大埔道)	水 Water
CP6 (檢查站 6)	Shing Mun Reservoir (城門水塘)	水, 汽水, 熱飲, 即沖粥, 蕉, 鹽糖, 包, 果醬/花生醬 Water, Soft Drink, Hot Drink, Instant Congee, Banana, Salt Candy, Bread, Jam/Peanut Butter

CP7 (檢查站 7)	Yuen Tun Ha (元墩下)	水, 熱飲, 即沖熱湯, 白飯, 蕉, 朱古力, 鹽糖, 果仁, 蛋糕仔 Water, Hot Drink, Hot Soup, Plain Rice, Banana, Chocolate, Salt Candy, Nuts, Cake
CP8 (檢查站 8)	Hok Tau Reservoir (鶴藪水塘)	水, 汽水, 運動飲料, 熱飲, 即食麵, 蕉, 橙, 朱古力, 能量棒, 包, 果醬/花生醬 Water, Soft Drink, Sports Drink, Hot Drink, Instant Noodles, Banana, Orange, Chocolate, Energy Bar, Bread, Jam/Peanut Butter
SCP2 (中途檢查站 2)	Hsein Ku Fung (仙姑峰)	不適用 Not applicable
FINISH (終點)	Sha Tau Kok (沙頭角)	水, 汽水, 水果, 熱狗, 小食 Water, Soft Drink, Fruits, Hot Dog, Snacks