



All WTC aid stations are stocked with:

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

Fire Station

- Non-Caffeine Gels – Lemon Sublime; Strawberry Kiwi
- Caffeine Gels– Salted Lime; Cola; Sea Salt Chocolate; Cherry Lime
- Liquid Energy- Lemonade (No Caffeine) and Orange (Caffeine)
- Orange Chews
- Strawberry Hibiscus Roctane Energy Drink – No Caffeine
- GU Roctane Electrolyte Capsules

Lower Quarry

- Non-Caffeine Gels- Lemon Sublime; Strawberry Kiwi; Pineapple
- Caffeine Gels- Salted Lime; Cola; Sea Salt Chocolate; Cherry Lime
- Liquid Energy- Lemonade (No Caffeine) and Orange (Caffeine)
- Orange Chews
- Summit Tea Roctane Energy Drink – Caffeine
- GU Roctane Electrolyte Capsules

ALT

- Non-Caffeine Gels- Lemon Sublime; Strawberry Kiwi; Pineapple
- Caffeine Gels- Salted Lime; Cola; Cherry Lime
- Liquid Energy- Lemonade (No Caffeine) and Orange (Caffeine)
- Orange Chews
- Summit Tea Roctane Energy Drink – Caffeine
- GU Roctane Electrolyte Capsules

Goat Hill

- Non-Caffeine Gels – Lemon Sublime; Pineapple
- Caffeine Gels- Salted Lime; Cola; Sea Salt Chocolate; Cherry Lime
- Liquid Energy- Lemonade (No Caffeine) and Orange (Caffeine)
- Orange Chews
- Summit Tea Roctane Energy Drink – Caffeine
- GU Roctane Electrolyte Capsules

Highway 49

- Non-Caffeine Gels- Lemon Sublime; Pineapple; Strawberry Kiwi
- Caffeine Gels- Salted Lime; Sea Salt Chocolate; Cherry Lime
- Orange Chews
- Summit Tea Roctane Energy Drink – Caffeine
- GU Roctane Electrolyte Capsules