



skratch LABS



All WTC aid stations are stocked with GU Energy Gels, Skratch Sport Hydration Drink, SaltStick FastChews/Electrolyte Capsules, Organic Jambars and Krams.

### Fire Station

- GU - Non-Caffeine Gels – Strawberry Banana & Lemon Lime
- GU - Caffeine Gels– Salted Watermelon & Vanilla & Blueberry Pomegranate
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars- Musical Mango (Vegan/GF) & Jammin' Jazzleberry (Vegan/GF) & Chocolate Cha-Cha (GF/Trade)

### Lower Quarry

- GU - Non-Caffeine Gels – Strawberry Banana & Lemon Lime
- GU - Caffeine Gels– Salted Watermelon & Vanilla & Salted Lime
- Skratch Lemon + Lime Sports Hydration Drink – (No Caffeine)
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars- Musical Mango (Vegan/GF) & Jammin' Jazzleberry (Vegan/GF) & Chocolate Cha-Cha (GF/Trade)

### ALT

- GU - Non-Caffeine Gels – Strawberry Banana & Lemon Lime
- GU - Caffeine Gels– Salted Watermelon & Vanilla & Salted Lime
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars- Musical Mango (Vegan/GF) & Jammin' Jazzleberry (Vegan/GF) & Chocolate Cha-Cha (GF/Trade)

### Goat Hill

- GU - Non-Caffeine Gels – Strawberry Banana & Lemon Lime
- GU - Caffeine Gels– Salted Watermelon & Vanilla & Salted Lime
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars- Musical Mango (Vegan/GF) & Jammin' Jazzleberry (Vegan/GF) & Chocolate Cha-Cha (GF/Trade)

### Highway 49

- GU - Non-Caffeine Gels – Strawberry Banana & Lemon Lime
- GU - Caffeine Gels– Salted Watermelon & Vanilla & Blueberry Pomegranate
- Skratch Raspberry Limeade Sports Hydration Drink – (Caffeine)
- SaltStick Electrolyte FastChews – Orange & Lemon Lime
- Jambars- Musical Mango (Vegan/GF) & Jammin' Jazzleberry (Vegan/GF) & Chocolate Cha-Cha (GF/Trade)