



All AR aid stations are stocked with GU Nutrition Products

- GU Energy Gels (Caffeinated and Non-Caffeinated)
- Roctane Energy Drink (Caffeinated and Non-Caffeinated)
- GU Chews
- GU Roctane Electrolyte Capsules

#### Folsom Point

- Non-Caffeine Gels –Pineapple & Lemon Sublime
- Caffeine Gels– Cherry Lime
- Liquid Energy Gels- Cola (Caffeine) and Lemonade (No Caffeine)
- Watermelon Chews (No Caffeine)
- Strawberry Hibiscus Roctane Energy Drink – (No Caffeine)

#### Willow Creek

- Non-Caffeine Gels- Pineapple & Lemon Sublime
- Caffeine Gels- Cherry Lime
- Liquid Energy Gels- Cola (Caffeine) and Lemonade (No Caffeine)
- Watermelon Chews (No Caffeine)
- Strawberry Hibiscus Roctane Energy Drink – (No Caffeine)

#### Black Miners Bar

- Non-Caffeine Gels- Pineapple & Lemon Sublime
- Caffeine Gels- Cola & Sea Salt Chocolate
- Liquid Energy Gels- Lemonade (No Caffeine) & Cola (Caffeine)
- Strawberry Chews (Caffeine)
- Strawberry Hibiscus Roctane Energy Drink – (No Caffeine)

#### Beal's Point

- Non-Caffeine Gels – Pineapple & Lemon Sublime
- Caffeine Gels- Cherry Lime & Cola
- Liquid Energy Gels- Lemonade (No Caffeine) & Cola (Caffeine)
- Watermelon Chews (No Caffeine)
- Strawberry Hibiscus Roctane Energy Drink – (No Caffeine)

### Granite Bay

- Non-Caffeine Gels- Pineapple & Lemon Sublime
- Caffeine Gels- Cold Brew & Cola & Vanilla
- Liquid Energy Gels- Lemonade (No Caffeine) & Cola (Caffeine)
- Watermelon Chews (No Caffeine)
- Lemon Berry Roctane Energy Drink – (Caffeine)

### Horseshoe Bar

- Non-Caffeine Gels – Pineapple & Lemon Sublime
- Caffeine Gels- Caffeine Gels- Cold Brew & Cola & Vanilla & Cherry Lime
- Liquid Energy Gels- Lemonade (No Caffeine) & Cola (Caffeine)
- Watermelon Chews (No Caffeine)
- Lemon Berry Roctane Energy Drink – (Caffeine)

### Rattlesnake Bar

- Non-Caffeine Gels – Pineapple & Lemon Sublime
- Caffeine Gels- Cherry Lime & Cola & Chocolate Outrage & Cold Brew
- Liquid Energy Gels- Lemonade (No Caffeine) & Cola (Caffeine)
- Watermelon Chews (No Caffeine)
- Summit Tea Roctane Energy Drink- Caffeine

### Dowdin's Post

- Non-Caffeine Gels – Pineapple & Lemon Sublime
- Caffeine Gels- Cherry Lime & Cola & Vanilla & Cold Brew
- Liquid Energy Gels- Lemonade (No Caffeine) & Cola (Caffeine)
- Watermelon Chews (No Caffeine)
- Summit Tea Roctane Energy Drink- Caffeine

### Last Gasp

- Non-Caffeine Gels – Pineapple & Lemon Sublime
- Caffeine Gels- Cherry Lime & Vanilla & Cold Brew & Chocolate Outrage
- Liquid Energy Gels- Lemonade (No Caffeine) & Cola (Caffeine)
- Watermelon Chews (No Caffeine)
- Summit Tea Roctane Energy Drink- Caffeine