



Sai Kung 7th February Checkpoint Food & Drink

13km

Location	Cumulative Distance	Drinks	Food
CP 1 - Sai Wan 1k after Pagoda towards Pak Tam Chung.	9km	Water	Bananas & Oranges.
Finish – Pak Tum Chung	13km	Water, Coke, Coffee & Hot chocolate	Bananas, Oranges, Crackers, Bread, Peanut butter, Jam, Chocolate, Chocolate wafer biscuits, gummy sweets, Lunch box with Rice and pasta - vegetarian and non vegetarian, Sweet Angel cookies.

24km

Location	Cumulative Distance	Drinks	Food
CP1 - Chek Keng	8km	Water	Banana & Oranges
CP 2 - Ham Tin Wan	14.5km	Water	Bananas, Oranges, Crackers, Bread, Peanut butter, Jam, Chocolate, Chocolate wafer biscuits, gummy sweets.
CP 3 - Sai Wan 1k after Pagoda towards Pak Tam Chung	20km	Water	Bananas & Oranges.
Finish – Pak Tum Chung	24km	Water, Coke, Coffee & Hot chocolate	Bananas, Oranges, Crackers, Bread, Peanut butter, Jam, Chocolate, Chocolate wafer biscuits, gummy sweets, Lunch box with Rice and

			pasta - vegetarian and non vegetarian, Sweet Angel cookies.
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28km

Location	Cumulative Distance	Drinks	Food
CP1 - Chek Keng	8km	Water	Banana & Oranges
CP 2 - Ham Tin Wan	18km	Water	Bananas, Oranges, Crackers, Bread, Peanut butter, Jam, Chocolate, Chocolate wafer biscuits, gummy sweets.
CP3 - Sai Wan Road Pagoda stairs	22km	Water	Bananas & Oranges.
Finish – Pak Tum Chung	28km	Water, Coke, Coffee & Hot chocolate	Bananas, Oranges, Crackers, Bread, Peanut butter, Jam, Chocolate, Chocolate wafer biscuits, gummy sweets, Lunch box with Rice and pasta - vegetarian and non vegetarian, Sweet Angel cookies.

50km

Location	Cumulative Distance	Drinks	Food
CP1 - Chek Keng	8km	Water	Banana & Oranges
CP 2 - Ham Tin Wan	18km	Water	Bananas, Oranges, Crackers, Bread, Peanut butter, Jam, Chocolate, Chocolate wafer biscuits, gummy sweets.
CP 3 - Sai Kung Man Yee Road	30km	Water & Coke	Bananas, Oranges, Crackers, Bread, Peanut butter, Jam, Chocolate, Chocolate wafer biscuits, gummy sweets.
CP 4 - Pak Tam Road Pak Tam Country trail entrance	42km	Water & Coke	Bananas, Oranges, Crackers, Bread, Peanut butter, Jam, Chocolate, Chocolate wafer biscuits, gummy sweets.
Finish – Pak Tum Chung	50km	Water, Coke, Coffee & Hot chocolate	Bananas, Oranges, Crackers, Bread, Peanut butter, Jam, Chocolate, Chocolate wafer biscuits, gummy sweets, Lunch box with Rice and pasta - vegetarian and non vegetarian, Sweet Angel cookies.

