35K Supply plan	km 7 Al Vach	km 17,40 Fusine	km 25,60 Tamai
Water	X	X	X
Supplements	X	X	X
Drinks		X	X
Tea and/or coffee		X	X
Soup			
Lentils and/or beans			X
Chips		X	X
Dried fruit (e.g. walnuts)		X	X
Dehydrated fruit (e.g. raisins)		X	X
Fresh fruit		X	X
Chocolate		X	X
Jam and/or chocolate cream		X	X
Biscuits		X	X
Cheese and salami		X	X
Bread		X	X