

[illegible]

Crew Aid Instructions											
Aid Station		Food to eat in aid station	Nutrition to pack / pack	Hydration	Headlamp	Poles	Shoe change	Feet	Clothing change	Medical	
Aid Station		Food	Check & Pack Nutrition	Hydration	Headlamp	Poles	Shoe change	Feet	Clothing change	Medical	Notes
Aid Station		Food	Nutrition	Hydration	Headlamp	Poles	Shoe change	Feet	Clothing change	Medical	Notes
Aid Station		Food	Nutrition	Hydration	Headlamp	Poles	Shoe change	Feet	Clothing change	Medical	Notes
Aid Station		Food	Nutrition	Hydration	Headlamp	Poles	Shoe change	Feet	Clothing change	Medical	Notes
Solid Food Options	Liquid Nutrition	Real Food	Drinks								

Race strategy and notes				
Nutrition / hydration plan				
Thoughts				
Crew Notes				
General Trail / Course Info				

Gear & Organization Notes				
Race Day Clothing	Notes		Night Bag	
Extra clothes Bag	Notes		Warm Clothes Bag	Notes
Medical Bag	Notes		Misc	Notes

[illegible]

Crew Menu and Food
Breakfast
Lunch
Dinner
Snacks

Drinks

Date	Time	Activity	Location	Location Link