

# Highland Fling Race 2026

Food to Pack

29 Aug 2026

## Master Shopping List

37 items

- 10x Active Root Energy Gel 4 stops
- 6x HIGH5 ZERO Electrolyte Tablet 6 stops
- 6x Medjool Date 3 stops
- 5x Salt Stick FASTCHEWS 3 stops
- 2x Active Root Sports Drink Mix 2 stops
- 2x Ambrosia Rice Pudding
- 2x Jam Strawberry
- 1x Active Root Energy Gel Mix
- 1x Banana
- 1x Stoats Apple & Cinnamon Porridge Oat Bar
- 1x White Bread Thick White Warburtons
- Water** **4.15 L (4,150 ml)**

*Water totals include every top-up planned across the race.*

## Per Checkpoint

8 checkpoints

### 1. Start → Beech Tree

5 items

- 1x Banana medium
- 1x HIGH5 ZERO Electrolyte Tablet tablet (750ml)
- 3x Medjool Date medium (24g)
- 2x Salt Stick FASTCHEWS 1 Chew
- Water** **500 ml**

### 2. Beech Tree → Drymen

4 items

- 1x HIGH5 ZERO Electrolyte Tablet tablet (750ml)
- 2x Medjool Date medium (24g)
- 1x Stoats Apple & Cinnamon Porridge Oat Bar 50g
- Water** **500 ml**

### 3. Drymen → Balmaha

6 items

- 2x Ambrosia Rice Pudding 120g
- 1x HIGH5 ZERO Electrolyte Tablet tablet (750ml)
- 2x Jam Strawberry 1 tablespoon (20g)
- 1x Salt Stick FASTCHEWS 1 Chew
- 1x White Bread Thick White Warburtons 1 slice (40g)
- Water** **500 ml**

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## 4. Balmaha → Rowardennan

5 items

- 1x Active Root Energy Gel 42 Grams
- 1x Active Root Sports Drink Mix gel
- 1x Medjool Date medium (24g)
- 2x Salt Stick FASTCHEWS 1 Chew
- Water **500 ml**

## 5. Rowardennan → Inversnaid

3 items

Drop bag

- 3x Active Root Energy Gel 42 Grams
- 1x HIGH5 ZERO Electrolyte Tablet tablet (750ml)
- Water **550 ml**

## 6. Inversnaid → Beinglas

3 items

- 3x Active Root Energy Gel 42 Grams
- 1x HIGH5 ZERO Electrolyte Tablet tablet (750ml)
- Water **550 ml**

## 7. Beinglas → Bogle Glen

3 items

- 3x Active Root Energy Gel 42 Grams
- 1x HIGH5 ZERO Electrolyte Tablet tablet (750ml)
- Water **500 ml**

## 8. Bogle Glen → Finish

3 items

Drop bag

- 1x Active Root Energy Gel Mix 25 Grams
- 1x Active Root Sports Drink Mix gel
- Water **550 ml**