

Aid Station Food & Drink Plan for 2025

Drinks & Food by Aid Station

A1: Donguri Park

Drinks:

- Water
- Barley Tea
- Cola
- Orange Juice
- Milk Tea
- Citric Acid Drink

Food:

- Salt & Electrolyte Supplement
- Banana
- Yokan Stick (sweet bean jelly bar)
- Apple Jam Biscuit
- Chip Star (potato chips)
- Oyaki (stuffed bun)

A2: NUKASEN

Drinks:

- Water
- Hot Water
- Barley Tea
- Cola
- Orange Juice
- Milk Tea
- Citric Acid Drink

Food:

- Salt & Electrolyte Supplement
- Banana
- Manju (sweet bun)
- Apple Jam Biscuit
- Chip Star
- Oyaki

A3: KAYANODAIRA

Drinks:

- Water
- Barley Tea
- Cola
- Orange Juice
- Milk Tea
- Citric Acid Drink

Food:

- Salt & Electrolyte Supplement

- Banana
- Manju
- Yokan Stick
- Chip Star
- Inago (candied grasshoppers)
- Pickles
- Inari Sushi

A4: KAYANODAIRA

Drinks:

- Water
- Barley Tea
- Cola
- Orange Juice
- Milk Tea
- Citric Acid Drink

Food:

- Salt & Electrolyte Supplement
- Banana
- Manju
- Yokan Stick
- Chip Star
- Pickles
- Inari Sushi

A5: NUKASEN

Drinks:

- Water
- Hot Water
- Barley Tea
- Cola
- Orange Juice
- Milk Tea
- Citric Acid Drink

Food:

- Salt & Electrolyte Supplement
- Banana
- Manju
- Apple Jam Biscuit
- Chip Star
- Rice ball
- Tonjiru (pork miso soup)

A6: Keyakinomori Park

Drinks:

- Water
- Hot Water
- Barley Tea

- Cola
- Orange Juice
- Milk Tea
- Citric Acid Drink

Food:

- Salt & Electrolyte Supplement
- Banana
- Yokan Stick
- Chip Star
- Ponchan Ramen (instant noodle cup)
- Shari-dama
- Manju

A7: NUKASEN

Drinks:

- Water
- Hot Water
- Barley Tea
- Cola
- Orange Juice
- Milk Tea
- Citric Acid Drink

Food:

- Salt & Electrolyte Supplement
- Banana
- Chip Star
- Tonjiru
- Shari-dama
- Manju

Notes:

- No chopsticks are provided. Please bring your own reusable chopsticks.
- No paper cups are available. Please bring your own cup.
- Please refrain from filling your personal bottles with Cola, Orange Juice, or Milk Tea.