



# SKI TOURING

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## PREPARE & BEFORE

Make sure you eat a balanced diet rich in carbohydrates the evening before, because it is often difficult to eat enough breakfast early in the morning. The longer the duration of the planned ski tour, the more important it is to have full glycogen stores and a balanced fluid and electrolyte balance.

### POWER PORRIDGE

Tasty, warm breakfast for athletes. Quick and easy to prepare. The combination of complex carbohydrates and high-quality whey protein ensures long-lasting performance thanks to well-filled energy stores and optimally nourished muscles.

### ACTIVATOR

The morning pick-me-up as a „cold espresso“. ACTIVATOR provides caffeine from various sources, whose effect lasts up to 4 hours. For increased endurance performance, increased alertness and improved concentration.

### OAT PACK

Concentrated, lasting energy from oat flakes with natural ingredients and delicious taste. The energy bars are ideal companions for outdoor activities. Available in two flavours: Macadamia Chufas and Creamy Caramel.



## DURING

A regular supply of fluid, carbohydrates and electrolytes is crucial for sustained performance over several hours. Drink regularly and according to your thirst. Sports drinks, ideally prepared warm, are ideal for this purpose. For further energy supply, solid food as a snack is recommended.

### COMPETITION®

The ultimate sports drink for ski touring has a broad carbohydrate spectrum for quick and sustained energy. Can be prepared both hot and cold. COMPETITION® is acid-free and therefore also tooth-friendly. Mild in taste, pH-neutral and enriched with the necessary electrolytes.

### ISOTONIC

The popular isotonic thirst quencher, available in five fruity flavours. With different sources of carbohydrates and electrolytes. Can be prepared both hot and cold.

### ACTIVATOR

The instant motivation booster for physical and mental lows. Increased endurance, enhanced alertness and improved concentration. One ampoule every 2-3 hours.

### POWER GUMS

The practical energy jellies are available in two flavours and optionally supplemented with caffeine or BCAAs. One pack contains 10 jellies and is ideal for a quick energy supply on the go.

### HIGH ENERGY BAR

The high-quality cereal bar provides quick and long-lasting energy. Easily digestible and therefore ideally suited for touring. Note: should be carried close to the body underneath the clothing in icy temperatures.

### THERMO BELT

The conveniently accessible hip belt keeps beverages warm for up to 6 hours and offers a compartment for stowing solid food. Capacity of 1000 ml and easy to clean. The screw cap serves as a drinking cup.



## AFTER

The first hour after exercise is important for rapid recovery and effective training adaptation. Your body's susceptibility to infection is also increased. Therefore, replenish with fluid and electrolytes as quickly as possible, ideally while still at the summit, and ensure the first energy replenishment, even if you do not yet feel hungry. After the tour, also make sure you have around 25 g of quickly available, high-quality proteins and carbohydrates as required.

### RECOVERY DRINK

The tried and tested, tasty regeneration drink in a portion pouch, practical to take along. Can be ideally combined with AMINO 12500 for a higher protein content.

### PROTEIN CHOCO ALMONDS

Reward yourself with a tasty snack! Finest almonds, coated with sugar-free chocolate and extra whey protein.

### IMMUNOGUARD

This plant-based multi-nutrient preparation provides important immuno-active nutrients to support the immune system in times of increased susceptibility to infections.