

			Buffet at Hotel/Hut	Bergsteigeressen	Dessert	Portion TreckingNahrung	AsiaNudeln (g)	Portion Müsli (1 big plate)	Snickers	Wasa Knaeckebrot Slice	miniSalami Strick (approx. 20g)	Salami (approx 50g)	Portion (1 Hand) of StudentenFutter	Ice cream	HefeWeizen	Big Softdrink	600ml flavored milk or a hotchocolat	Fleischkäsebrötchen	Packung Manner
Day 1	Scharnitz	Karwendel	Breakfast	1															
			Break I						1	3	1		2						
			Break II						1	3	1		2						
			Break III		1				1	3									
			Break IV										2						
Day 2	Karwendel	Hallerangerhaus	Dinner			1													
			Breakfast				1	1	1										
			Break I							3	1		2						
			Break II				2		1	3	2								
Day 3	Hallerangerhaus	Tuxer Biwak	Dinner	1					1						2				
			Breakfast						2	2									
			Break I				1			3	2			1					
			Break in town														1	2	
			Break III													1			
Day 4	Tuxer Biwak	Lizumer Hütte	Dinner			1				3		1							0,5
			Breakfast						1	3		1							0,5
			Break I						1				2						
			Break II										1						
			Break III						1	2	2								
			Break IV						1	1	1		2						
Day 5	Lizumer Hütte	Tuxer Joch Haus	Dinner	1	1										2				
			Breakfast	1															
			Break I						1				2						
			Break II				2			3	2								0,5
Day 6	TuxerJochHaus	Biwak am Schlegeis Speicher (Stausee)	Dinner	1					1	3	2								
			Breakfast					1		3	1								
			Break I						1										
			Break II				2		1	3		2							
			Break III														1		
			Dinner	1		1				3		1							0,5
Biwak	Village of Stein			not listed, as tour cancelled on this day															

On Day 3 the city of Hall was crossed with shopping opportunities (food and sporting goods)

On the Huts special value meals were served for 7 euros called Bergsteigeressen.

Trecking Nahrung is freeze dried food, that only requires pouring boiling hot water into the bag. 1 Portion as declared by the manufacturer.