

From the light and crispy but heavy on the energy, to the full-powered and perfectly powdered blend of hydration and caffeination – trackside snacking doesn't have to bring with it artificial flavours, excess sugar, or funny-sounding ingredients we can't quite decipher. With that in mind, the following [track snacks](#) are designed to fit every backpack – be that for finishing your favourite trail, curbing that carb craving, or even fueling mid-morning at the office.



*Trackside snacking doesn't have to bring with it artificial flavours, excess sugar, or funny-sounding ingredients we can't quite decipher. Credit: Clif*

## Bars

Fast, nutritious, and easily transported – [energy bars](#) are the most impactful jam-packed mouthful for the track. From the bushwalks across rubble to fast-paced races on flatter pavement, stay fueled beyond the big smoke with their superior nutritional profile and kick-butt flavour options too.

As the most versatile choice, bars make for easy snacking ahead of a hike, training session, or simply to keep you kicking on at the keyboard during the workday. To benefit the most from an energy bar, consume 2-3 hours before exercise. Nibble away mid-activity too, to keep hunger at bay.



*Stay fueled beyond the big smoke with a superior nutritional profile and kick-butt flavour options too. Credit: Skratch Labs*

[Energy bars](#) are usually very dense, having them more satiating and filling compared to a gel. Their texture is more solid, like that of a muesli bar, which can often be more palatable. Nonetheless, they're not ideal when you've got your hands tied, nor as fast absorbing as a [gel](#).

Some of our favourite brands include [Clif](#) and [Skratch Labs](#). Wholesome ingredients in, hydrogenated oils out – every [Clif bar](#) is 70% organic, made with healthy, high-energy ingredients without compensating with high-fructose corn syrup. Boasting a compact pack size too, they're easily stored on your hike, ride, or run. For more on the flavour of [Clif energy bars](#) taste, check out our review in the video below.

*The [Snowys YouTube](#) channel is home to many Clif Bar reviews.*

Similarly, [Skratch Labs](#) develop and sell sustenance that not only aid healthy living but taste as clean as the ingredients are real. The team at Skratch Labs translate the 'start from scratch' approach to their products, avoiding artificial ingredients found in most pre-packaged sports bars and drinks.

Check out the [Clif](#) and [Skratch Labs](#) range on our website.



*Skratch Labs avoid using artificial ingredients found in most pre-packaged sports bars and drinks. Credit: Skratch Labs*

## Gels

Be you trekking through snow or slaying the slopes, energy gels both refuel and replenish, replacing the electrolytes lost through sweat. Made with organic maltodextrin and organic dried cane syrup, the Clif Energy gels are made especially for high-performance athletes. Energy gels are ideal for riding, trail running, or any fast-paced activity where chewing would require slowing down. With no chewing involved, your head remains in the game while carbs are absorbed rapidly into your bloodstream. Consume once or twice an hour with water during exercise, or 15 minutes before you head out.

*Gels are both easy to eat, and fast-absorbing. Photo: Clif Bar & Company*

## Chews

An irresistibly viscous blend of glucose and fructose – the simple yet stimulating carbs – energy chews contain the butt-kicking energy blend your body absorbs effectively and efficiently. Skratch Labs energy chews are easy on the gut as much as they are the taste buds, while Clif pack enough power in each 34g serving to keep you kicking for up to an hour.

*Skratch Labs energy chews are easy on the gut as much as they are the taste buds. Credit: Skratch Labs*

## Powders

Likewise, Pure Sports Nutrition understand that the fitness fanatics aren't here to fake it on the footpaths – which is why they only choose premium electrolytes and knock back preservatives in producing their hydration powders. Like Pure, Skratch Labs hydration drink powders also merge a clean taste with the means to rehydrate, free from both gluten and dairy too.

*Skratch Labs hydration drink powders merge a clean taste with the means to rehydrate. Credit: Skratch Labs*

Often made with freeze-dried fruit and without artificial colours and flavours, powders are a healthy hydration option and best consumed during activity. That said, using alone won't achieve the adequate energy levels for extended exercise. For this reason, they're instead better used to supplement energy levels.

*Powders are a healthy hydration option and best consumed during activity. Credit: Skratch Labs*

## Other Sidekicks for the Snack Bag

## Freeze-Dried Foods

Keep your metabolism kicking butt from the squat rack to the hike track, thanks to the range of freeze-dried meals packed with real spices, vitamins, and minerals. With Back Country Cuisine and The Outdoor Gourmet Company, Radix Nutrition fuel the fast-paced treks with slow-release carbohydrates for sufficient energy levels and a dense calorie content.



*Keep your metabolism kicking butt from the squat rack to the hike track. Credit: Back Country Cuisine*



*Radix Nutrition fuel the fast-paced treks with slow-release carbohydrates. Credit: Radix Nutrition*

Thanks to advanced technology in freeze-drying, milling, and sealing – Radix Nutrition's quality ingredients remain nutrient-dense inside. Designed for the trailblazers who double as flavour savours, their nourishing, wholefood ingredients enable optimum bioavailability for fast action and on-track fitness.



*Designed for the trailblazers who double as flavour savours. Credit: Radix Nutrition*

