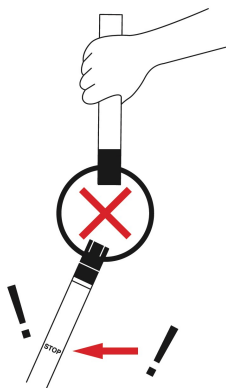


## Instructions for using your hiking poles

When pulling out the middle and lower sections, be careful not to pull out further than the 'stop' mark.

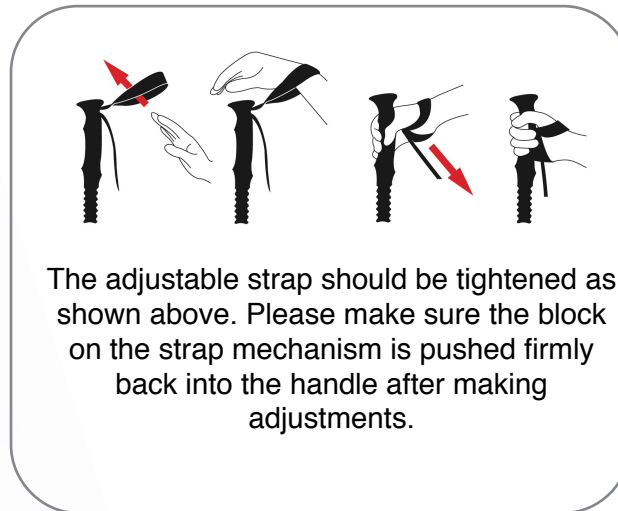
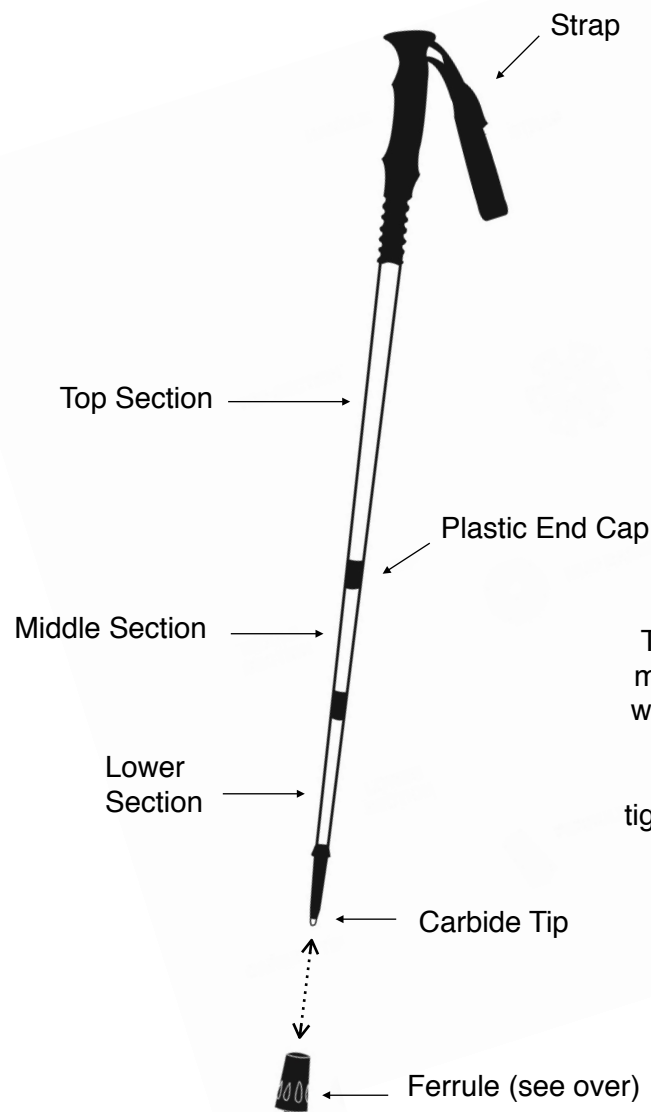


### How to extend your pole

- Grip the top section in one hand by the handle or the plastic end cap.
- With the other hand turn the **middle** section in the direction of the 'Open' arrow - just enough to enable it to be moved in and out. *Be careful not to loosen more than necessary.*
- Pull out the middle section to the desired length (no further than the stop mark)
- Turn the **middle** section back in the direction on the 'Close' arrow to tighten it.
- Repeat with the **lower** section whilst holding the middle section. Again, no further than the stop mark

The measurements on the middle section will only be correct when the lower section is extended fully to its stop mark.

**Reverse the process to reduce your trekking pole.**

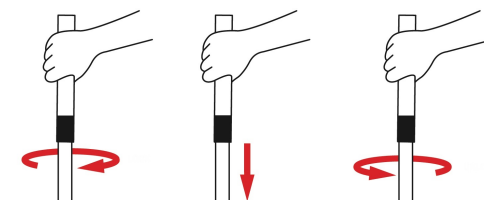


The adjustable strap should be tightened as shown above. Please make sure the block on the strap mechanism is pushed firmly back into the handle after making adjustments.

### Using the anti shock mechanism

The anti-shock is activated when you tighten the middle section. You can test this by putting some weight on the pole; you should feel a slight 'give'.

To deactivate, make sure the section is fully tightened and then twist the middle section back - just enough to feel a 'click'.



### **Guide to your attachments**



#### **Ferrule**

Use on flat, dry ground only. In rough terrain or to use other attachments, pull the ferrule off to remove it & store safely for future use.

#### **Mud Basket**

Remove ferrule and screw firmly onto tip in muddy and wet conditions.



#### **Snow Basket (selected poles only)**

Remove ferrule and screw firmly onto tip in snowy conditions.



#### **Walking Foot (selected poles only)**

Remove ferrule and push firmly onto tip for power walking on flat ground in non-muddy conditions i.e. pavements, towpaths, etc.

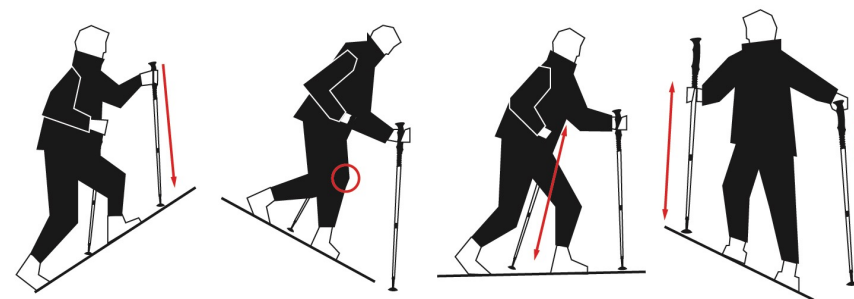


### **Adjusting your pole to suit the terrain**

We recommend that, to start with, you set the length of your poles so that your forearms are parallel to the ground. This can be experimented with to find the right height for you.

However, on different terrain you may need to adjust the height, as shown below. For better balance and control, you can lengthen your poles on the downhill and shorten them when hiking uphill.

Whilst traversing it may be useful to hold the pole further down, or shorten the upslope pole to aid stability.



If you have any questions, please call us on

**01225 571594**

Further instructions and troubleshooting tips can be found on [www.trekrite.co.uk](http://www.trekrite.co.uk)



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