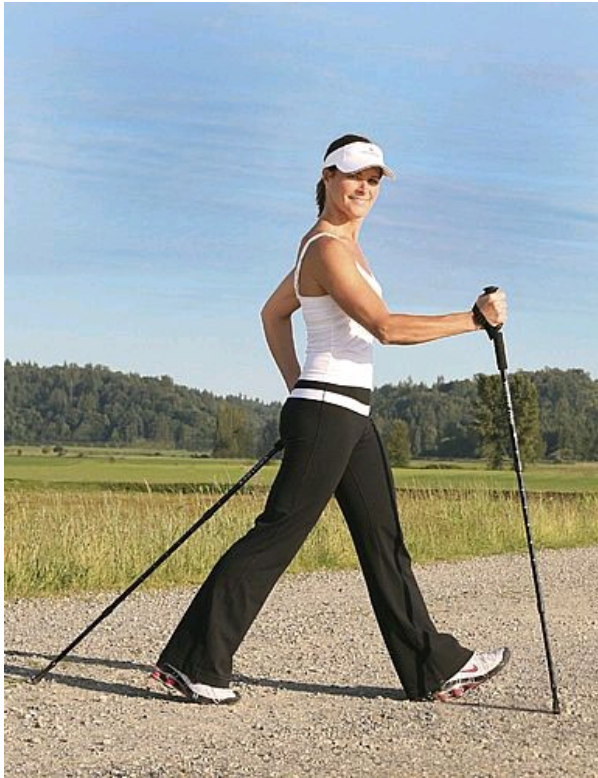


# How to Use Adjustable Trekking Poles

By Allen Smith, eHow User



Adjustable trekking poles are widely used while hiking to provide added efficiency and balance while on the trail. Trekking poles are also useful when crossing streams or terrain with difficult footing.

Made by a number of manufacturers, all trekking poles essentially work the same way. 3 interlocking, collapsible segments are adjusted to accommodate the height of the person or the conditions.

Difficulty: Easy

## Instructions

things you'll need:

- A pair of adjustable ski poles
- Hiking boots or snowshoes
- Outdoor clothing
- Backpack (optional)

- 1** Research and buy a pair of adjustable ski poles that meet your needs and budget. They are available in a wide range of models and prices from \$35.00 to over \$100.00--the more expensive the poles, the better the quality.
- 2** Determine the length of the pole you'll need by holding your forearms in front of your body with your elbows next to your waist and your palms down. Extend a measuring tape from your hands to the floor and read the number. If you're measuring in inches, you may want to multiply that number by 2.54 to get an equivalent length in centimeters. Most of the poles made in Europe will be marked using the metric system.
- 3** All adjustable ski or trekking poles consist of 3 telescoping segments that fit into each other. The bottom 2 segments will have measurements printed on the outside that correspond to each other.
- 4** Twist the lowest segment of the pole in a counter clockwise direction to loosen the segment and pull outward with steady pressure until the collar of the next segment is aligned with the desired length as indicated by the numbers printed on the shaft. Turn the segment in a clockwise direction to lock the segment into place.
- 5** Repeat the same procedure on the middle segment, lining the collar of the top segment with the numbers that are printed on the middle segment. Turn clockwise to lock into place.  
For instance, if a 6 foot man needed to adjust his poles, measuring the distance from his forearm to the floor might equal 52 inches. Multiply 52 by 2.54 and he would need poles that were 132 centimeters long. He would then adjust each of the 2 segments to the 132 markings on the outside of the ski

pole shaft.

## Tips & Warnings

- Grips come in plastic, rubber, cork or foam. The least expensive grips are made of plastic and the most expensive and comfortable grips are made of cork.
- Most models of trekking poles are straight, however some models are made with a 15 degree angle for comfort while climbing hills.
- When hiking uphill, shorten the poles by an inch or so to accommodate an uphill lean. When hiking downhill, lengthen the poles by an inch or so to accommodate descending.
- Avoid buying trekking poles without anti-shock systems. They are hard on the joints and cause fatigue on longer hikes.
- Never buy the cheapest poles. They generally do not hold up and you'll end up having to buy another pair after the original pair wears out.