

CHECKLIST FOR PURCHASING HIKING POLES

- HIKING OR TREKKING POLES ARE USED FOR STABILITY AND SUPPORT ON MANY DIFFERENT TYPES OF TERRAINS.
- THEY ASSIST WITH:
PROPULSION RHYTHM ABSORPTION BALANCE

- Buy poles with the correct length for YOU
- Ensure poles can be extended 5-10cm for ascent & descent.
- Look for the following features:
 - foldable/collapsible
 - lightweight
 - handgrips
 - shock absorbency





Hiking Poles - Technical details

Length.

- Poles should be at a 90 degree angle with your elbow.
- Allow 5-10 cm adjustment both up and down.
- If you are hiking up - you can adjust your poles to between 5-10cm shorter.
- For Long downhill you can adjust your poles for 5- 10 cm longer

Foldable/collapsible

There are different ways poles collapse - aim for them to be able to fit in your backpack

- button
- twist
- screw

Lightweight

- Carbon fibre is lighter but may shatter more easily
- Aluminium is most common but is heavier.

Handgrips

Many poles are unisex- however women specific poles generally have a smaller hand grip

Can be made from different materials: cork, rubber & foam - go by the "feel"

- *Cork - good for hot weather and sweaty hands*
- *Foam- soft and moulds well to hands*
- *Rubber- insulates hands in cold and assists in shock absorbency*

Shock absorbency

Some poles have shock absorbency and assist in protecting hips and knees.