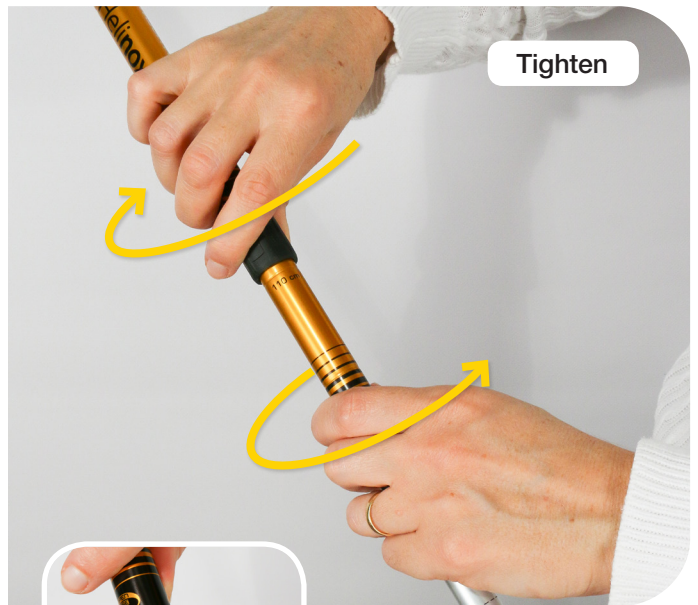


INSTRUCTIONS

GL145 / GL145SA Walking Poles



Adjusting length

With the pole upright, twist middle & lower sections clockwise to loosen and anti-clockwise to tighten.



Maximum holding power is achieved when each section is locked on a 5 cm increment groove.

Maintenance

If poles get wet or dirty during use, separate sections (fully loosen and slide sections completely apart) and rinse in fresh water. Leave to dry. Wipe down with soft cloth before reassembling for storage. Do not use lubricants. **Never collapse and store poles when wet or damp. This may lead to corrosion and will void warranty.**

Rubber Tip Covers

Twist and pull tip covers to remove them. When attaching them, the pole tip should fit snugly inside the cover.

Correct Technique

Read 'The Australian Bushwalker's Guide to Walking Poles' for advice on getting the most from your poles.

Warranty

All Helinox products are covered by a 5 year warranty.

Important: do not over-tighten!

The locking mechanisms rely partly on friction for holding power and may be damaged by excessive force. Tighten until the pole holds your weight when leaning on it without the locks slipping.

Adjustment Guide

Markings on the middle section indicate total length, lower section markings indicate reductions in total length. Below are approximate lengths and settings to provide best pole stiffness.

Your height	Pole length	Upper setting	Lower setting
130 cm	90 cm	105	-15
140 cm	95 cm	110	-15
150 cm	100 cm	115	-15
160 cm	110 cm	125	-15
170 cm	115 cm	130	-15
180 cm	120 cm	135	-15
190 cm	130 cm	145	-15
200 cm	135 cm	145	-10
210 cm +	145 cm	145	0