

## Switch Stick Hiking Poles

### The Pole

Made of high-grade lightweight, yet ultra strong, 6066 aluminium alloy (the same material as LeMond's Tour de France racing bikes).

### Active Shock Absorption

Incorporates a suspension system to reduce stress on the joints, muscles and ligaments. The spring is integrated into the shaft.

### Weight bearing

Up to 100kg / 16 stone.

### The handle & strap

The grip is ergonomically sculptured and durable – the integrated strap can be worn over the wrist for added security. The strap is adjusted by passing it up through the middle slot over the ridged area and feeding it down through the lower slot.

### Adjusting the height – 3 section secure locking

Switch Stick hiking poles are adjustable from 70cm to 145cm. They are telescopic and come in three sections and are ideal for travelling.

To adjust height

1. Grip top section of shaft (a) and 2nd plastic grommet (b) turning plastic grommet clockwise. Retighten at correct length by turning anti-clockwise
2. Repeat holding now extended section of shaft (c) and rubber base (d). Retighten lower section.

### Deciding the length of Hiking Pole

A guide to pole length is to take your height in cms and multiply it by 0.68, then round up or down to the nearest 5 cms.

Eg: someone 5' 6"/166cm would need their pole at ~115cm - there are measurement guides on the stick and both sections should be set at the same point. A correctly adjusted stick allows your elbow to rest at a comfortable 90° angle or slightly less.

### The carbide steel tip

The tip is hard-wearing and provides optimal grip on rock and ice surfaces.

### The rubber tip (included)

The rubber tip can be fitted over the end of the steel tip for indoor or pavement use.

### The basket

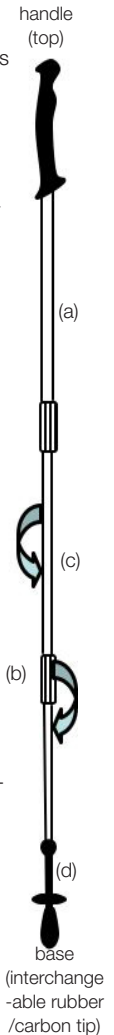
The basket is designed for use in soft earth or snow – it helps to prevent your hiking pole from sinking into soft terrain or snow. It also ensures a pole does not disappear in rocky terrain – this can simply be fitted onto the end of the stick in the relevant conditions.

### One pole or two?

Generally one pole is sufficient if you're travelling across easy ground bearing no added weight. Two poles are recommended on tougher terrain and / or when carrying a heavy load. However it is really personal preference in terms of support and security whether you use one or two poles.

### Care of your Hiking poles

Check poles regularly for any damage or wear. For reliable performance, clean the inside of each shaft section regularly. After use in wet conditions, take pole sections apart and leave to dry. Do not store this product in temperatures below freezing.



**Happy Hiking - we hope you enjoy your Switch Stick!**

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