

## Alpine ski pole:

### How do I choose the correct alpine ski pole size

To fit a pair of ski poles to you, wear shoes or stand in your ski boots. With the poles upside down—grips touching the floor—grab the pole just underneath the basket so that the top of your thumb touches the basket. Your elbow should now be at a 90° angle.

If the angle is less than 90°, try a shorter pole. If the angle is greater, get a longer pole. Most poles are sized in 5cm / 2" increments. If you're in between sizes, go with the shorter pole.

Park and pipe skiers should generally go with shorter poles (by at least one 5 cm or 2" size) as these are less likely to get hung up on the walls of the halfpipe.



**Ski touring Pole:**

With your arm down to your side the pole should be mid-way between your arm pit and the top of your shoulder

It is Highlyrecommended telescoping ski poles, with medium-large baskets.

A two or three section pole can be useful for touring, allowing you to shorten them for downhill skiing and lengthen them for long sections of poling or skating

recommended pole  
length

height in cm:	pole length in cm:
140 cm	120
145 cm	120
150 cm	125
155 cm	130
160 cm	135
165 cm	140
170 cm	145
175 cm	145
180 cm	150
185 cm	155
190 cm	160
195 cm	165
200 cm	170

### **Cross country – Classicpoles**

A little shorter pole is easier to use. You don't have to lift your hands so high to plant the pole. When casually skiing classic style, one has a tendency to ski a little more erect which causes the hand and arm to drop a little - thus a shorter pole

A correctly sized pole in this category should sit right under the armpit. You can go longer if you prefer a faster stride.

recommended pole  
length

height in cm:	pole length in cm:	Beginner
140 cm	110 - 120	115
145 cm	115 - 120	125
150 cm	120 - 125	125
155 cm	125 - 130	130
160 cm	130 - 135	130
165 cm	135 - 140	135
170 cm	140 - 145	140
175 cm	145 - 145	145
180 cm	150 - 150	150
185 cm	155 - 155	155
190 cm	160 - 160	160
195 cm	165 - 165	160
200 cm	175 - 170	165

## Skating / RacingNordicpoles

For skate style you will want to size the poles up to the chin/lower lip area.

height in cm:	pole length in cm:	Beginner
140 cm	110 - 125	125
145 cm	115 - 130	130
150 cm	120 - 135	135
155 cm	125 - 140	140
160 cm	130 - 145	140
165 cm	135 - 150	145
170 cm	140 - 155	150
175 cm	145 - 160	155
180 cm	150 - 160	160
185 cm	155 - 165	165
190 cm	160 - 170	170
195 cm	165 - 175	175
200 cm	175 - 180	180