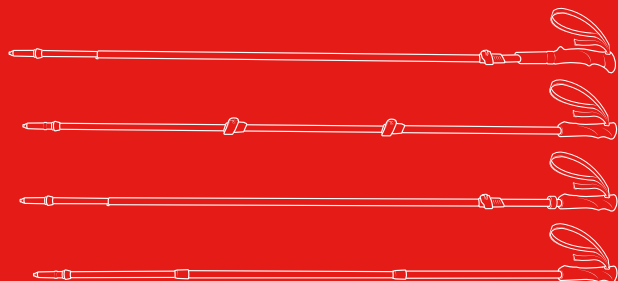




ALPKIT

EASTWOOD | HATHERSAGE | AMBLESIDE



TREKKING POLES

KEEP ME SAFE FOR FUTURE REFERENCE

DATE: 26/01/2022

All Alpkit trekking poles use one of the following adjustment systems. Please follow the instructions that apply to your poles.

IMPORTANT:

Thank you for purchasing an Alpkit trekking pole (or poles if you got the Twins). Please curtail your excitement and do not use the product until you have read, understood, and complies with all the instructions and warnings contained within this manual.

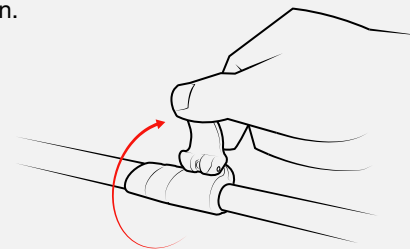
SNAPLOCK WIDGETS

Extending and adjusting:

- To open, hold the pole in one hand and use your thumb to open the Snaplock cam.
- Extend or adjust to size before closing the cam again.

If the pole is slipping, you may need to adjust the Snaplock tension:

- Open the cam, then turn the adjustment screw until the cam closes securely and without too much resistance. Do not overtighten, this can jam the mechanism or damage the pole.
- Turn screw clockwise to tighten or anti-clockwise to loosen.

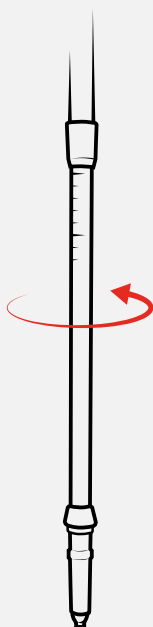


TWIST LOCK

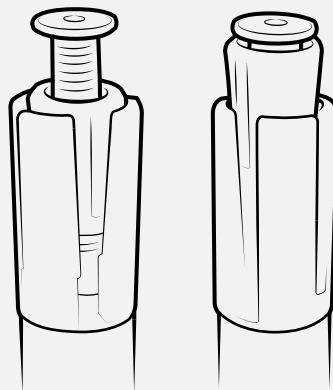
- To unlock, twist the lower pole section to the left, extend or adjust to your requirements.
- Twist to the right to lock back into position.

! Do not overtighten. This may jam the mechanism or damage the pole.

! Do not extend beyond the STOP line.



Occasionally the expanding widget may not lock on the inside of the pole. If this happens pull out the lower section. Make sure the widget is clean and dry. Twist the widget with your fingers so that it expands. It should be a snug fit when you insert it back into the larger pole. Twist to lock.



If this product does not meet your expectations upon delivery or does not live up to the demands placed upon it, please return it within 3 years of purchase for repair, replacement or refund. If the problem is our fault then we will do this to your satisfaction, if it's your fault we will help the best we can!

Email: support@alpkit.com

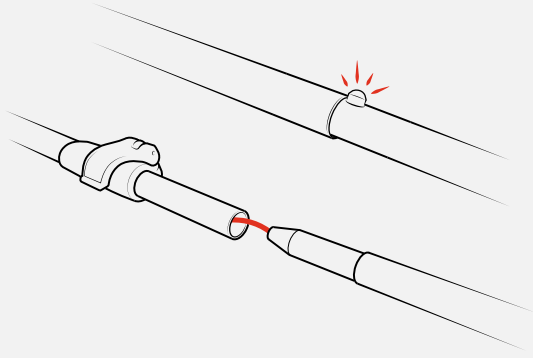
Phone: 01773 417007

Website: www.alpkit.com/support



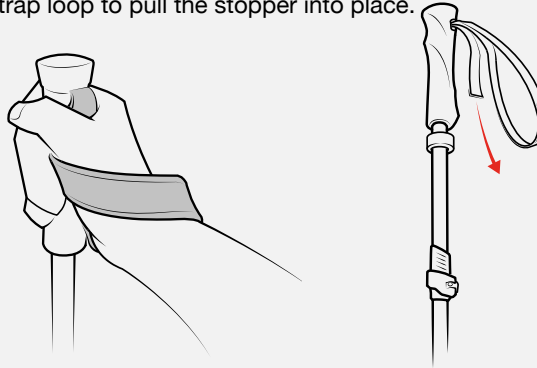
QUICKWIRE CONNECTORS

- Adjust for length using the upper Snaplock mechanism.
- Pull out the highest pole section, allowing the connectors to slide into position until the locking pin pops out. It is typically nested inside the handle pole section.
- To fold, press in the locking pin and slide in the highest pole section, this will give the internal wire the slack it needs for you to fold your poles them back up again.



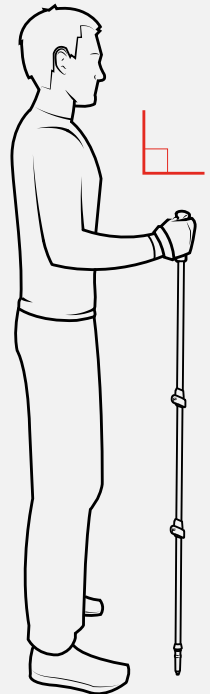
USING THE STRAPS

- Put your hand through the bottom of the strap loop and pull the strap down by holding the grip.
- Ensure that the straps are tight enough that your fingers land where they fit into the grip and you can hold the pole with a relaxed grip, but not so tight that it cuts off the circulation to your hand.
- To adjust the straps, pull the adjustment strap to release the stopper, adjust the strap length before pulling the strap loop to pull the stopper into place.



SIZING YOUR POLES

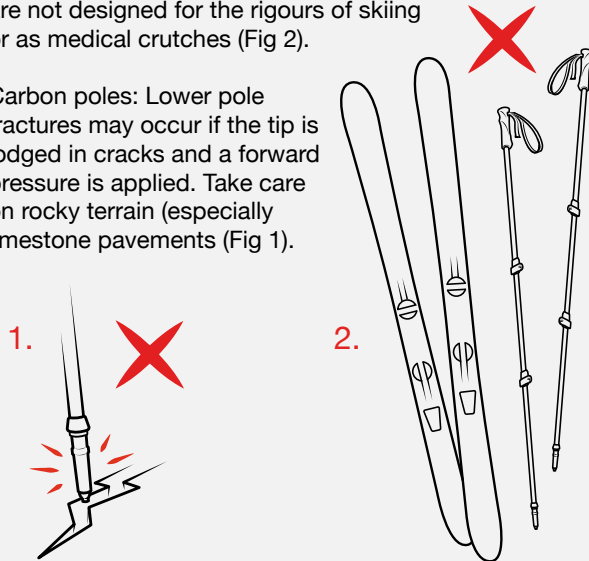
- Size matters! On flat terrain, set the pole length so that the tip is touching the floor when your hand is in the strap and your elbow is bent at 90°. When walking, your pole tips should be behind you, pushing you forward with the natural swing of your arms.
- When ascending technical sections, shorten your poles so that they are at around 90° from the ground when held out at arm's length.
- When descending, extend your poles and use them to brace to take the shock off your knees.



INCORRECT USE

These poles are designed for progression and are not designed for the rigours of skiing or as medical crutches (Fig 1).

Carbon poles: Lower pole fractures may occur if the tip is lodged in cracks and a forward pressure is applied. Take care on rocky terrain (especially limestone pavements (Fig 1).

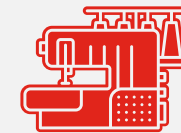


CARE AND MAINTENANCE

- Clean your trekking poles periodically, especially after use in muddy and wet conditions. To clean, pull poles out of pole sleeves before wiping with a damp cloth.
- Allow poles to dry completely before reassembly and storage. Storing poles in wet conditions can cause parts to corrode, making adjustment difficult or impossible.
- Release Snaplock before storing for a long time.
- Check your poles regularly for dents and cracks that may prevent adjustment or weaken the pole.
- Oil any screw threads periodically.

CONTINUE THE JOURNEY

When your partnership with this product is over please don't leave it hidden in a cupboard, never to see another adventure. Wash it, pass it on, give to a friend, sell it, donate it to charity, make it into something else or recycle it and let someone else live their dream.



REPAIR STATION HACK, PATCH & SEW

In store service for your kit: alpkit.com/stores



CONTINUUM PROJECT

For more ideas on how you can extend the life of or donate your outdoor products visit: alpkit.com/continuum

