

## Adjust the length of a trekking pole with an internal adjustment system



1. Unlock the pole section by holding the upper pole section at the grip and turning the lower pole section counter-clockwise (when looking at it from the bottom)
2. Extend or retract the unlocked pole section to set the desired length
3. Hold the upper pole section at the grip and turn the lower pole section clockwise until it locks. If the lock does not fix, pull out the section out to the “stop” line and turn it counter-clockwise and repeat steps 1 – 3
4. Repeat steps 1 – 3 for additional pole sections

**NOTE:** For optimal stability, make sure that the length markings are the same on all pole sections.