

Size Guide

HOW TO TAKE YOUR MEASUREMENTS

Skier height		Pole size	
CM	IN	CM	IN
100	39	70	28
105 - 110	41 - 43	75	30
115	45	80	31
120	47	85	33
125 - 130	49 - 51	90	35
135	53	95	37
140 - 145	55 - 57	100	39
150	59	105	41
155 - 160	61 - 63	110	43
165	65	115	45
170 - 175	67 - 69	120	47
180	71	125	49
185	73	130	51
190 - 195	75 - 77	135	53
200	79	140	55