

INSTRUCTIONS

DL145 Walking Poles



To extend the pole, fully open the upper lever lock.



Grasp the section immediately below the lever and slide it out to the desired length. Use the markings on this section (metric & imperial) as a guide. Then fully close the lever lock. Repeat process for lower section.

To collapse the pole, open both lever locks and fully slide sections back into the handle. Close lever locks.

Adjustment Guide

Markings on the middle pole section indicate total length. Markings on the lower section indicate reductions in total length. Below are approximate lengths and settings to provide best pole stiffness.

Your height	Approx pole length	Upper setting	Lower setting
150 cm	100 cm	115	-15
160 cm	110 cm	125	-15
170 cm	115 cm	130	-15
180 cm	120 cm	135	-15
190 cm	130 cm	145	-15
200 cm	135 cm	145	-10
210 cm +	145 cm	145	0



Lever tension can be adjusted via the two screws behind each lever. If pole slips under load, tighten screws 1/4 of a turn. Repeat until pole holds under load. Do not tighten beyond this point.

Do not over-tighten or you will damage the lock.

Note that all Helinox lever locks have a unique 'rest zone' that reduces tension on the lever when pole is in the compacted position. This helps prolong service life.

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Care & Maintenance

If poles get wet or dirty during use, separate sections (fully open lever and slide sections completely apart) and rinse in fresh water. Leave to dry. Wipe down with soft cloth before reassembling for storage. Do not use lubricants. **Never collapse and store poles when wet or damp. This may lead to corrosion and will void warranty.**

Rubber Tip Covers

Twist and pull tip covers to remove them. When attaching them, the pole tip should fit snugly inside the cover.

Correct Technique

Read 'The Australian Bushwalker's Guide to Walking Poles' for advice on getting the most from your poles.