

## INSTRUCTIONS

# TLA130 Walking Poles



Undo the velcro strap and secure it around the hand grip.

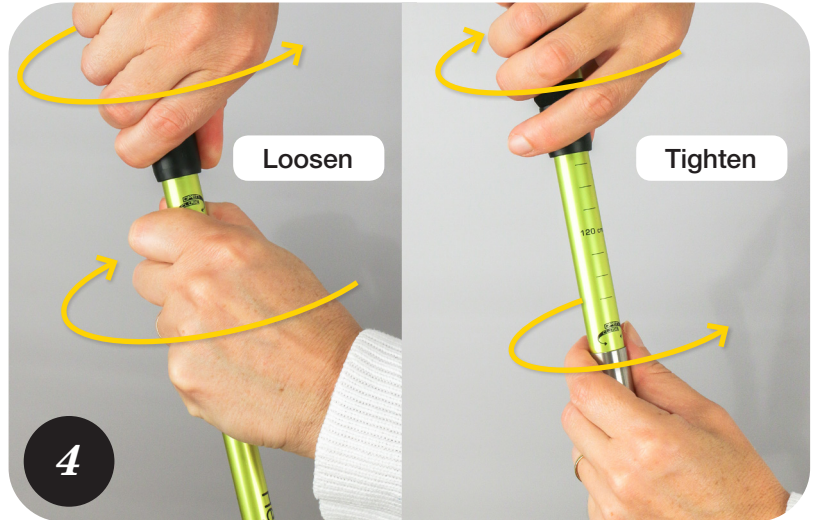


Allow the pole sections to hang vertically. With one hand holding the foam grip, grasp the pole section immediately below the silver collar.



Pull this pole section downwards until the locking button (circled) clicks into place.

The lower pole sections will fit together as the top section is extended.



To adjust length, twist the section immediately below the black collar. With the pole upright, twist lower section clockwise to loosen and anti-clockwise to tighten.

**Important:** do not over-tighten!



To collapse poles, depress the locking button. Slide the top pole section fully into the adjustable section. Loosen & collapse adjustable section. Pull the lower pole sections apart and secure together with the velcro strap.



### Maintenance

If exposed to muddy conditions or salt water, rinse the pole in fresh water and leave in collapsed state to dry.

### Storage

Always collapse poles for storage when not in use.

**Do not leave poles assembled for long periods of time as this will damage the tension system.**

### 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.

### Warranty

All Helinox products are covered by a 5 year warranty.