



NORDIC POLE CHART



Pole length is a personal preference - our basic sizing tips + chart below will help dial in your number.

Skating Poles: while standing in regular shoes the strap exit should be level with bottom of your lip.

Classic/Touring Poles: Snug under the arm or 3" below the top of your shoulder is a good indicator.



| SKIER HEIGHT | | CLASSIC POLES | SKATE POLES |
|--------------|--------|------------------|----------------|
| Feet | Inches | | |
| 5 | 3 | 125 CM | 135 CM |
| 5 | 4 | 127.5 CM | 137.5 CM |
| 5 | 5 | 130 CM | 140 CM |
| 5 | 6 | 132.5 CM | 142.5 CM |
| 5 | 7 | 135 CM | 145 CM |
| 5 | 8 | 137.5 CM | 147.5 CM |
| 5 | 9 | 140 CM | 150 CM |
| 5 | 10 | 142.5 CM | 152.5 CM |
| 5 | 11 | 145 CM | 155 CM |
| 6 | 0 | 147.5 CM | 157.5 CM |
| 6 | 1 | 150 CM | 160 CM |
| 6 | 2 | 152.5 CM | 162.5 CM |
| 6 | 3 | 155 CM | 165 CM |
| 6 | 4 | 157.5 CM | 167.5 CM |
| 6 | 5 | 160 CM | 170 CM |
| 6 | 6 | 162.5 CM | 172.5 CM |
| 6 | 7 | 165 CM | 175 CM |

