

SKI POLE SIZING CHART

PERSON'S HEIGHT	TELEMARK POLE (CM)	TOURING POLE (CM)	SKATING POLE (CM)
4'11"	95	120	130
5'	100	120	130
5'1"	100	125	135
5'2"	105	125	135
5'3"	105	130	140
5'4"	110	130	140
5'5"	110	135	145
5'6"	115	135	145
5'7"	115	140	150
5'8"	120	140	150
5'9"	120	145	155
5'10"	125	145	155
5'11"	125	150	160
6'	130	150	160
6'1"	130	155	165
6'2"	135	155	165
6'3"	135	160	170
6'4"	140	160	170

Note: For regular touring, poles should fit to your armpit; Skating - to your nose; Telemarking or lift skiing - go shorter.

Pole sizing is largely up to your personal taste and comfort level.