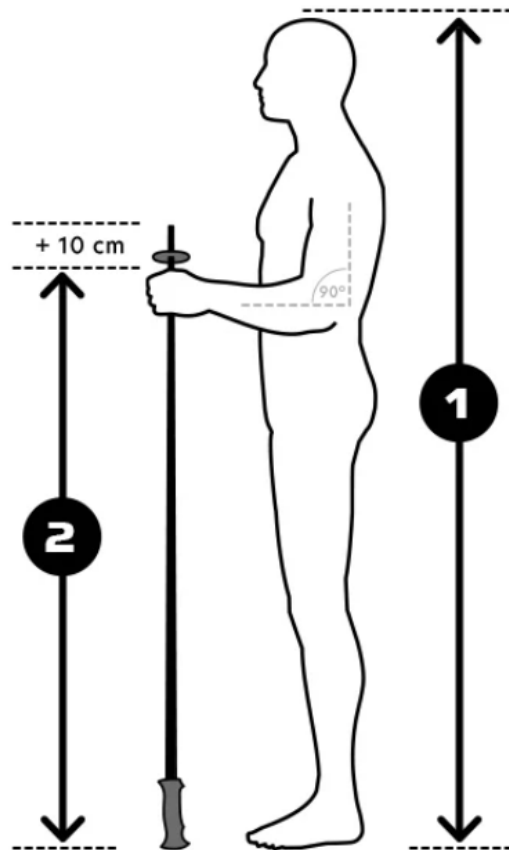


Order size	SKIER'S HEIGHT (CM)	POLE'S LENGTH (CM)
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80	<105	80
85	106 - 115	85
90	116 - 125	90
95	126 - 135	95
100	136 - 145	100
105	146 - 155	105
110	156 - 160	110
115	161 - 170	115
120	171 - 175	120
125	176 - 185	125
130	186 - 190	130
135	>191	135



You can measure the right size of your poles by standing barefoot, your arms against your body and your elbows bent at a 90° angle, measure the distance between your hand and the ground and add 10 cm to the measurement. This will give you the best adapted size.

Ex: If the distance between your hand and the ground is 100 cm, $(100+10=110)$ you should choose 110 cm.

For backcountry and freeride skiing, you should generally use slightly longer ski poles than you would for on-piste, because they tend to sink down in deep snow. Take one size up to be more comfortable.

Ex: If the distance between your hand and the ground is 100 cm, $(100+10=110)$ you should choose one size up, or 115 cm.