

## **SKI POLE CHEATSHEET**

MY HEIGHT	POLE LENGTH (INCHES / CM)		WHAT TYPE OF SNOW ARE YOU SKIING ON?	YOU NEED A
UNDER 3'4"	32	80 CM	I'm skiing on powder (non- groomed, freshly fallen snow)	Wider basket
3'5" - 3'8"	34	85	I'm skiing on groomed ski slopes or packed snow	Smaller basket
3'9" - 4'0"	36	90	I WANT A STRAP THAT HAS	
4'1" - 4'4"	38	95	Quick-release to easily slip poles on and off	
4'5" - 4'8"	40	100	Built-in straps (Trigger loop) for trekking	
4'9" - 5'0"	42	105	NOTES	
5'1" - 5'3"	44	110		
5'4" - 5'6"	46	115		
5'7" - 5'9"	48	120		
5'10" - 6'0"	50	125		
6'1" - 6'3"	52	130		
6'4" - 6'6"	54	135		
6'7" + OVER	56	140		