

Updated June 14th, 2011

User Manual

Lightrek™ 3 Poles

Sizing

Generally most folks size their trekking poles like this:

1. Stand normally, feet shoulder width apart with your arms at your sides.
2. Bring your hand up so that your arm is at a right angle, upper arm at your side forearm parallel to the ground.
3. Measure to the top of your hand.

This will give you an overall dimension for your trekking poles. We use the total length of the pole when sizing so convert this dimension to cm if you measure in inches and that will be your trekking pole size.

Recommendations for Use

All Lightrek trekking poles are recommended for hiking, trekking, backpacking, mountaineering, etc. These are NOT ski poles and are use-specific engineered for trekking. While they are very robust we don't recommend them for skiing or similar usage.

Straps?

Lightrek™ 3 poles come without straps for several reasons. First, the goal was, believe it or not, to minimize the weight. Nylon webbing, at the cutting edge of ultralight where we live and work, turns out to be one of the heavier components that we utilize. The second reason for not having straps is it would add unneeded complexity to the handles. The final reason is there was some concern that straps would encourage people to use the straps to apply stresses to the poles beyond normal working strength. Most testers who bemoaned the lack of straps found they liked the poles better without straps, after using them for a few trips, because of the extreme light weight. This applied even to some pretty rabid strap users.

Baskets

Lightrek poles come with included trekking baskets. Field testing has noted that they tend to loosen themselves during use, and can slip off unnoticed by the side of the trail. For this reason, you may want to use a dab of silicon sealant, or a small strip of duct tape, to keep the baskets from loosening. If you do lose a basket, replacements are available from Gossamer Gear.

Care

At about a quarter of the weight of the next lightest poles, Lightrek poles are obviously not as robust as other trekking poles on the market. We feel they are an appropriate balance between weight and strength for people who are extremely committed to having the lightest weight equipment. With that commitment comes the responsibility to potentially replace the poles more often than heavier poles. Testing has confirmed that the poles are prone to breakage if the tip gets lodged between rocks. For this reason, we recommend keeping the trekking baskets installed at all times, just to help prevent the tip from getting in tight spots where breakage is likely. KEEP IN MIND THAT BREAKAGE OF THE POLE IS NOT CONSIDERED A MANUFACTURING DEFECT UNLESS THERE IS SPECIFIC EVIDENCE TO THE CONTRARY. For extreme activities where the reliance on sturdy poles is necessary, you may want to choose a different brand.