

# User Manual

## Lightrek™4 Trekking Poles

### Care and Maintenance

At about a fraction of the weight of the most poles, LT4's may not be as robust as some other adjustable 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, like any, are prone to breakage if the tip gets lodged between rocks and you lever them forward or if you fall directly on them. 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.

**VERY IMPORTANT!! Always store your LT4's apart (in 2 pieces) and frequently take them apart to clean them. This will keep them working properly and will remind you to clean them. Both the expander and the poles themselves can be cleaned with water and shouldn't need anything else. DO NOT spray a bunch of WD40 or similar all over them, they don't need it.**

### Assembly and Adjustment for LT4's

Lightrek™ 4 Regular length trekking poles are adjustable to approximately 135 cm and the Short length are adjustable to approximately 120 cm. Their adjustability comes from a simple neoprene rubber expanding component attached to the tip section. To assemble, adjust and tighten them simply insert the tip section into the grip section, set the length where you want it, then rotate the grip section clockwise. The expander will move down the threaded component when you do this, making contact with a threaded aluminum insert in the tip section and will expand and grip the upper section internally. No need to keep turning and turning Hercules, you'll feel when it's tight - it just needs to feel snug. To adjust the length spin counter-clockwise about one half turn, just enough to loosen the hold, set your length then re-tighten. Again, there is no need to keep spinning. If you experience problems getting the expander to grab at some point, first clean it with your thumb or whatever is handy as there may be some grit on it. If that does not work try "seating" it right at the aluminum insert and give it just enough of a turn to start it expanding, then reassemble – it will be a bit snug, set length and tighten. You may need to do this also, pre-start the expander, in extremely cold weather.

### O-Rings

We now ship 3 red silicone o-rings with each set of Lightrek™ 4 Trekking Poles. You have one for each pole and an extra one. The o-rings are for protecting the opening where the bottom section pole enters the top section pole. When these poles are used, upside down, to set up a tent or tarp, water from rain or condensation can run down the pole and into the opening, carrying with it dirt and grit. This can much up the expander mechanism and over time cause the poles to lock up making them difficult or impossible to adjust. To prevent this from happening, slide an o-ring over the tip on each pole, move it up to where the two sections meet and place it snugly against the opening.

### 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™ 4 poles are also available with straps.

### **Baskets**

Lightrek trekking poles come with included trekking baskets.

### **Boots**

We now offer accessory rubber “boots” for those that need or prefer them. If you are using your poles in an urban environment, want to protect rock from scratching or just want a softer feel you may want to get a set. These simply slide over the carbide tips.

### **LT4 Camera Mount**

For LT4 poles, **WITH STRAPS ONLY**, we offer a stainless steel camera mount which can turn your Lightrek into a monopod. Simply unscrew the black machine screw/bolt from the top of one pole and replace it with the camera mount then thread your camera onto the top.

### **Repair/Replacement**

We now sell replacement parts and pole sections online. We also offer single poles for sale as well. Also, should your poles lock up you can send them to us and we will most likely rebuild them for you for the cost of parts and return shipping. We have made some changes to the expander mechanism over time and will upgrade any poles sent to us for the cost of parts and return shipping. Last, should you wear out your trekking pole tips they can be replaced but be aware that they are glued on and will need to be knocked off. **The trekking pole tips ARE NOT threaded and trying to “unscrew” them with a pliers etc will cause the carbon fiber to fail.** We will also put new tips on your LT4's for the cost of parts and return shipping.

Please send all pole repairs to:  
Gossamer Gear  
3909 Robert Burns Drive  
Austin TX 78749

**And be sure to include a note about what needs to be done, who you are and how to reach you.**