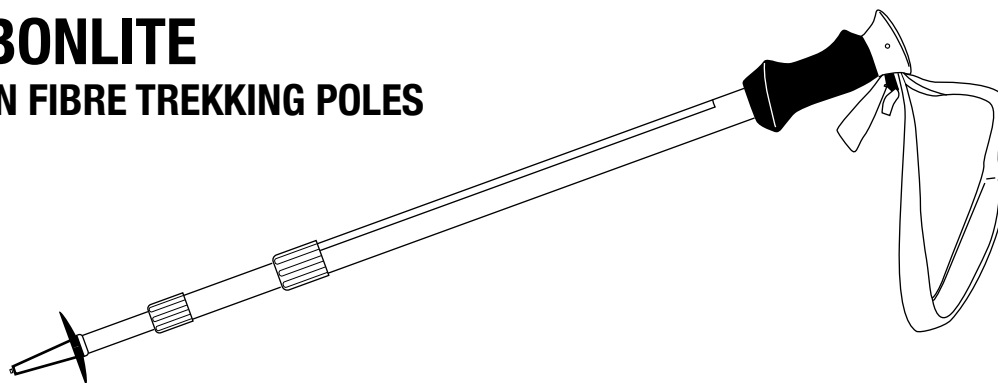


CARBONLITE

CARBON FIBRE TREKKING POLES



FEATURES

- EVA or Synth. Cork handle
- Carbon fibre shaft
- Rubber tip bung
- 3 sections
- Trekking basket

ADJUSTING YOUR CARBONLITES

If you have not used your poles before it is worth spending some time tweaking them at home instead of on a blustery hillside. It is important to put your hand in the strap correctly, you do this by putting your hand through the loop from underneath so that the loop goes around the wrist. Grab hold of the handle, when the strap is the correct length it should allow you to grip the handle comfortably. (Fig 1)

Adjust the wrist loop

You can adjust the strap length by pulling on the strap that has the small plastic wedge, this then releases the other strap so you can either make it longer or shorter. This takes a little practice but once you have done it once you will be fine. (Fig 2)

Adjusting your pole length

The next thing to adjust is the pole length. The pole is made of three sections with the lower two sections each having a small plastic wedge. When you twist the smaller pole clockwise the wedge expands and tightens the pole in place, anti clockwise loosens it. Set the lower section to the "Stop" mark and then adjust the length of the pole so that when you are holding it your elbow is at 90° to the pole (with pole hanging straight). You may find that on soft ground (particularly snow) the pole sinks in, even with the basket on, so you may need to adjust the length to maintain the correct angle. (Fig 3)

Fitting the basket

Your CarbonLite pole comes with a trekking basket to give you extra support on spongy terrain. To fit this make sure your poles are shortened and just push it firmly on to the tip. You may want to cover the tip with the rubber bung in case you slip while doing this. To remove the basket stand with the pole between your legs, place your feet on the basket and pull upwards. Bingo, the basket is free.

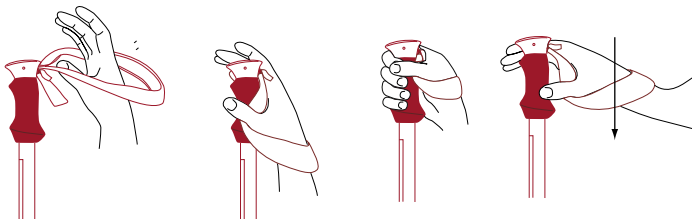


Fig 1

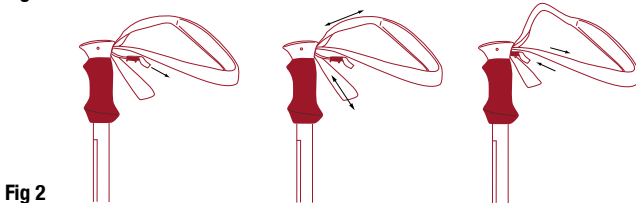


Fig 2

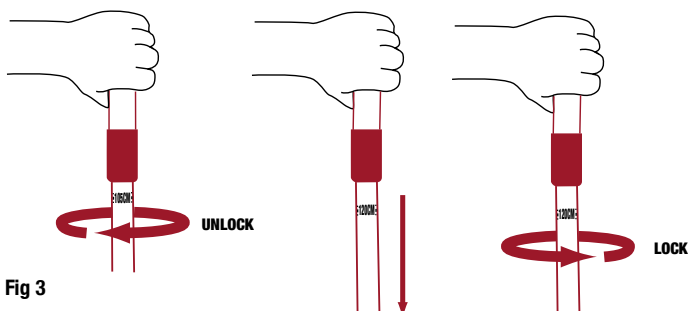


Fig 3

Handle	Weight/gr	Min. Length/cm	Max Length/cm	Tip	Sections
EVA	195	68	68	Tungsten Carbide	3
Synth. Cork	230	140	140	Tungsten Carbide	3

USING YOUR CARBONLITES

CarbonLite poles are designed for trekking, backpacking and snow shoeing. They are not specifically designed for skiing.

It is best to adjust the pole length to suit the terrain. When ascending you could shorten the pole and when descending lengthen it, or just use the palm of your hand on top of the pole. When traversing a slope or on a zig zag path it may be best to have one long and one short, swapping them at each turn. But remember you are supposed to be walking, not adjusting your poles!

Don't grip the handle too hard, it is the strap that should be doing all the work. Have a relaxed grip that allows the pole to have natural swinging action. Develop a rhythm; opposite pole to the leading leg, (right pole left leg) and vice versa. The position of the pole plant should be roughly level with your foot, try it out and find what works best for you.

When you need to rest on an uphill slog it is always best to have something technical to adjust rather than blame your fitness.

It is important to remember the limitations of your trekking poles, especially when the terrain gets tricky. Very often it is best to pack the poles away which allows you to use your hands to better advantage.

The rubber tip bungs can be used on tarmac or paved roads. This is really to protect the surface you are walking on and to reduce noise rather than to protect the pole tip. The bung just pushes on, so using it on broken ground may result in you losing it.

ACCESSORIES

All the CarbonLite sections are sold as separate items, you can also purchase larger snow baskets.

USEFUL KNOWLEDGE

In many cases pole diameters are pretty standard and it may be possible to retrofit our lower sections to your favourite or existing pole handles.

Choosing carbon poles is not without its penalties, aluminium poles bend before breaking, carbon poles snap. Saying that our poles are very strong, see our online test (www.alpkit.com/colab/reports/carbonlite-bend.php).

CUSTOMER SUPPORT

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