



Product Information

Size:	65cm to 135cm
Weight:	320g
Colour:	Black
Handle:	High polymer plastic
Wristbands:	Adjustable nylon strap.
Poles:	Airplane-grade 6061 Aluminium
Extension Locks:	3LS EXPANSION Lock System
Rod Tip:	Heat treated steel for ice, rock, gravel surfaces
Accessories:	Trail Foot/Rubber tips for pavement & snow/sand

- Use Trail foot/rubber tip for hiking on hard surfaces.
- Use Multi Use Basket for hiking on sand, mud or snow or unknown terrain. The basket will stop the poles sinking too far into the ground.

How to extend your Hiking poles:

Hold the top section with one hand and hold the extendable Mid Section with the other hand, Now gently turn the Mid section anticlockwise till it moves freely and extend to desired length. Turn the Mid Section clockwise to secure the extended length required (you should hear a slight click when "locked"). Do not extend beyond the STOP sign. The lower section can also be extended in the same manner as the Mid Section as above. Again, do not extend beyond the STOP sign. Always ensure both poles are extended to the same length.

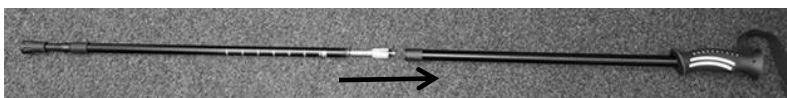


STOP SIGN

Do not Extend beyond this point.

How to disassemble your Outdoors Hiking poles

You may wish to take your hiking poles apart for cleaning, drying or to adjust or replace the expander locks. Disassemble your poles with your hands on the aluminium pole, loosen the extendable section by turning it anticlockwise until the sections move freely. Then, in one quick movement, pull the extendable section from the pole section; make sure to do this for each section and not two sections at the same time. Refit by pushing the sections into each other and turn clockwise to lock into position.



Push the Mid Section into the Top section after cleaning or function check. Repeat for Lower Section into Mid Section

What to do if your outdoors Poles Don't Lock

Follow the instructions above to pull your pole sections apart and hold the expander lock system (the plastic component) between your thumb and forefinger. Then turn the pole section while still holding the expander lock as it "expands" moving along the thread. With a small turn, try a ¼ turn, gently replace the pole section into the upper section. Then turn the pole sections until resistance is met. If you are not able to get resistance and the pole sections don't grip; start all over again. Pull the pole sections apart and "expand" the expander lock a little more with another turn. (Note: Never lubricate the pole behind the locking mechanism. This will only cause slippage inside the pole).

What to do if my Hiking Pole sections come apart?

Do not extend poles beyond the section where the "Stop" sign is marked unless you want to disassemble your Outdoors Hiking Pole for cleaning or adjustments. If you accidentally pull section into upper pole section, turn the pole sections until resistance is met. If resistance is not met, follow the instructions above.

Cleaning:

Clean with a soft damp cloth and dry thoroughly after each use.

Disclaimer

Caution is recommended when using hiking poles. The poles are built to provide you with a stability aid when trekking, hiking or walking. Please note, they are not designed to hold a person's full body weight as the poles may buckle.

DISPOSAL:

- Dispose of all packaging, paper, cartons and plastic, plastic bags in accordance with your local recycling regulations.
- At the end of the product's lifespan please dispose of it at an authorised household waste recycling centre.