

Z-Pole Sizing Chart

HEIGHT RANGE		SUGGESTED Z-POLE LENGTH
< 154 cm	< 5 ft 1 in	100 cm
154 - 171 cm	5 ft 1 in - 5 ft 7 in	110 cm
172 - 182 cm	5 ft 8 in - 5 ft 11 in	120 cm
183 cm +	6 ft +	130 cm

- For walking, hiking and backpacking (where stability and support matter most): size up if you're right on a size cusp
- For running (where uphill propulsion matters most): size down if you're right on a size cusp

