

Height Range	Suggested Z-Pole Length
Less than 5' 1"	39"
5' 1" - 5' 7"	43"
5' 8" - 5' 11"	47"
More than 6'	51"

Fit Guide:

For Walking, hiking, and backpack: Stability and support matter most. Size up if you're right on a size cusp.

For Running: Uphill propulsion matters most. Size down if you're right on a size cusp.