

Telescopic Aluminum Trekking Poles

Crivit Aluminum Telescopic Trekking Poles

INSTRUCTION MANUAL

Brand: Generic | Model: Telescopic Aluminum Trekking Poles

1. INTRODUCTION

Thank you for choosing the Crivit Aluminum Telescopic Trekking Poles. These poles are designed to provide stability, support, and comfort during various outdoor activities such as hiking, trekking, and walking. Constructed from lightweight yet durable aluminum, they feature a telescopic adjustment system for customizable length and easy portability. Please read this manual carefully before first use to ensure proper setup, operation, and maintenance.



Image: The Crivit Aluminum Telescopic Trekking Poles, fully extended and ready for use. They are black with silver accents and feature comfortable grips and adjustable straps.

2. SAFETY INFORMATION

- Always ensure both sections of the pole are securely locked before use. An improperly locked pole can collapse, leading to injury.
- Do not extend the poles beyond the "STOP" or maximum extension mark indicated on the shaft.

Exceeding this limit can compromise the pole's structural integrity.

- Regularly inspect the poles for any signs of damage, such as cracks, bends, or loose components. Do not use damaged poles.
- Be mindful of your surroundings when using poles, especially in crowded areas or near obstacles.
- Use appropriate pole tips (e.g., rubber tips for pavement, carbide tips for trails) for the terrain to ensure optimal grip and prevent damage to the poles or surfaces.
- Avoid using poles for climbing or supporting excessive weight beyond their intended purpose.
- Keep poles clean and dry to prevent corrosion and maintain proper locking mechanism function.

3. PACKAGE CONTENTS

Your package should contain the following items:

- 2 x Crivit Aluminum Telescopic Trekking Poles
- 2 x Rubber Tips (pre-installed or separate)
- 2 x Mud Baskets (for soft ground)
- 2 x Snow Baskets (for snow, if included)

4. SETUP

4.1 Unfolding and Initial Inspection

Carefully remove the trekking poles from their packaging. Unfold them to their full collapsed length. Inspect both poles for any visible damage or missing parts before proceeding.



Image: The Crivit trekking poles in their collapsed state, showing the compact design for storage and transport.

4.2 Adjusting Pole Length

The poles feature a telescopic adjustment system. To adjust the length:

1. Locate the locking mechanisms on each section of the pole. These are typically twist-locks or lever-locks.
2. Twist (for twist-lock) or flip open (for lever-lock) the mechanism to loosen the pole sections.

3. Extend or retract the pole sections to your desired length. A common guideline for proper pole length is that your elbow should form a 90-degree angle when holding the pole with the tip on the ground.
4. Ensure you do not extend the pole beyond the "STOP" or maximum extension mark.
5. Once the desired length is set, securely twist (for twist-lock) or flip closed (for lever-lock) the locking mechanisms until the sections are firmly held in place and do not slide. Test the stability by applying downward pressure.



Image: A close-up of the telescopic adjustment mechanism on the pole, showing the length markings in centimeters.

4.3 Attaching Baskets and Tips

The poles come with interchangeable accessories for different terrains:

- **Rubber Tips:** These are typically pre-installed or can be easily pushed onto the carbide tip. Use them on hard surfaces like pavement, concrete, or rocky trails to protect the carbide tip and provide better grip.
- **Mud/Snow Baskets:** These wider discs prevent the pole from sinking too deep into soft ground, mud, or snow. To attach, screw them onto the threaded section just above the pole tip until secure.



Image: A close-up of the lower section of the trekking pole, showing the attachment point for baskets and the rubber tip protector.

5. OPERATING INSTRUCTIONS

5.1 Proper Grip and Strap Use

Hold the pole by the ergonomic grip. The wrist strap is crucial for proper technique and comfort. Insert your hand up through the strap from below, then grasp the grip and the strap together. This allows you to push off the strap, reducing strain on your hands and wrists.



Image: A detailed view of the ergonomic handle and adjustable wrist strap of the trekking pole, designed for comfortable and secure grip.

5.2 Walking Technique

- **Flat Terrain:** Move your poles in opposition to your feet (e.g., right pole forward with left foot). Plant the pole tip slightly ahead of your body and push off as you step forward.
- **Uphill:** Shorten your poles slightly to maintain a good angle and leverage. Plant poles closer to your body for propulsion.
- **Downhill:** Lengthen your poles slightly to provide stability and absorb impact. Plant poles further ahead to brace yourself.
- **Traversing:** Adjust pole length according to the slope, with the uphill pole shorter and the downhill pole longer.



Image: A person demonstrating the use of trekking poles while walking on a dirt path, illustrating proper posture and pole placement.

6. MAINTENANCE

- **Cleaning:** After each use, especially in muddy or sandy conditions, extend the poles fully and wipe down all sections with a damp cloth to remove dirt and debris. Allow them to air dry completely before collapsing and storing.

- **Lubrication:** Periodically apply a small amount of silicone-based lubricant to the locking mechanisms and inside the pole sections to ensure smooth operation and prevent sticking.
- **Inspection:** Regularly check the pole tips, rubber feet, and baskets for wear and tear. Replace worn components as needed to maintain performance and safety. Inspect the locking mechanisms for proper function and tightness.
- **Storage:** Store poles in a dry, cool place, preferably in a slightly extended position to prevent the internal locking mechanisms from seizing. Avoid storing them in direct sunlight or extreme temperatures.



Image: A close-up view of the trekking pole's tip, showing the durable carbide tip and the removable rubber foot for different terrains.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Pole sections slip or collapse.	Locking mechanism not tightened sufficiently; dirt/debris inside sections; worn locking mechanism.	Ensure locks are fully tightened. Clean inside pole sections. If mechanism is worn, contact support for replacement parts.

Problem	Possible Cause	Solution
Poles are difficult to extend or retract.	Dirt/grime inside sections; lack of lubrication; overtightened locking mechanism.	Clean pole sections thoroughly. Apply silicone lubricant. Loosen locking mechanism slightly before adjusting.
Rubber tips wear out quickly.	Frequent use on abrasive surfaces; improper walking technique.	Replace worn rubber tips regularly. Ensure proper pole angle to distribute wear evenly.

8. SPECIFICATIONS

Feature	Detail
Brand	Generic
Color	Black
Shaft Material	Aluminum
Handle Material	Aluminum
Maximum Extended Length	135 Centimeters
Packed Length	100 Centimeters
Quantity	2 Poles (Pair)
Package Dimensions	76 x 14 x 6.5 cm
Package Weight	540 Grams

9. WARRANTY AND SUPPORT

For any questions, concerns, or issues regarding your Crivit Aluminum Telescopic Trekking Poles, please contact the retailer or manufacturer's customer support. Please retain your proof of purchase for any warranty claims.