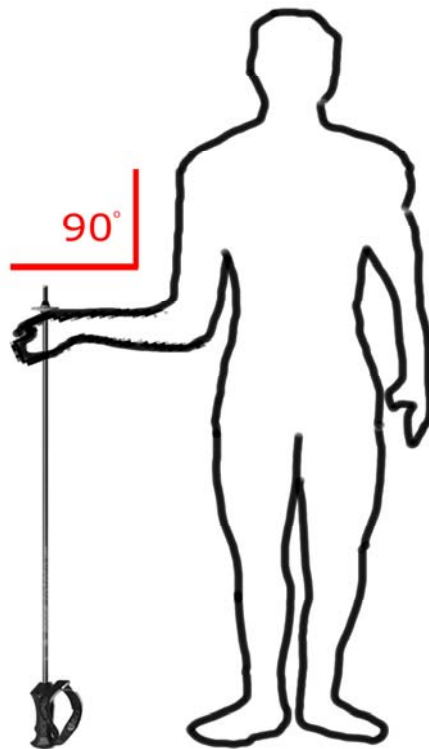


Select your Pole Length from the chart below

Skier Height	Pole Length Inches	Pole Length CM
6'7" +	56	140
6'4" - 6'6"	54	135
6'1" - 6'3"	52	130
5'10" - 6'0"	50	125
5'7" - 5'9"	48	120
5'4" - 5'6"	46	115
5'1" - 5'3"	44	110
4'9" - 5'0"	42	105
4'5" - 4'8"	40	100
4'1" - 4'4"	38	95
3'9" - 4'0"	36	90
3'5" - 3'8"	34	85
< 3'4"	32	80



Or measure from the floor to the top of your hand with your elbow held at 90° and then add two inches (5cm).



Note: The above chart is a guide to help you purchase the correct length GOODE Ski Poles.