

## Suggested length on your BD FLZ Poles

On flat ground the top of the trekking pole handle should be at waist or hip level and your elbow at 90 degrees (see illustration).

### For walking, hiking, and backpacking:

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.

Your hight cm	Z-pole length cm
147	100
155	105
162.5	110
170	115
178	120
185.5	125
193	130
200.5	135

