

HEIGHT ADJUSTMENT INSTRUCTION FOR TREKKING STICKS

I. SEQUENCE OF ACTIVITIES (FIGURE 1)

1. Unscrew (loosen) to the left (up to two turns maximum) the nut of the damping (locking) sleeve.
2. Unscrew the adjustable tube to the left (**to a maximum of one turn**) until it can be moved lengthwise.

CAUTION:

DO NOT UNSCREW THE ADJUSTABLE TUBE EXCESSIVELY TO THE LEFT, AS IT WILL BECOME UNDESIRABLY BLOCKED!

3. Move the adjustable tube along the axis to the required height.
4. Turn the adjustable tube to the right until the tubes will be locked.

