

Hiking Pole Checklist

Print or save this checklist and work through each stage to ensure your poles are properly sized, locked, and maintained.



1 Before the Hike

- ☐ Confirm that poles suit your height and intended terrain.
- ☐ Read the model-specific assembly and lock instructions.
- ☐ Inspect shafts, locks, straps, tips and baskets.
- ☐ Set and record the flat-ground length.
- ☐ Fit the correct baskets or tip covers.
- ☐ Decide where the route may require poles to be stowed.
- ☐ Practice the wrist straps and opposite arm-leg rhythm.

2 At the Trailhead

- ☐ Assemble both poles completely.
- ☐ Match the left and right lengths.
- ☐ Close and pressure-test every lock.
- ☐ Check that your shoulders remain relaxed at the baseline setting.
- ☐ Make sure the poles can be secured to your pack when not in use.

3 On the Trail

- ☐ Keep a relaxed grip.
- ☐ Shorten for sustained climbs.
- ☐ Lengthen for sustained descents.
- ☐ Test every plant before depending on it.
- ☐ Release straps or stow poles where entrapment is a concern.
- ☐ Keep tips on the official durable route.
- ☐ Stop if a pole slips, bends, separates or causes pain.

4 After the Hike

- ☐ Wipe off dirt and mud.
- ☐ Dry shafts and straps according to the manual.
- ☐ Inspect tips, baskets and locks for wear.
- ☐ Store poles securely without trapping moisture.
- ☐ Replace damaged parts before the next trip.

Pole Settings & Maintenance Plan

POLE MODEL & NOTES

Brand/model, lock mechanism type, terrain adjustments, pack attachments...

LENGTH SETTINGS

Flat Ground (cm) _____
Climb Length (-5/-10cm) _____
Descent Length (+5/+10cm) _____

POST-HIKE FOLLOW-UP

Lock Tension Check _____
Tips / Baskets Wear _____
Parts to Replace _____