

Skate Pole Length Guide

Top of skate poles should reach somewhere between skier's chin and nose with shoes/boots on. Poles come in 5cm increments. We use skier height to select pole length, and the chart below is accurate most of the time; however, it does not always account for variances in body proportions of all skiers. Feel free to measure yourself, and if your preferred pole size is different than the size listed in the chart below, please let us know in the "Special Sizing Request" field.

Skier Height	Skate Pole Length (cm)
5' 0"	140
5' 1"	140
5' 2"	145
5' 3"	145
5' 4"	145
5' 5"	150
5' 6"	150
5' 7"	155
5' 8"	155
5' 9"	160
5' 10"	160
5' 11"	160
6' 0"	165
6' 1"	165
6' 2"	170
6' 3"	170
6' 4"	175
6' 5"	175