

User Manual

Lightrek™ 4 Poles

Assembly and Adjustment

Lightrek™ 4 Regular length trekking poles are adjustable to 140 cm and the Short length are adjustable to 125 cm. Their adjustability comes from a simple rubber expanding component attached to the tip section. To assemble, adjust and tighten them simply insert the tip section into the grip section, set the length where you want it, then rotate the grip section clockwise. The expander will move down the threaded component when you do this, making contact with an aluminum inset in the tip section and will expand and grip the upper section internally. No need to keep turning and turning, Hercules, you'll feel when it's tight - it just needs to feel snug. To adjust the length spin counter-clockwise about one half turn, just enough to loosen the hold, set your length then re-tighten. Again, no need to keep spinning. If you experience problems getting the expander to grab at some point, first clean it with your thumb or whatever is handy as there may be some grit on it, then try "seating" it right at the aluminum insert and give it just enough of a turn to start it expanding.

O-Rings

We now ship 2 red silicone o-rings with each set of Lightrek™ 4 Trekking Poles. You have one for each pole and an extra one. The o-rings are for protecting the opening where the bottom section pole enters the top section pole. When these poles are used to set up a tent or tarp, water from rain or condensation can run down the pole and into the opening, carrying with it dirt and grit, and possibly rust the aluminum screw that is used to hold the rubber expanding component. The poles can then be difficult or impossible to adjust. To prevent this from happening, slide an o-ring over the tip on each pole, move it up to where the two sections meet and place it snugly against the opening. That's all there is to it.

Recommendations for Use

Hiking, trekking, backpacking, mountaineering, etc. These are NOT ski poles and are use-specific engineered for trekking. While they are very robust we don't recommend them for skiing or similar usage.

Straps

Lightrek™ 4 poles are also available with straps.

Baskets

Lightrek poles come with included trekking baskets.

Repair/Replacement

Should you break a section of a pole, you can call us at 512-374-0133 and we'll sell you a replacement pole or part. Replacement grips and baskets can be purchased from our website at <http://www.gossamergear.com>.

Care

At about a fraction of the weight of the most poles, LT4's may not be as robust as some other adjustable trekking poles on the market. We feel they are an appropriate balance between weight and strength for people who are extremely committed to having the lightest weight equipment. With that commitment comes the responsibility to potentially replace the poles more often than heavier poles. Testing has confirmed that the poles, like any, are prone to breakage if the tip gets lodged between rocks and you lever them forward. For this reason, we recommend keeping the trekking baskets installed at all times, just to help prevent the tip from getting in tight spots where breakage is likely. **KEEP IN MIND THAT BREAKAGE OF THE POLE IS NOT CONSIDERED A MANUFACTURING DEFECT UNLESS THERE IS SPECIFIC EVIDENCE TO THE CONTRARY.** For EXTREME activities where the reliance on sturdy poles is necessary, you may want to choose a different brand.

