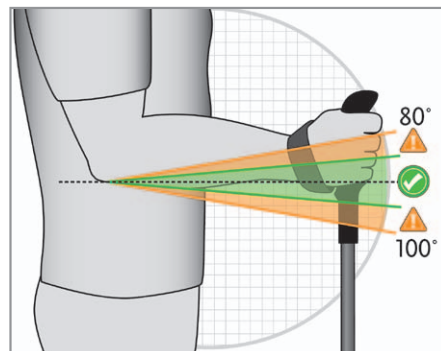


# Z-Pole Sizing Chart

HEIGHT RANGE		SUGGESTED Z-POLE LENGTH
< 154 cm	< 5 ft 1 in	100 cm
154 - 171 cm	5 ft 1 in - 5 ft 7 in	110 cm
172 - 182 cm	5 ft 8 in - 5 ft 11 in	120 cm
183 cm +	6 ft +	130 cm

- For walking, hiking and backpacking (where stability and support matter most): size up if you're right on a size cusp
- For running (where uphill propulsion matters most): size down if you're right on a size cusp



## BLACK DIAMOND GLOVE SIZING

**Palm girth:** Measure around your dominant hand at the knuckles with your fingers together.

**Palm length:** Measure from the crease at the base of your wrist (on palm side) to the tip of your middle finger.

Determine your size from the chart below by choosing the larger of the two measurement results:

	Mens/Unisex		Women's	
XSMALL	18.4 - 19.7 cm	7.25 - 7.75 in	15.9 - 17.1 cm	6.25 - 6.75 in
SMALL	19.7 - 21 cm	7.75 - 8.25 in	17.1 - 18.4 cm	6.75 - 7.25 in
MEDIUM	21.5 - 23 cm	8.5 - 9 in	18.4 - 19.7 cm	7.25 - 7.75 in
LARGE	23 - 24 cm	9 - 9.5 in	19.7 - 21 cm	7.75 - 8.25 in
XLARGE	24 - 25.4 cm	9.5 - 10 in	N/A	N/A

