

Ski Pole Length Recommendations

Height w/ Boots	Height w/ Boots	FIS Max Pole Length	Classic Pole Length
165.00	5' 5"	137.00	140.00
166.00	5' 5 3/8"	138.00	140.00
167.00	5' 5 3/4"	139.00	142.50
168.00	5' 6 1/7"	139.00	142.50
169.00	5' 6 5/9"	140.00	142.50
170.00	5' 7"	141.00	145.00
171.00	5' 7 1/3"	142.00	145.00
172.00	5' 7 5/7"	143.00	145.00
173.00	5' 8 1/9"	144.00	147.50
174.00	5' 8 1/2"	144.00	147.50
175.00	5' 8 8/9"	145.00	147.50
176.00	5' 9 2/7"	146.00	150.00
177.00	5' 9 2/3"	147.00	150.00
178.00	5' 10 1/9"	148.00	150.00
179.00	5' 10 1/2"	149.00	152.50
180.00	5' 10 7/8"	149.00	152.50
181.00	5' 11 1/4"	150.00	152.50
182.00	5' 11 2/3"	151.00	155.00
183.00	6' 0"	152.00	155.00
184.00	6' 4/9"	153.00	155.00
185.00	6' 5/6"	154.00	157.50
186.00	6' 1 2/9"	154.00	157.50
187.00	6' 1 5/8"	155.00	157.50
188.00	6' 2"	156.00	160.00
189.00	6' 2 2/5"	157.00	160.00
190.00	6' 2 4/5"	158.00	160.00
191.00	6' 3 1/5"	159.00	162.50
192.00	6' 3 3/5"	159.00	162.50
193.00	6' 4"	160.00	162.50
194.00	6' 4 3/8"	161.00	165.00
195.00	6' 4 7/9"	162.00	165.00
196.00	6' 5 1/6"	163.00	165.00
197.00	6' 5 5/9"	164.00	167.50
198.00	6' 6"	164.00	167.50
199.00	6' 6 1/3"	165.00	167.50
200.00	6' 6 3/4"	166.00	170.00

Height w/o Boots	Height w/o Boots	Classic Pole Length	Skate Pole Length
160.00	5' 3"	135.00	145.00
162.50	5' 4"	137.50	147.50
165.00	5' 5"	140.00	150.00
167.50	5' 6"	142.50	152.50
170.00	5' 7"	145.00	155.00
172.50	5' 8"	147.50	157.50
175.00	5' 9"	150.00	160.00
177.50	5' 10"	152.50	162.50
180.00	5' 11"	155.00	165.00
182.50	6' 0"	157.50	167.50
185.00	6' 1"	160.00	170.00
187.50	6' 2'	162.50	172.50
190.00	6' 3"	165.00	175.00
192.50	6' 4"	167.50	177.50
195.00	6' 5"	170.00	180.00
197.50	6' 6"	172.50	182.50
200.00	6' 7"	175.00	185.00