

**BEFORE USE:**

Please ensure you, and any persons that will assist you in its use, take the time to read, understand and follow the instructions in this user manual.

This product is intended to provide balance and support to individuals when standing, walking and hiking.

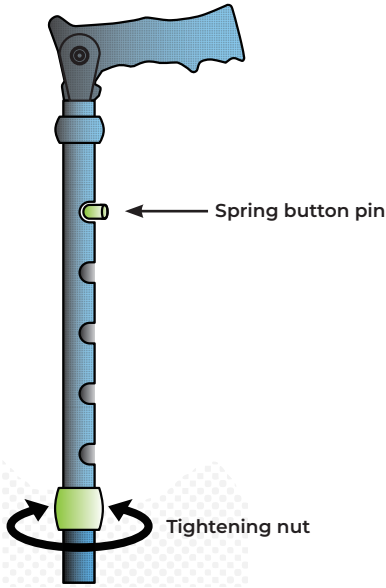
**SPECIFICATIONS:**

HIKING HANDLE MIN/MAX HEIGHT	925 - 1,255MM
WALKING HANDLE MIN/MAX HEIGHT	850 - 1,180MM
HANDLE DIAMETER	22MM
FERRULE SIZE (INTERNAL DIAMETER)	19MM
STICK DIAMETER	19MM
OVERALL WEIGHT	0.43KG
MAX USER WEIGHT	110KG

**SETTING THE CORRECT HIKING  
STICK HEIGHT**

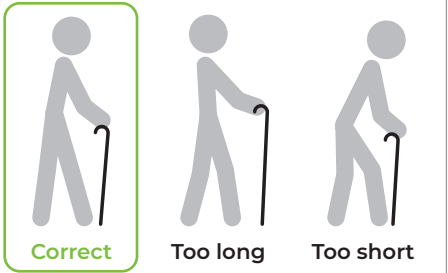
Setting the correct hiking stick height is important to ensure you get the right support when hiking.

1. Stand upright in the shoes you would normally wear, then place your arms naturally down by your side.
2. Position the hiking stick by your side.
3. Loosen the hiking stick's tightening nut.
4. Push and hold the spring button pin, then adjust the height of the hiking stick so that the top of the handle is level with your wrist bone.
5. Secure the tightening nut once the hiking stick handle is at the correct height.
6. Try the hiking stick and ensure it is comfortable to use.



Using a hiking stick at the incorrect height could result in wrist and back pain when hiking for extended periods of time.

If the hiking stick is uncomfortable when in use, readjust the hiking stick until it is right for you.

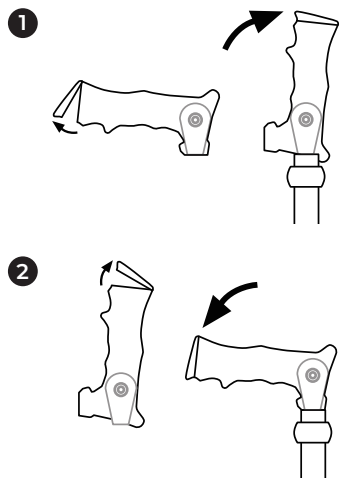


## HANDLE INSTRUCTIONS

Quickly switch between walking and hiking settings on your Treka 2in1 Hiking Stick depending on your activity.

- 1 Lift and hold the handle end-cap upwards.
- 2 Lift/lower the handle until it is in the desired position.

An audible “click” will confirm the handle is securely placed in the walking/hiking position.



**Ensure the handle is secure before use.**

## SAFETY GUIDELINES:

- Only use the product for its intended use.
- Do not allow children to play with or use the hiking stick.
- Do not use the hiking stick if any components are broken or missing.
- Beware of pinch points when adjusting and using the hiking stick.

If you are in rehabilitation training or have difficulty hiking without a hiking stick, consult a doctor or physical therapist before use.

**REF** WA03020018



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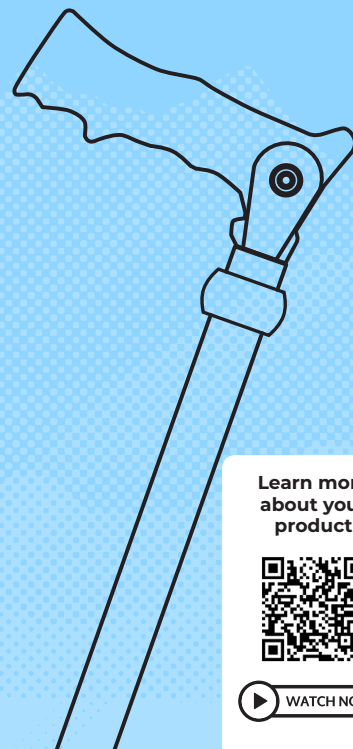
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**CareCo**

# TREKA 2IN1

HIKING STICK

## INFORMATION GUIDE



Learn more  
about your  
product

