



HOW TO HIKE WITH TREKKING POLES

What to Know Before You Geaux

Why Use Trekking Poles? Properly-adjusted trekking poles can help you hike safer and more enjoyably! Using these tools can help reduce joint pain and muscle fatigue while improving body posture and balance.



1 ADJUST THE POLE HEIGHT

- Put on your hiking shoes and stand on flat ground.
- Look at your arm while holding the poles - you want your elbow to make a **90-degree angle** (like an "L" shape).
- Most poles adjust in **two places** (they're telescopic).
- Adjust both sections **evenly** until the height feels right.

✓ **TIP:** The correct pole height helps you stay balanced and saves energy on the trail!



2 ADJUST THE WRIST STRAP & GRIP

- Slide your hand **up through the strap from underneath**.
- The strap should sit comfortably **between your thumb and index finger**.
- Hold the pole handle loosely - the **strap should carry some of the weight**, not just your hand.
- If it feels too tight or uncomfortable, adjust the strap and try again.

✓ **TIP:** A proper strap fit gives your hands a break and helps with control on the trail.



3 HOW TO WALK WITH TREKKING POLES

- Hold your poles at a **slight angle (about 45 degrees)** as you walk.
- Use a **natural rhythm**: when your **left foot steps forward**, your **right pole moves forward** - and vice versa.
- The **tip of the pole** should land near the middle of your body or just slightly ahead.
- Push off with your arms - this helps move you forward and takes pressure off your legs and joints.

✓ **TIP:** It might feel awkward at first, but with a little practice, it becomes natural and makes hiking easier!

More Helpful Tips

- **Going downhill?** Make your poles a little longer for better balance.
- **Going uphill?** Make them a little shorter to help you climb more easily.
- **Different tips for different trails:** Some poles come with swappable tips for sand, rocks, snow, or mud.
- **Want to upgrade?** Look for:
 - **Carbon fiber poles** (lightweight)
 - **Cork handles** (comfortable, less rubbing on hands)
 - **Clasp locks** (easier and more reliable than twist locks)

Geaux Enjoy Hiking

We hope you have a safe and enjoyable adventure on one of LDWF's many beautiful properties. And remember - you won't be the only one enjoying the outdoors, so be respectful of wildlife and fellow visitors.

More Know
Before You
Geaux Tips
Here



The Wildlife Restoration Fund, paid for by federal taxes on guns, ammo, and archery gear, helps LDWF manage 1.6 million acres for hunting and other outdoor fun.



Louisiana Department of
Wildlife and Fisheries
Non-Consumptive Program