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2026/27 SEASON

Charts checked November 2026

Ski Pole Size Chart 2026/27

Alpine and cross-country pole length by height

Short answer: Alpine ski poles run about 0.7 times your height: a 5'7" to 5'9" skier takes 120 cm (48 in) poles. Turned upside down and gripped under the basket, the right pole puts your elbow at about 90 degrees.

Alpine ski pole size chart

YOUR HEIGHT	CM	POLE LENGTH	INCHES	FISCHER (HEIGHT × 0.7)	LEKI / SALOMON	ROSSIGNOL	SWIX	BLACK DIAMOND
under 3'5"	under 105	**80 cm**	32 in	70–75	—	70–75	—	—
3'5"–3'8"	105–114	**85 cm**	34 in	75–80	—	75–80	—	—
3'9"–4'0"	115–124	**90 cm**	36 in	80–85	85	80–85	—	—
4'1"–4'4"	125–134	**95 cm**	38 in	85–90	90	90	—	—
4'5"–4'8"	135–144	**100 cm**	40 in	95–100	95–100	95–100	—	—
4'9"–5'0"	145–154	**105 cm**	42 in	100–105	100–105	100–105	90–100 (150)	100
5'1"–5'3"	155–161	**110 cm**	44 in	110	110	110	100–110	110
5'4"–5'6"	162–169	**115 cm**	46 in	115	115	115	110–115	110
5'7"–5'9"	170–176	**120 cm**	48 in	120	120	120	115–125	110–120
5'10"–6'0"	177–184	**125 cm**	50 in	125	125	125	120–130	120–130
6'1"–6'3"	185–191	**130 cm**	52 in	130	130–135	130–135	130–135	130
6'4"–6'6"	192–199	**135 cm**	54 in	135	135	135	135	130
6'7" and up	200+	**140 cm**	56 in	140	140	140	135	130

Cross-country ski pole size chart

YOUR HEIGHT	CM	CLASSIC POLE	SKATE POLE	ROSSIGNOL CLASSIC / SKATE	EVO CLASSIC / SKATE	SWIX CLASSIC / SKATE
3'11"	120	**90–100 cm**	**100–105 cm**	90 / 100	90–95 / 100–105	—
4'3"	130	**100–105 cm**	**110–115 cm**	100 / 110	100–105 / 110–115	—
4'7"	140	**110 cm**	**120 cm**	110 / 120	110 / 120	—
4'11"	150	**120–125 cm**	**130–135 cm**	120 / 130	125 / 135	115–117.5 / 127.5–130
5'1"	155	**125–130 cm**	**135–140 cm**	125 / 135	130 / 140	120 / 132.5
5'3"	160	**130–135 cm**	**140–145 cm**	130 / 140	135 / 145	125 / 137.5
5'5"	165	**135–140 cm**	**145–150 cm**	135 / 145	140 / 150	130 / 142.5
5'7"	170	**140–145 cm**	**150–155 cm**	140 / 150	145 / 155	135 / 147.5
5'9"	175	**145–150 cm**	**155–160 cm**	145 / 155	150 / 160	140 / 152.5
5'11"	180	**150–155 cm**	**160–165 cm**	150 / 160	155 / 165	145 / 157.5
6'1"	185	**155–160 cm**	**165–170 cm**	155 / 165	160 / 170	150 / 162.5
6'3"	190	**160–165 cm**	**170–175 cm**	160 / 170	165 / 175	155 / 167.5
6'5"	195	**165–170 cm**	**175–180 cm**	165 / 175	170 / 180	160 / 172.5
6'7"	200	**170 cm**	**180 cm**	170 / 180	170 / 180	165 / 177.5

Fit check

- **Alpine: the upside-down test.** Flip the pole, put the grip on the floor and hold it just under the basket.
- **Alpine: the measuring tape.** Stand in your ski boots, bend your elbow to 90 degrees and measure from the floor to the top of your hand.
- **Classic cross-country.** Standing on the floor in shoes, the grip top (or strap exit) should reach your armpit to shoulder, or the middle of your collarbone.

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