

How to Use TrekPod's Wrist Strap

TrekPod's wrist strap configuration was patterned after the wrist straps used for cross country skiing and, more recently, trekking. The strap is designed to provide support for your "push" on the staff without relying on the strength of your hand's grip.

On longer hikes this will substantially decrease hand fatigue, and provide for a more pleasant hiking experience.

Since this method of using a wrist strap will be new to all but cross country skiers and trekkers, we've provided some step-by-step instructions on how to use this "twisted" wrist strap!

Please call us at 503.459.0030 with any questions.



Hold strap open with buckle "out" and insert hand from the bottom.



Hold tension on the strap by pulling "out" while turning hand slightly and laying straps flat against grip.



Make sure strap is flat against grip and hand, adjust buckle as needed to position hand where desired on grip.

Thanks & enjoy!

Frequently Asked Question

