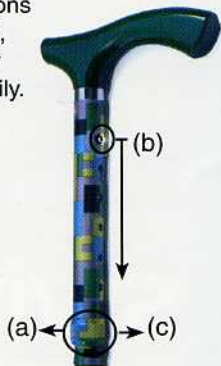


Instructions

1. Remove protective packaging.
2. To unfold, gently shake the stick by the handle so all the sections fall into place and automatically lock. Remember, the stick should normally be held in the hand opposite the affected leg.
3. To re-fold, pull apart at each joint and fold the sections back on themselves. If the stick is difficult to re-fold, simply tap the bottom of the stick at an angle a few times on the ground and it should re-fold more easily.
4. To adjust the length of the stick:
(a) Unscrew the safety locking band by turning clockwise once to loosen. **(b)** Press in the pin at the top of the stick and slide the top section up or down to a more comfortable height, then simply pop the pin back into the appropriate hole, making sure it is fully released. **(c)** Re-tighten the safety locking band and you're off!



Accessories

Carry Bag

All of our sticks come with a water resistant carry bag to store and protect them when you're out and about.

Wrist Strap

Available in black, brown and grey for added security and comfort.

For the complete range of Switch Sticks' goods visit our website at www.switchsticks.com.

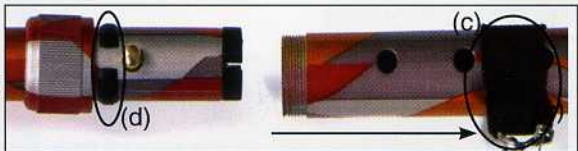
Instructions for attaching & removing wrist straps

Unscrew the safety locking band, by turning clockwise, until fully detached from the screw mechanism (a). Once loose, do not continue to unscrew, or you risk scratching the paint work.

Press in pin (b) at the top of the stick and slide down below the bottom hole and pull apart two sections.



Slip on the wrist strap (c) to the top section (and push towards handle).



To re-assemble - it is essential you make sure the plastic band (d) is in place and will sit easily in the safety locking band when you re-screw the two sections back together. Adjust your stick to the correct height and re-place pin in relevant hole - (see full instructions in previous section).

Please ensure you have the right Switch Stick for your weight

Luxury: up to 100Kg
weight (15st 10lbs)
flush interlocking joins



Simple: up to 80Kg
weight (12st 8lbs)
flaired joins



Switch Stick Designs



Stripes with blue handle



Mosaic with green handle



Circles with black handle

Note: 'Waves' & 'Mosaic' only available in 'Simple' up to 80Kg. All other designs available in both 'Simple' and 'Luxury' - up to 100Kg. Plain colours, shorter & extra long sticks available on request.

Waves with brown handle



Earth with grey handle



Polka with pink handle



Military with khaki handle



Please Note: Walking sticks should be regularly checked for any damage or wear. Do not store this product in temperatures below freezing. Switch Sticks cannot be held responsible for any misuse of your Switch Stick and consequent injury or damage.

www.switchsticks.com