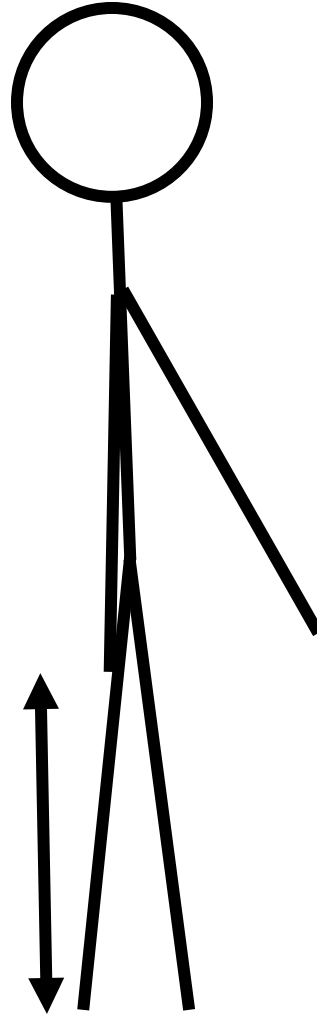


**AND CARRY A BIG STICK.COM**

**A DIVISION OF ROGGENVENTION LLC.**

**ADJUSTING THE LENGTH OF YOUR WALKING STICK:**



**USING A YARD STICK OR MEASURING TAPE, MEASURE FROM THE TIPS OF YOUR FINGERS TO THE FLOOR WITH YOUR HAND AGAINST YOUR LEG. STAND STRAIGHT, DON'T LOOK DOWN, HOLD YOUR PALM FLAT AGAINST YOUR LEG. PUT THE BEGINNING OF THE YARDSTICK OR MEASURING TAPE TOWARD THE FLOOR AND MEASURE TO THE TIPS OF YOUR FINGERS. MEASURE TWICE. ADD 9 INCHES TO THE MEASUREMENT. YOU SHOULD END UP WITH A MEASUREMENT BETWEEN 30 AND 36 INCHES.**

**REMOVE THE RUBBER TIP FROM YOUR WALKING STICK BY TWISTING IT OFF. MEASURE FROM THE TOP OF THE HANDLE TO YOUR MEASUREMENT AND MARK IT WELL. REMEASURE AND CHECK YOUR MARK. MEASURE TWICE, CUT ONCE.**

**USE A WOOD SAW TO CUT THE END OFF YOUR WALKING STICK. BE CAREFUL TO CUT THE END OFF SQUARE. IF YOU ARE UNFAMILIAR WITH MEASURING AND CUTTING, GET HELP FROM SOMEONE WHO KNOWS WHAT THEY ARE DOING.**

**REPLACE THE RUBBER TIP. YOU SHOULD NOT USE YOUR WALKING STICK WITHOUT THE TIP TO PREVENT DAMAGE TO THE STICK AND TO IMPROVE GRIP BETWEEN THE WALKING STICK AND THE GROUND.**

**OUR WALKING STICKS DO NOT STRETCH AND ARE NOT GUARANTEED AGAINST BEING CUT OFF TOO SHORT. IF YOU HAVE ANY QUESTION, CUT OFF A HALF INCH AT A TIME UNTIL YOU FIND THE LENGTH COMFORTABLE.**

**ALL ANDCARRYABIGSTICK.COM WALKING STICKS ARE NOMINALLY 36", SOMETIMES 35 1/2", SOMETIMES 36 1/2", BUT GENERALLY CLOSE TO 36". ERGONOMICALLY SPEAKING, ALL PEOPLE, NO MATTER THEIR HEIGHT, WILL USE A WALKING STICK IN A FAIRLY NARROW RANGE OF LENGTH. THE REASON BEHIND THIS IS HUMAN HANDS AT REST, FALL IN ABOUT THE SAME DISTANCE FROM THE FLOOR. THIS IS WHY DOOR KNOBS, TABLE TOPS, AND OTHER COMMON HEIGHT ITEMS WORK FOR PEOPLE ACROSS THE RANGE OF ALL HEIGHT PEOPLE.**