

TELESIN 1.2M/3M Carbon Fiber Selfie Stick

Full English User Manual

1. Package Contents

- TELESIN Carbon Fiber Selfie Stick ×1
- Action Camera Mount Adapter ×1
- 1/4" Screw Converter ×1
- User Manual ×1

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2. Core Specifications

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Parameter	Details
Model	TELESIN Carbon Fiber Selfie Stick (1.2M / 3M version)
Material	Carbon fiber main pole + non-slip rubber handle
Folded Length	~38cm (1.2M) / ~45cm (3M)
Max Extended Length	120cm (1.2M) / 300cm (3M)
Number of Sections	5 sections (1.2M) / 8 sections (3M)
Weight	~165g (1.2M) / ~240g (3M)
Max Load Capacity	0.5kg
Mount Interface	Universal action camera mount + 1/4" screw thread
Compatibility	GoPro Hero series, DJI Osmo Action, Insta360, smartphones (with phone clamp), and small cameras

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3. Key Features

- **Ultra-Light Carbon Fiber Construction:** High-strength carbon fiber pole reduces weight while maintaining rigidity, ideal for long hikes and travel.
- **Dual Length Options:** Available in 1.2M (compact) and 3M (ultra-long) versions to suit different shooting scenarios.
- **Non-Slip Textured Handle:** Ergonomic diamond-pattern rubber grip for secure hold even in wet or sweaty conditions.
- **Quick Lock Extension:** Twist-lock design for fast, one-handed height adjustment between sections.
- **Universal Compatibility:** Includes action camera mount and 1/4" screw adapter to work with action cams, phones, and small cameras.
- **Portable & Compact:** Folds down to a pocket-friendly size for easy storage in backpacks or camera bags.

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4. Product Structure & Controls

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Part	Function
Carbon Fiber	Telescopic design for length adjustment; lightweight and

Part	Function
Pole	durable
Non-Slip Handle	Textured rubber grip for comfortable, secure holding
Twist Lock Rings	Lock/unlock each telescopic section to adjust length
Top Mount	Universal action camera mount (compatible with GoPro/DJI/Insta360) + 1/4" screw adapter
End Cap	Protects the bottom of the pole; provides a stable base when placed on the ground

5. Basic Operation

5.1 Extending the Selfie Stick

1. Hold the handle firmly with one hand.
2. Twist the topmost lock ring **counterclockwise** to unlock the first section.
3. Pull the section upward to your desired length, then twist the lock ring **clockwise** to secure it.
4. Repeat this process for all sections until you reach the maximum length (120cm or 300cm).
5. Ensure all lock rings are tightly fastened before mounting your device.

5.2 Mounting Your Device

- **Action Camera:** Attach the included action camera mount directly to the top interface; align the pins and tighten the thumb screw.
- **Smartphone / Small Camera:** Screw the 1/4" adapter into the top mount, then attach a phone clamp or camera with a 1/4" thread hole.
- Ensure the device is securely fastened to avoid dropping during use.

5.3 Adjusting Shooting Angle

- The top mount allows for 360° horizontal rotation and 90° vertical tilt.
- Loosen the thumb screw, adjust the angle, then retighten to lock the position.

5.4 Folding for Storage

1. Loosen all lock rings counterclockwise.
2. Push each section back into the handle one by one, starting from the top.
3. Tighten all lock rings to keep the stick compact.
4. Store in a dry, cool place to protect the carbon fiber material.

6. Troubleshooting

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Issue	Solution
Sections slip during use	Ensure all twist lock rings are fully tightened clockwise
Device mount is loose	Tighten the thumb screw on the top mount; check for thread wear
Difficulty extending	Clean the inner surface of each section with a dry

Issue	Solution
sections	cloth to remove dust/debris
Unstable at maximum length	Avoid overloading (max 0.5kg); use in calm conditions; keep the stick vertical

7. Maintenance & Care

- Clean the carbon fiber pole and handle with a dry, soft cloth; avoid water, chemicals, or abrasive cleaners.
- Store in a cool, dry environment to prevent corrosion and material degradation.
- Do not overload the stick (max 0.5kg); avoid using with heavy cameras or equipment.
- Lubricate the twist lock rings with a small amount of silicone grease if they become stiff over time.
- Inspect the mount and lock rings regularly for signs of wear or damage; replace worn parts if necessary.

8. Safety Notes

- Do not use the selfie stick in strong winds or unstable surfaces; it may tip over and cause damage.
- Keep the stick away from children to avoid injury from falling or pinching.
- Do not use the product as a walking stick, pole vault, or for any purpose other than photography/videography.
- When using the 3M version, be extra cautious of overhead obstacles (e.g., tree branches, power lines).