

# CXI HCF Set-up

HCF parameters:

- 320  $\mu\text{m}$  ID
- 1.0 bar Ar
- 0.6 m length

Compression to  $<10$  fs using:

- 6 CM bounces ( $\sim 40$  fs<sup>2</sup>) (few-cycle)
- 1 mm  $\text{CaF}_2$  + 0.5 mm UVFS

