



Fact File

My guidance for attempting to break the world record for the Most swim caps worn at once

This is certainly one of the more dangerous world records I've attempted. But do you think I forgot the idea when I was cautioned? Never. Instead I investigated, and that was great fun as well as self-educational. It was also one of the most painful, and I could easily have begun crying. But that's funny.

To start, gear up for a few rules, such as:

- pull the caps on one at a time.
- pull them on properly.

I survived this and I was successful. So it's a happy day for me. However I also recall how the shots of pain jolted my whole body as I forcefully ripped the caps off my head of hair. Ouch!

Still keen? WorldRecordChase.com is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

Please note: neither Alastair Galpin nor WorldRecordChase.com will be responsible for any actions whatsoever undertaken by any person as a result of visiting this website. If you intend to attempt to emulate any of Alastair's world record attempts, always seek expert advice.