



## Fact File

### **My guidance for attempting to break the world record for the Most rhinestones on the body**

Can you blame me for thinking you'd have to be either very determined or very mad? This world record has given me memories I'm sure will be as vivid in my old age as they are today. There are plenty of ways to make your own lifelong memories, but if you choose to plan one with this, then may you have all the world's best wishes. I wonder how you'll fare?

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

- count the rhinestones.
- have witnesses all the time.

My advice? Don't eat for a day before you start. Be prepared for a terribly numb bum and make friends with someone who'll happily water blast you thoroughly. Ouch!

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

Enjoy.

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*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.*