



Fact File

My guidance for attempting to break the world record for the Most socks worn

Why can't you be satisfied with wearing only a single sock per foot? If you can't answer that question as others would expect, then you might think like me. I just had to prove my affection for socks. The very best way to do that was by attempting a world record.

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

- use socks from the shop.
- pull them on properly.

Practise first, as always. You would do well to have a bottle of water with you, and someone to help if you need a plaster or two.

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.