



Fact File

My guidance for attempting to break the world record for the Most T-shirts worn

Have you read what happened to me? It was only when the paramedic spoke to me that I realised I had a reason to smile. But, as you might know by now, I like taking chances and I've got proof that I succeeded at it. That makes it all worthwhile. Should you take an interest in this, first consider your body size. Then look to see what larger people are wearing when you're next out. They'll be buying their shirts from somewhere...

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

- use commercial shirts.
- keep count.

My achievement was something I am still proud of. This world record has been broken, though, so spend some time investigating. And don't be shy to wear T-shirts with any logo, any slogan, or those which are men's or women's.

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.