



Fact File

My guidance for attempting to break the world record for the Most underpants pulled on in one minute

If you are one for creating a fuss, this might do just that. Be careful not to injure yourself because it's easier for your toes to get tangled than you might think. If there's one tip I'd give you, it's to concentrate.

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

- make sure all your undies come from the shop.
- have timekeepers with you.

Good luck if you go ahead. Remember that its more important to try and fail than not to try at all. Oh, one last thing - I hope you've got a gorgeous physique in case you're on TV.

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.