

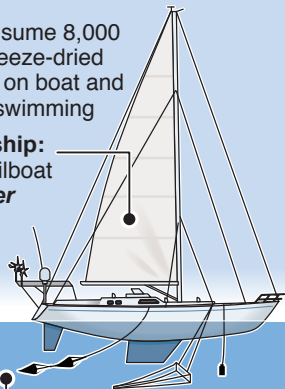
# Swimmer attempts Pacific crossing

Ben Lecomte, 51, aims to become the first person to swim the Pacific Ocean, covering 9,000km from Tokyo to San Francisco in six months while raising awareness of the state of ocean health

► Lecomte aiming to swim eight hours each day, covering 65km, then jump on board support boat to eat and sleep

► He needs to consume 8,000 calories a day – freeze-dried and canned foods on boat and liquids only while swimming

**Support ship:**  
67-foot sailboat  
**Discoverer**  
Crew: 8



**Ben's kit:** Headset to stay in contact with crew, waterproof heart monitor, and bracelet on ankle to measure radioactivity

**Inflatable motorboat:**  
Keeps Lecomte on course

**Research:** Scientists will collect samples and study plastic pollution, effect of extreme exercise on body and impact of Fukushima nuclear disaster

**Jun 5, Tokyo**  
Departure

**PACIFIC OCEAN**

*North Pacific current*

*Kuroshio current*

**Great Pacific Garbage Patch:**  
Area of marine debris twice size of Texas trapped in core of ocean currents

**White shark migration area:**  
Lecomte also wears bracelet that creates magnetic field to repel sharks.  
**Other dangers include storms, jellyfish and extremely low temperatures**

**San Francisco**