

Chest Binding Basics

DO:

- Bind up to 7-9 hours/day *Vary depending on body size, height, etc.*
- Take binding breaks when you feel safe and comfortable
 - This is necessary to ensure we are keeping our bodies safe from harm
- Listen to your body:
 - If your body becomes tight, sore, or you start to have back pains, your binder may be too small or you may be binding for too long
 - Check for skin rashes/irritation
 - Let your binder dry before putting it back on your skin
- Hand wash your binder at least weekly
 - Tip! Drying your binder helps keep it shape and form
- Swim in your binder if you want too!
- Finding a binding that best suits you
 - Sizing and material are important: many binders can irritate or cause skin rashes if they're too small or too tight
- Talk with medical professionals in your life when you feel safe to do so, such as
- Talk with your safe people
 - Binding is normal for Trans* and Gender non-conforming people. Having family/friends support you in your health and identity can relieve stress

DON'T:

- Use your binder during physical or strenuous activity
- Bind for more than 10 hours/day
- Use duct tape, ace bandages, or other intense sticky material. This can lead to serious health affects to your skin, growth, and/or restrict breathing)
- Use multiple binders at one time
- Bind for too long, as it can affect the possibility of having top surgery in the future

Other Information:

- If binding is not safely performed, it can lead to medical complications down the road
 - Can affect top surgery in the future
 - Can cause physical pain in back, ribs, and neck area
- Binding is a great tool to help those with chest dysphoria and doing it safely helps your body stay healthy!
- Remember, there is no right or wrong way to be Trans and/or Gender non-conforming, do what feels best for you

Companies to purchase new binders:

Underworks: binders are among the most popular with transgender men because of their effectiveness and affordability. Underworks is trans-friendly and has a reputation for excellent customer service. (\$25-\$45)

Double Design: formerly Double T Collection, is a trans-owned and operated company dedicated to the FTM/AFAB community (\$55-\$75)

Gc2b Transitional Apparel: provides high quality FTM chest binders; in addition to white, black and grey, as well as red, blue and green, “All Nude” colors (\$35-\$55)

*Many other companies exist-always do thorough research before buying

Companies designated to help those in need:

If you can't afford a binder, there are other options. Used binders are often passed on by post-op trans men or those whose binders may no longer fit. These are some examples of programs that help those who need/want a binder but may not be able to afford a binder immediately. Wait times for these organizations drastically differ, based on availability of binders and recent donations.

Point of Pride: (www.pointofpride.org) Provides binders all 50 states. Includes information on how to apply for program, how to measure, and FAQ page for common questions to binding. Sponsored by the popular brand, gb2b.

Big Brothers Binding Program: (www.the.transitionalmale.com/BBUB.html) Non-profit organization dedicated to helping those who are in need. Parents need to assist in application for under 18 years of age, more rigid application process.

FTME Free Youth Binder Program: (www.ftm essentials.com/pages/ftme-free-youth-binder-program). Available to youth who are under 24 and have a financial hardship, friendly FAQ page and other useful information on binding.

*Please note: Other programs do exist for chest binders; all programs often have a waitlist. All programs have a guide on how to safely bind, sizing recommendations, and other useful facts and health information on their webpages.

**Other resources exist for bindings; these are just some of the more popular options