

COMFORT TIPS

- **Avoid using duct tape and ace bandages.** They can cut into skin, restrict breathing, and damage or even break ribs.
- **Give your body a break.** Binding while you sleep can further crush chest tissue and restrict breathing. Try to only wear it 8–12 hours at a time.
- **Smaller isn't better.** Binders are already designed to be tight. Getting one even smaller causes injury and discomfort.
- **Air it out.** Sweating under binders can lead to rashes, sores and chafing. Try wearing a thin undershirt or non-irritating body powder (like Gold Bond) underneath it.
- **Regularly washing and air-drying binders** helps prevent irritation.
- **If your binder rolls up** around the waist, try sewing a piece of fabric along the bottom that you can tuck into your pants.

MORE INFO

INSTRUCTIONS & TIPS

Hudson's Guide: FTM Binding

www.ftmguide.org/binding.html

Chest Binding 101

www.transguys.com/features/chest-binding

BINDER REVIEWS

Chest Binder Reviews

www.chestbinders.wordpress.com



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Being
Healthy
is Being

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HEALTH OUTREACH TO TEENS

METHODS

Layering shirts

Wear a tight-fitting shirt as a final layer. Each shirt should get looser as you layer. Button-up shirts work well as a final step to hide your chest. Pro: Less restrictive. Con: Wearing a lot of clothing can become hot. Try moisture-wicking fabric for sweating.

Sports bra

You can wear a sports bra under one shirt, or layer shirts on top of sports bras like above. There are many types of sports bras. Ones with higher Lycra content compress better. Try them on at a sporting goods store if possible. Average price: \$25–\$50.

Athletic compression shirt

Athletes wear these to aid in muscle recovery. They're usually made from Spandex or Lycra, and are designed to absorb sweat away from your body. Average price: \$20–\$50. They typically work better for folks with less breast tissue. Companies like Underarmour and Sweat It Out sell them. Those with larger chests might want to try a medical compression shirt or binder.

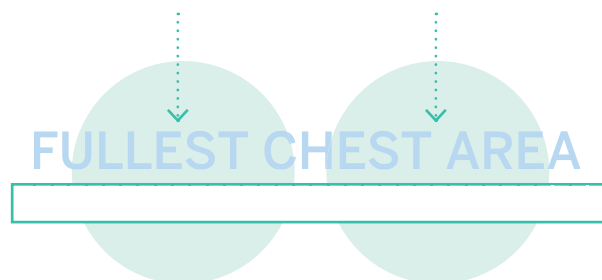
FTM binder/ Medical compression shirt

Binders offer even more compression than the above methods. Many are designed for women recovering from breast tissue surgery, but today there are companies who design specifically for FTM and GNC folks. Prices range from \$30–\$100+ but if you can't afford that, consider applying to a used binder program (listed in this pamphlet) for reduced prices or free! Some companies who sell them are Underworks, The Tool Shed, Moms Designs, Nouvelle, T-Kingdom of Taiwan, The Double T, Esha, and Danae.

FITTING

CHEST SIZE:

Measure the fullest area of your chest.



BINDER SIZE:

Look up the “sizing chart” of the company you're buying from. If you fall between sizes, most people are more comfortable going a size up.

SIZE	CHEST (Inches)	CHEST (Centimetres)
XS	29-31	74-79
S	32-34	81-88
M	35-39	89-99
L	40-43	102-110
XL	44-47	112-119
2X	48-51	122-130
3X	52-55	132-142
4X	56-59	142-50

*EXAMPLE sizing chart from Underworks.
Sizes vary depending on the company.

LOW COST BINDERS

The following programs offer binders for free or reduced cost

In A Bind

inabind.transactiveonline.org

FTM Garage Sale

ftmgaragesale.livejournal.com

Pay-It-Forward Binder Program (Australia and New Zealand only)

binderprogram.ftmaustralia.org

MORF Binders Exchange

morf.org.uk/binder.html

Big Brothers Used Binder Program

thetransitionalmale.com/BBUBmain.html

Binder Boys

facebook.com/binderboys

Tumblr Transgender Clothing Exchange

transclothesexchange.tumblr.com

Replace the Ace

replacetheace.wordpress.com

Point 5cc Tshirt Company

point5cc.com/binder-giveaways