

## Comfort Tips

### **Avoid Using Duct Tape And Ace Bandages**

They can cut into skin, restrict breathing, and damage or even break ribs.

### **Kt (Kinesiology) Tape**

This tape can be used to bind the chest but do not wrap it all the way around the body.

### **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.

### **Make The Most of Your Break**

Be sure to practice breathing exercises and stretch your arms and chest when not bound.

### **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 Wash and Air-Dry Binders**

This will help prevent irritation.

### **Lay it Flat**

If your binder rolls up around the waist, try sewing a piece of fabric along the bottom that you can tuck into your pants.

# SAFER BINDING

**HOTT (Health Outreach to Teens)** is a welcoming, non-judgmental, confidential program designed specifically to meet the health & wellness needs of LGBTQ young adults aged 13–24. HOTT provides services to insured & uninsured youth regardless of ability to pay.

*At 18th St location only and on a mobile medical unit that travels to sites throughout NYC. For more information, visit [callen-lorde.org/HOTT](http://callen-lorde.org/HOTT).*

## Locations

### **Callen-Lorde**

356 West 18th Street  
New York, NY 10011  
212-271-7200

### **Callen-Lorde Bronx**

3144 3rd Avenue  
Bronx, NY 10451  
718-215-1800

### **Thea Spyer Center**

230 West 17th Street  
New York, NY 10011  
212-271-7200

Hours and programs vary by location, visit [callen-lorde.org](http://callen-lorde.org) for more information.



Available on Request

[callen-lorde.org](http://callen-lorde.org)

 @callenlorde



# CALLEN-LORDE

## Methods

### Layering Shirts

Wear a tight-fitting shirt as a base layer. Each shirt should get looser as you layer. Button-up shirts work well as a final step to hide your chest. Layering shirts can be less restrictive, however, more 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. 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. They typically work better for folks with less chest tissue. Companies like Underarmour and Sweat It Out sell them. Those with larger chests might want to try a medical compression shirt or binder. Average price: \$20-\$50.

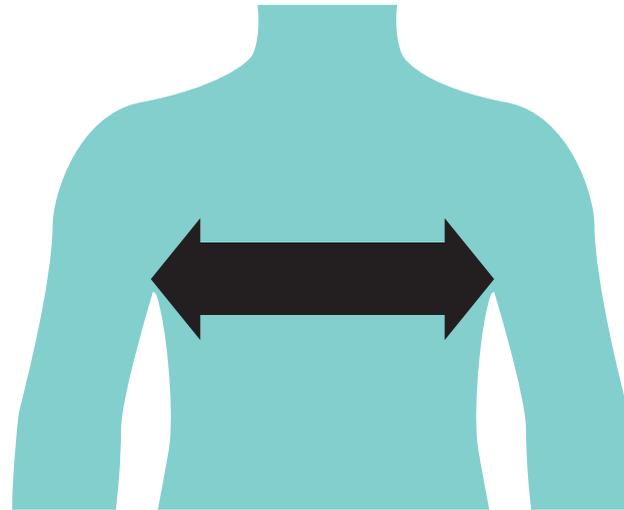
### Binder / Medical Compression Shirt

Binders offer even more compression than the above methods. Many are designed for people recovering from breast tissue surgery, but today there are companies who design specifically for transmasculine/non-binary folks. Some companies who sell them are Underworks, The Tool Shed, Moms Designs, Nouvelle, T.Kingdom of Taiwan, The Double T, Esha, and Danae. 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!

## 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	INCHES	CENTIMETERS
XS	29.31	74.79
S	32.24	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, sizing charts may vary depending on the company.

## Low Cost Binders

The following programs offer binders for free or reduced cost:

### GC2B Binder Program

[uppercasechase.com/binders.html](http://uppercasechase.com/binders.html)

### Point Of Pride

[Pointofpride.org/chest-binder](http://Pointofpride.org/chest-binder)

### In a Bind

[inabind.transactiveonline.org](http://inabind.transactiveonline.org) (up to age 21)

### Big Brothers Used Binder Program

[thetransitionalmale.com/BBUB.html](http://thetransitionalmale.com/BBUB.html)

### Binder Boys

[facebook.com/binderboys](https://facebook.com/binderboys)

### Tumblr Transgender Clothing Exchange

[transclothesexchange.tumblr.com](http://transclothesexchange.tumblr.com)

### Point 5cc T-shirt Company

[point5cc.com/chest-binder-donation](http://point5cc.com/chest-binder-donation)

### More Info/ Instructions & Tips

Chest Binding 101 [transguys.com/features/chest.binding](http://transguys.com/features/chest.binding)

### Binder Reviews

[chestbinders.wordpress.com](http://chestbinders.wordpress.com)