# **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 nonirritating 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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# **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.

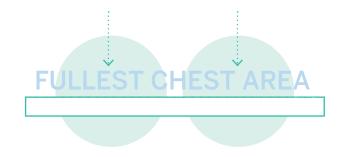
## FTM binder/ Medical compression shirt

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)	<b>CHEST</b> (Centimetres)
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. 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