

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.

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 for more information.



Available on Request

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.

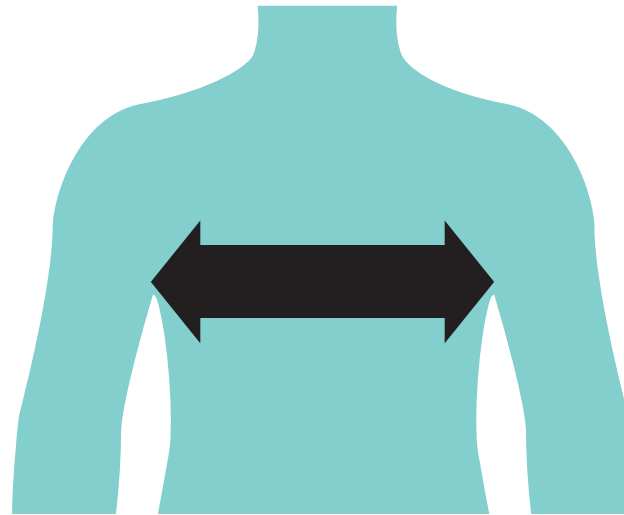
Binder / Medical Compression Shirt

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

Point Of Pride

Pointofpride.org/chest-binder

In a Bind

inabind.transactiveonline.org (up to age 21)

Big Brothers Used Binder Program

thetransitionalmale.com/BBUB.html

Binder Boys

facebook.com/binderboys

Tumblr Transgender Clothing Exchange

transclothesexchange.tumblr.com

Point 5cc T-shirt Company

point5cc.com/chest-binder-donation

More Info/ Instructions & Tips

Chest Binding 101 transguys.com/features/chest.binding

Binder Reviews

chestbinders.wordpress.com