

to buy:
GC2b.co
Trans Guy Supply
For Them
Amor Binders
GCTBL (amazon)
Tomboy X
Shapeshifters

WHERE TO GET A BINDER:

CHEST SIZE (IN.)	LARGEST POINT
<32	X5
32-34	S
34-36	M
36-38	L
38-40	XL
40-42	2XL
42-44	3XL
44-47	4XL
47-52	5XL

gc2b.co/pages/sizing

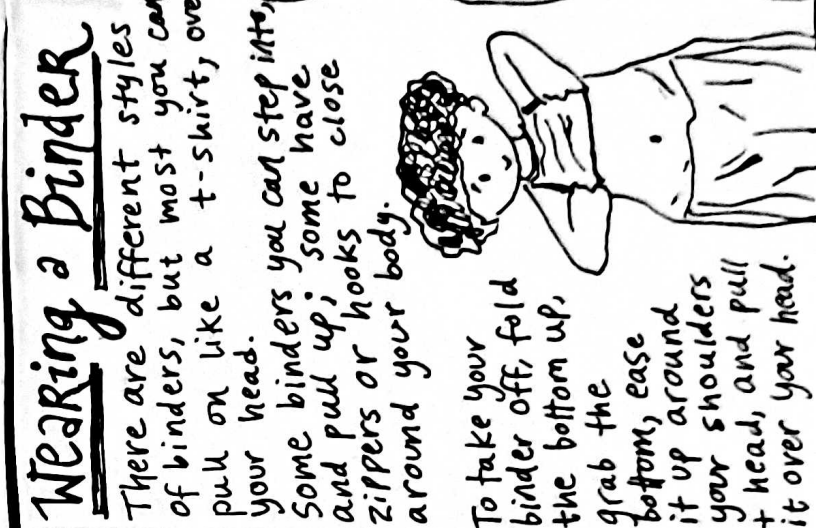


Free:
Trans closet!
Point of Pride
Binder Boys
In a Bind
Replace the Ace

Trans Closet Hudson Valley
A GUIDE BY

transclosethv.org/buying-guide

TransTape is an adhesive made for chest binding. It pulls your chest back & to the sides to create a flatter look. Always apply to clean, smooth skin; never apply directly over nipples, and take your time!



Read detailed instructions at this link

BINDING 101

What is binding?
Wearing a compression garment or tape to flatten your chest.

For many, wearing a binder affirms our self-knowledge, helps us be read correctly in public, & helps w/ dysphoria.

Anyone can bind!
Many folks who wear binders are trans men, trans masculine, nonbinary, or genderqueer—but not all!
And, plenty of trans folks choose not to bind.

There are different styles of binders, but most you can pull on like a t-shirt, over your head.
Some binders you can step into, and pull up; some have zippers or hooks to close around your body.

To take your binder off, fold the bottom up, grab the bottom, ease it up around your shoulders + head, and pull it over your head.

No matter what, no matter how you identify... you are valid.
you are trans enough.
you deserve to be seen & loved for who you are.
If you choose to bind, remember to do so safely

★ 8-HOUR RULE. Always show up for less than 8 hours at a time, and then take breaks for as long as possible.
★ Legit Binders only! Get a real binder (see next page!) Never use Ace bandages, duct tape, or too-small clothing.
★ Get the right size. Your binder should never cut into your skin, restrict your breathing, make you feel crushed, or hurt.
★ Let your body rest. Even quality, well-fitting binders need time off. Take lots of breaks & never sleep in your binder.
★ To swim: some brands make binders just for swimming, or you can wear a floatation device.
★ If it hurts, stop. Pain means something's wrong. Listen to your body & take care of yourself.