TUCKING & GAFFING #101

A GUIDE BY Trans Closet Hudson Valley

What is tucking?

Tucking flattens the space between the legs by gently repositioning the genitals. Some people use tape or gaffs to hold their tuck, but this isn't required.

Gaffing

can be done with or without a tuck.

A gaff is a pair of compression underwear made for people with penises* to achieve a flatter, more gender-affirmed look and be perceived correctly in public.

* called by many names

WHO DOES IT?

Trans women, trans feminine folks, nonbinary & genderqueer folks are the ones who most often tuck/gaff, but many others do too! No one has to tuck to be valid, no matter what your gender/presentation.

♥TIPS♥

♥ This shouldn't hurt! If you feel pain or more than extremely mild discomfort, take a break.

♥ Tighter isn't better— wear stuff that fits but still compresses. It may take awhile to figure out what works for you.

♥ Rest & take breaks, including bathroom breaks!

Where to get ~

Trans Point of Pride-Free Femme Shapewear
Trans Closet HV-Free
TomboyX
Origami Customs

FEEDBACK

EMAIL US WITH TIPS, OR QUESTIONS: transclosethv@gmail.com

Remember ~

Do what makes you feel good & right in your body. You don't "owe" anyone any certain look, and you dont need to tuck if it's not your jam. You are beautiful no matter what.

Email transclosethv@gmail.com: FEEDBACK/QUESTIONS/FREE CLOTHES

TYPES & METHODS

More Info/Details: fuckingtranswomen.com

GAFF/TUCKING UNDERWEAR

A pair of undies designed specifically for tucking and/or a flatter crotch. You can pull your underwear up to your knees, tuck everything into place, & pull your undies up & over everything.

SHAPEWEAR

Some folks find that women's shapewear works well to get the desired look. Look for a high waist & a wider crotch. Bike shorts over your undies can also work for some.

TUCKING TAPE

Never use duct tape, only body-safe tape designed for this purpose. Trans Tape and Unclockable both make tape that can be used for tucking. Read all instructions carefully & check all allergens before use. Tape can help hold a tuck in place.

SWIMWEAR

Swimsuit/bikini bottoms can work well to achieve the look you want because they're designed to hold everything in. Look for a high waist & a wider crotch.

TUCKING

* Tucking can make use of the inguinal canals in the abdomen above the crotch area. By applying gentle upwards pressure with your fingers, you can slowly guide your testes into Place inside these canals. This shouldn't be painful— if it feels at all bad, stop & maybe try again later.
* Once they feel in place, pull the penis & Scrotum back between your legs. These should now hold the testes in place.
* You can also tuck without using the inguinal canals, and instead push your testes to the sides.
* Secure everything in place by wearing well-fitting underwear or a gaff.
* Go slow! Finding the right tuck—not too loose, but not too tight—takes time.