



## **SAFETY TIPS**

While binding can be essential to one's mental health, doing it safely is most important.

Always bind for less than 8 hours a day (the more breaks and time you can go without, the better!). Binding for long hours every day over time breaks down tissue and can cause breathing problems, back pain, and skin irritation.

Never use duct tape or Ace bandages to bind your chest. Binding with these materials can restrict your ability to breathe and move properly. Ace bandages in particular are designed to constrict, so as you breathe, they get tighter and tighter and can really hurt you.

If it hurts, stop. Try out a larger compression shirt, find binding alternatives that work for you, or try different ways to hide your chest without binding. Pain is always an indicator that something is wrong.

If you have long days, consider bringing a sports bra. OR. take 10 deep breaths and cough. this gives your body a small check-in and break.

Never sleep in your binder! Give your body rest while you rest. Also, take it off before exercising. Sports bras are designed to move with you as you workout, while a binder can make movement and even breathing more difficult.

DO NOT wear your binder when you are sick! It can be dangerous and extremely harmful and lead to the build up of fluid in your lungs.

**Your health matters!**

## **BINDER RESOURCES**

Please visit the Stonewall Columbus Trans Resource Directory and scroll down to 'Binding Resources'  
[stonewallcolumbus.org/trans-resource-directory](http://stonewallcolumbus.org/trans-resource-directory)



## **STONEWALL COLUMBUS BINDER PROGRAM**

If you are in need of a new or gently used binder, please contact:

LIAM GALLAGHER

STONEWALL COLUMBUS  
TRANS OUTREACH COORDINATOR

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**For many transgender and gender non-conforming individuals, chest binding is critical. It is even more critical to do it SAFELY!**

# **HOW TO BIND**



## INTRO

The term “binding” refers to the process of flattening one’s breast tissue in order to create a male-appearing chest. The type of materials and methods used for successful binding will vary depending on the size of one’s chest and the overall build of one’s body.

There is no “one-size-fits-all” binder, or mode of binding. Its different for each identity, body, comfort level, ability, shape, size and gender.

Therefore this is not a comprehensive guide.

This pamphlet is designed for you to decide what is right for you.



## MEASURING FOR A BINDER

(You will need a flexible tape measure)

1. Make sure you are relaxed and breathing normally
2. Use a mirror when measuring, looking down may affect the measurements
3. Always round up to the fullest half inch

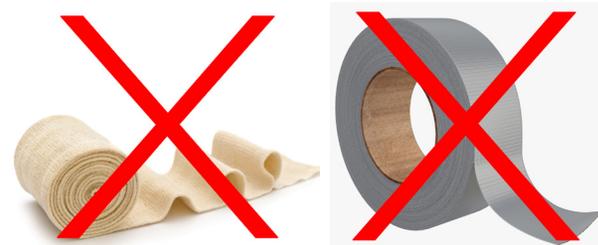


## STEP BY STEP

1. Wrap the measuring tape around your back - be sure to place the tape under the armpits and directly above the nipples
2. Write your measurement down
3. Measure your shoulders - stretch the tape from the point of your shoulder to the other point (be sure to stand as straight and relaxed as possible)
4. Compare your measurements to the company’s sizing charts.



## BINDING DO’S AND DON’TS



### DON’T

- NEVER use Ace Bandages
- NEVER use Duct Tape

These materials are not meant for binding and constrict more with each breath one takes. Improper binding may result in restricted breathing, cause fluid buildup in lungs, broken ribs, and sometimes permanent scarring and back problems. Duct tape is especially harmful with potential to cause stunted movement, difficulty breathing, cutting, rashes, and pulling off layers of skin and hair.



### DO

(if appropriately measured)

- Use a GC2B Binder([gc2b.myshopify.com](http://gc2b.myshopify.com))
- Use Underworks Binders
- Use Flavnt wear
- Use 2 sports bras
- Use Layers of clothes