

Where can I buy a binder or find more information?

Online Binder and Clothing Resources

- Underworks: <https://www.underworks.com/>
- GC2B Transitional Apparel: <https://www.gc2b.co/>
- Trans Tool Shed: <https://transtoolshed.com/>

These programs offer binders for free or lower cost:

- OUT Maine: <https://outmaine.org/resources/binders/>
- FTM Essentials: <https://www.ftm essentials.com/>
- Point Of Pride: <https://pointofpride.org>
- Binder Boys: facebook.com/binderboys
- Tumblr Transgender Clothing Exchange: transclothesexchange.tumblr.com

For More Information

The Gender Clinic
207-662-5093

MaineMedicalPartners.org | MMC.org/TheGenderClinic



Guide to Safe Binding

This handout will help you learn about the different options for binding. Here are some tips to help you find an option that is safe and makes you feel as comfortable as possible:

What are different options for binding?

| Options | Why you might like it | Avg. price |
|----------------------------|---|------------|
| Sports bra | <ul style="list-style-type: none"> • You can wear as many layers as you'd like over a sports bra. • Sports bras with higher Lycra content compress better. Check the tag inside the sports bra to see what it is made out of. • Try them on at the store if you can. | \$25-50 |
| Athletic Compression Shirt | <ul style="list-style-type: none"> • Athletes wear these to help muscle recovery. • Usually made from Spandex or Lycra. • They typically work better for people with less chest tissue. Those with larger chests might want to try a medical compression shirt or binder. • Companies like Under Armour and Sweat It Out sell them. | \$20-50 |

| Options | Why you might like it | Avg. price |
|----------------------------------|--|------------|
| KT Tape (kineshetic tape) | <ul style="list-style-type: none"> • KT Tape is usually used to provide joint support to athletes. • It is an alternative to using a binder. • This tape sticks well to skin and it comes in a roll of pre-cut strips. • It doesn't constrict your chest and can be left on for a few days at a time. • You can swim and shower with it on. | \$10-15 |
| Binder/Medical Compression shirt | <ul style="list-style-type: none"> • Binders provide the most compression out of all of the options. • Some are designed for people recovering from breast/chest tissue surgery, but there are also some that are specifically for trans-masculine/non-binary youth. | \$30-100 |

Comfort tips

You should not use duct tape or ace bandages for binding. Here are some other tips to help with comfort:

If you use KT Tape

- Apply milk of magnesia on your skin before placing KT Tape to prevent reactions. You can find this at most pharmacies or grocery stores.
- Change the KT Tape after 2-3 days.
- Soak the tape in oil for 10 minutes before removing it from your body. Remove it in the shower.
 - » You can use any kind of oil. It may be helpful to soak a sponge in oil and then use that on the KT Tape.
- Never apply KT Tape directly over nipple skin.
 - » Protect your nipple using a small bandage or by covering them with a square of toilet paper and small strip of KT Tape.

If you use a Binder

Sizing:

- Do not get one that is too small. Size up if needed.
- Use the size guide to find your best fit.

Duration:

- Don't wear it for more than 8-10 hours each day.
- It can be helpful if you take a break from wearing it for one day out of the week.
- Practice breathing exercises and stretching.

Skin Care:

- Sweating under binders can cause rashes, sores, and chafing. Use powder (like Gold Bond) or a thin undershirt to help avoid this.

What size binder do I need?

Look up the "sizing chart" of the company you're buying from.

How to measure your chest:

1. Measure your chest circumference: Use a measuring tape to measure all the way around the widest part of your chest. If you don't have a clothing measuring tape, you can use a piece of string to go around your chest and then measure that.
2. Match the chest circumference to the chart. Try to use the one from the company you are buying from. Make sure that you don't mix up centimeters vs. inches.

If you fall between two sizes, it's usually more comfortable to size up.