

Information on Binding Safely

Binding can help to reduce chest dysphoria and help you be more comfortable with your body. The most important thing is that you do it safely.

Always

- ✔ ...use only a specially-designed chest binder or compression garment.
- ✔ ...bind for less than 8 hours a day (the more breaks and time you can go without, the better!)
- ✔ ...take it off before you sleep or before you exercise to give your body a rest. Sports bras are designed to move with you as you workout, while a binder can make movement and even breathing more difficult.

Never

- ✘ ...use duct tape or Ace bandages as a replacement for a chest binder. Binding with these materials can restrict your ability to breathe and move properly. Ace bandages are designed to constrict, so as you breathe, they get tighter and tighter and can really hurt you.
- ✘ ...wear a binder that's too small. Tightness ≠ better binding. A binder should create a masculine torso, not crush your ribcage or make it hard to breathe.
- ✘ ...wear a binder if you feel pain. Binding may be a little uncomfortable, but it should not hurt. 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.

OTHER TIPS

Depending on your style of binder (especially full-length or mid-length styles), it might be easier to put it on by stepping into it rather than pulling it on like a regular t-shirt. Stick your feet in between the shoulder straps and pull it up your body to your chest, then stick your arms through the holes.

To make binding more comfortable, some folks wear a light shirt underneath or apply baby powder to their skin.

Need a Chest Binder?

Point of Pride provides lightly-used, free chest binders to any transgender person who is in need of one they cannot afford or safely obtain. We are fully international, and shipping is free.

Our program has helped thousands of trans people around the world to feel seen and supported:



2,500+
chest binders



50
states



35+
countries

Learn more or submit a request: www.pointofpride.org



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