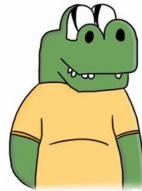


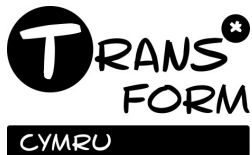
## IN a NUTSHELL!

- Always use a proper binder or suitable item of clothing
- NEVER use bandages or tape
- Remember, chests are never 100% flat!
- If you can't afford a binder, check out a binder scheme
- Measure yourself
- Make sure it's the right size, if in doubt go for the larger size!
- Make sure you can breathe!
- Practice positioning your chest once the binder is on
- Don't wear your binder more than 8 hours a day
- NEVER sleep in your binder
- Try not to exercise in your binder
- Take regular breaks
- Take time off from binding, stretch, relax, have a bath etc.
- Stay hydrated, especially in warm weather
- If it hurts... Take it off!
- Happy Binding!



think  
big

This Binder-bank project was made possible by O2 Think Big



Content produced by Rowan Anthony  
for the Trans\*form Binder Bank.

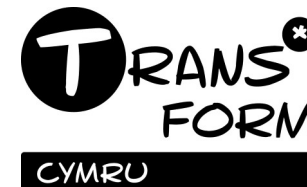
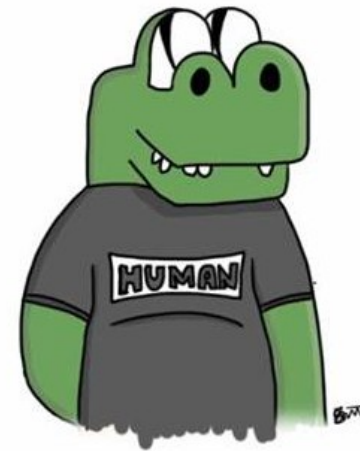
For more information visit:

<http://youthcymru.org.uk/transform-cymru>

Illustrations created for this project:

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## Safe Binding & Self Care



From the Trans\*form Binder Bank,  
Featuring the Transosaurus Rex.

Hey there!

Here at Trans\*form we recognise that for many trans individuals (not only those who identify as masculine) binding is important in feeling comfortable in their own skin. Whether you're new to binding or not, here's some info and a few tips and tricks to make your binding experience safer and more comfortable.

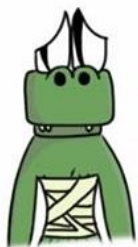
Happy wearing!

## Binding? What's that?

In a nutshell, binding is using an item of clothing or specially made binder to compress and shape the chest to appear flatter. Many trans people choose to bind as it makes them feel more comfortable in their clothes and their identity.



## Can't I use tape or bandages?



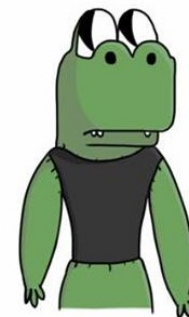
No! Please don't try this. Tape and bandages are not made for binding and are very restrictive. They can be very dangerous as they will not expand with your rib cage and will make it hard for you to breathe. Binding without a proper binder can cause breathing problems, bad bruising, rashes, pulled muscles and even broken ribs! Please always use something specifically designed to be worn on the chest, like a sports top, sports bra or proper binder. If you can't afford/can't order a binder then contact a scheme such as the Trans\*form binder bank as you may be eligible for a free or cheap binder.

## Made to Measure

It's important that your binder is the right size and fit for you, it can be tempting to order a size smaller than you measure to get as flat as possible but it's really important that you go with your measurements.



Check the size guide for the specific company you are ordering from to make sure you are measuring correctly and if you're between sizes it's best to go for the bigger one. Also remember that even cis-male's chest aren't actually flat, there are natural curves! Using a binder that's too small can do just as much damage as binding with tape or bandages, if it's wrong then send it back!



## I've got My binder! Now What?

Congrats on your first binder! Now you have it, try it on! Some binders can be put on over your head like a T-shirt, others are easier to step into or may have fastenings at the side. Check out how best to put on your specific type of binder to avoid getting stuck! You may have to practice positioning your chest once the binder is on to achieve the look you want. It may feel tight, make sure you can breathe properly or it may be too small.

## How Long Should I Wear it?

If your binder is new, chances are it can feel strange! Break it in slowly, starting with an hour or so and building up. Don't wear your binder for more than 8 hours at a time and if it starts to hurt, take it off. Make sure to give your body regular breaks, take it off, have a stretch and take some deep breaths. NEVER sleep in your binder, you breathe differently when you sleep and you can do some serious damage. Where possible, avoid exercising in your binder or wear an older/bigger one and take regular breaks. Stay hydrated, especially in hot weather which can make you a little more uncomfortable. Listen to your body, if it hurts then stop.

