

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 a chest binder or compression garment specifically intended for flattening your chest safely.**
- ✓ **...bind for less than 8 hours a day.** The more breaks and time you can go without wearing your binder, 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 both movement and breathing 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/neutral 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

- Before ordering a binder, measure yourself following the manufacturer's sizing guide. If you're in between sizes, round up to the larger size.
- Depending on your style of binder (especially full-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 people wear a light shirt underneath their binder or apply baby powder to their skin.

For more tips & info, visit www.pointofpride.org/binding



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Need a chest binder?

Point of Pride provides free chest binders (specially-designed chest compression garments) to any trans person who needs one and cannot afford or safely obtain one. Shipping is discrete and 100% free, and we ship internationally to 95+ countries and counting. Visit www.pointofpride.org to learn more.

Our garments are proudly sourced through our partner and sponsor gc2b, a trans-owned and operated binder manufacturer. If you are able to afford a new binder, we strongly recommend their high-quality, affordable products. Visit www.gc2b.co to learn more.