

Binder

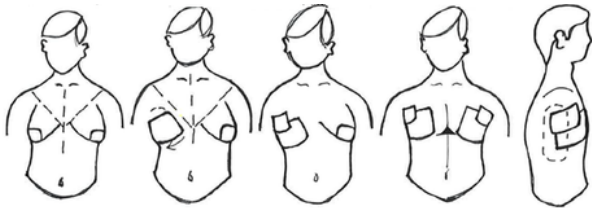


Where to Buy Binders/Tape

Common binder brands:

- Spectrum Outfitters
- For Them
- FLAVNT
- Shapeshifters
- Underworks
- gc2b
- Origami Customs (custom sizing available)

Tape Binding



Common tape brands:

- KT Tape® (can be found at Target or at drug stores)
- TransTape (online)

Binders come as half tanks, full tanks, and all different skin tones and colors. Smitten Kitten in Minneapolis also sells binders and may allow customers to try them on for sizing.



Talk to your provider if you have questions or concerns about binding.

Binding 101



1919 Nicollet Ave
Minneapolis, MN 55403
612 473-0800

What is Binding?

Chest binding involves using a binder or another method such as taping, compression shirts, or layering sports bras to flatten the chest.

Binding can help alleviate dysphoria and help some transmasculine, non-binary, and gender non-conforming people feel more comfortable in their gender expression and identity. It is important to bind safely to ensure rib and skin health.



Binder Method: Care & Safety

- ACE™ bandages, duct tape, plastic wrap, etc. are not recommended.
- Take breaks while binding, and avoid binding for more than 8-12 hours at a time or while sleeping.
- Make sure to purchase the correct size. Avoid binders that are too small or layering binders.
- Avoid rigorous exercise in a binder, or wear a size larger.
- Avoid the binder getting wet while wearing (unless it is a binder meant for swimming), or putting on a binder that is still wet from being washed.

Tape Method: Care & Safety

- Use KT Tape®, TransTape, or similar products meant to safely stick to the skin.
- Give your skin days/nights off from taping to help protect the skin.
- Avoid wrapping tape all the way around the chest.
- Remove with oil-based products. (Olive oil, coconut oil, argan oil, or special blends from TransTape, etc.)
- Taping may cause skin irritation, rashes, or blisters in some people. This risk increases for those with very sensitive skin or allergies/sensitivities to adhesives.