

social transition tools

FOR TRANSMASCULINE FOLKS



What is binding?

Chest binding, known as binding, is utilized to attain a more flattened chest look, offering a beneficial strategy for easing chest dysphoria and improving bodily comfort. Diverse binding techniques are available, each differing in terms of safety, comfort, and effectiveness. Among these methods, wearing a binder stands as the most commonly adopted option.

What is a binder?

A binder serves as a snug undergarment designed to create the appearance of a smoother chest contour. Binders come in variations such as pulling them over the head or stepping into them, while others incorporate features such as zippers, clasps, velcro, or hooks for securing once worn.

Methods of binding

There are a variety of binding techniques available, and finding the best approach for you depends on your chest size and body type. The chosen method should allow for unrestricted breathing and comfort whether you're resting or engaged in physical movement. Here are several commonly used techniques:

- Medical compression shirts
- Tight-fitting undershirts
- Sports bras
- Athletic compression shirts from sporting goods stores



Safety considerations

When conducted correctly, binding generally poses minimal risk for most individuals. However, hazards still exist. It is important to approach binding with caution in mind. If you possess any pre-existing chronic conditions, such as asthma, scoliosis, lupus, or fibromyalgia, seeking guidance from a doctor is vital, as these conditions could potentially be influenced by the binding process.

Additional resources

[Transguy Supply: Binding Guide](#)

[Point 5cc : Binding 101 - Tips to Bind Your Chest Safely](#)

[Hudson's FTM Resource Guide](#)

[Trans Guys : Chest Binding](#)

[Clue: Chest Binding Tips and Tricks for Tran Masc/Non-Binary Folks:](#)

[Chest Binder Review Blog](#)



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What is packing?

Packing involves utilizing a variety of materials to create a bulge that resembles a penis. This is commonly done to alleviate gender dysphoria and bottom dysphoria.

For some transmasculine individuals, packing might be aligned with their gender goals. Some individuals may opt to pack exclusively under specific circumstances or even choose not to do so at all. Ultimately, it all hinges on your preference and comfortability.

Why do people pack?

Various purposes exist for packing, ranging from achieving a more prominent bulge, emulating the appearance and sensation of a penis, for the ability to urinate while standing, or to use during sexual intercourse.

Methods of packing

Low Budget Packers

There are some budget friendly options such as:

- "Do It Yourself" packers using nylons or socks
- Knitted packer from online stores

Stand-to-Pee (STPs)

These packers are specifically crafted to facilitate standing urination with a hollow, funnel-like configuration.

Prosthetic Packers

Several affordable choices are available, made from pliable plastic and resembling a penis in shape, though they tend to exhibit a slightly reduced level of realism compared to their pricier counterparts in terms of intricate detailing.

Pack and Play

These packers are generally intended to serve more than one purpose, such as packing and penetration. These are designed to be versatile, eliminating the need to transition between various products for different activities. However, they often tend to be on the pricier choice among packing alternatives.



Safety considerations

When engaging in sexual activities with a packer, or packing device, it's advisable to prioritize safety by using a condom. It's important to note that shared packers can transmit HIV and other sexually transmitted infections (STIs) between individuals.

Additional resources

[Hudson's FTM Resource Guide](#)

[Trans Care BC](#)

[Folx Health: Transgender Packer Guide](#)



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Binding

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Packing

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