

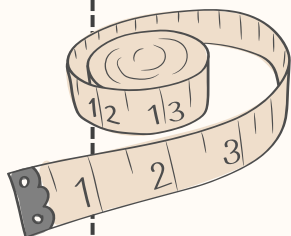
MEASURING YOURSELF FOR A BINDER

A STEP-BY-STEP GUIDE



1

USE A SOFT MEASURING TAPE



If you don't have one, use a piece of string and measure it against a ruler.

2

WEAR A THIN SHIRT OR NO SHIRT

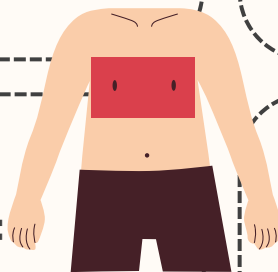
This will help get the most accurate measurement.



3

TAKE TWO MEASUREMENTS:

- **Full Chest:** Wrap the tape around the fullest part of your chest (usually over the nipples). Make sure the tape is flat and snug, not tight.
- **Under Chest:** Measure directly under your chest where the binder band would sit.



4

COMPARE YOUR MEASUREMENTS TO THE SIZING GUIDE

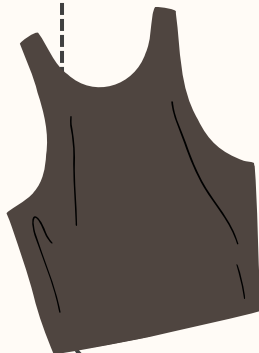
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on the binder brand you choose. Sizes can vary, so always use the brand's chart. Do not size down to "flatten more" – it can be harmful.

5

IF BETWEEN SIZES, SIZE UP.

A slightly looser fit is safer and still effective.



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BINDING CAN BE LIFE-AFFIRMING

Studies show that binding significantly improves gender affirmation and mental health for many people. **You deserve comfort and safety.**

