



Gender Affirming Gear: Binders

Binders are used to relieve top dysphoria by flattening a chest. Skipping Stone carries a limited supply of forms. A staff member can give you more information on specific brands or more resources about anything below.

Considerations:

- *Binders come in many different sizes, colours and styles. Shopping for the right binder may take some time.*
- *If you have health issues (eg. asthma or back pain), you can still use a binder! Consider styles that may better suit your needs. You know your body best.*
- *You can exercise in your binder. Some people prefer a larger size for exercising to allow for more cardio. Others prefer to use compression or sports bras to ensure your chest stays secure.*

Wear & Care:

- *It is very important to wear the right size when binding. Every binder has a recommended sizing chart based on your chest and shoulder measurements. It is always recommended to follow the chest measurement closer and round up if sizes don't match exactly.*
- *Your binder should fit in a way that allows for about an inch of access stretch at the bottom. Try fitting two fingers worth of space between your body and the bottom seam of your binder. You should be able to take a big deep breath.*
- *When putting on your binder, adjust your chest so it sits pushed against your pectoral muscles. Make sure your nipples are pointing out not down. This will give the most flat look and make sure your chest is well suited for top surgery (if this is something you want).*
- *Skipping Stone values mental health and physical health as equally important. Wearing a binder can provide some relief from dysphoria and it is still important to take breaks to take care of our body. A great time to give your body a break is when you are sleeping. Wearing it too often without breaks can cause muscle or back pain.*
- *Many people enjoy doing arm and neck stretches during the day to loosen your muscles. When you take your binder off, try coughing to reset your chest muscles.*
- *It is recommended to hand wash your binder depending on how much you use it. It can be put in a washing machine, but do not put it in the dryer.*