



Gender Affirming Gear: Gaffs

Gaffs are used primarily to alleviate bottom dysphoria by making tucking easier and comfortable. Skipping Stone carries a limited supply of gaffs from a number of different companies. A staff member can give you more information on specific brands or more resources about anything below.

Considerations:

- *Gaffs can be used to support the act of tucking or without tucking. Tucking is the practice of arranging and supporting external genitals between the legs.*
- *There are many ways to DIY tucking, some people may use tape when tucking.*
 - *Taping can be more restrictive and make it harder to untuck to use the washroom. Please test adhesive on your skin before use and protect areas with thinner skin using cotton. Sports tape or tape designed for tucking (like Unclockable made for trans women) is recommended.*
- *When tucking or using tucking products, testicles are held much closer to the body so cannot regulate temperature in a way that is healthy for sperm development. If family planning is a concern for you, please contact your doctor.*

Wear and Care:

- *Tucking and gaffing can be an uncomfortable experience the first few times you try. Remember you know your body best; a tuck or gaff should never hurt.*
 - *If you feel a pinching, tingling or numb sensation it is imperative to retuck and adjust everything so that you are more comfortable.*
- *You may find in a gaff that you sweat more. It's important to stay clean and dry yourself before and after tucking.*
- *Some people choose to wear a gaff underneath more affirming underwear or with additional layers like tights or pantyhoes.*
- *Skipping Stone values mental health and physical health as equally important. Wearing a gaff can provide some relief from dysphoria and it is still important to take breaks to take care of our body. We recommend not wearing your gaff to sleep.*
- *Your gaff can be washed in the washing machine but do not put it in the dryer.*