

BINDING

WHAT IS A BINDER?

A binder is a special top used to compress the chest for a flatter appearance. It's also common to use kt tape or two sports bras to bind

WHERE CAN YOU GET A SAFE BINDER?

ONLINE WITH DISCRETE SHIPPING

GC2B ShapeShifters
Trans Tape

LOCAL AND ONLINE BINDER SWAPS

Philly Trans Wellness Conference
Point of Pride

**NEVER bind with ACE bandages, duct tape, or plastic wrap.
This can result in broken ribs and collapsed lungs**

THE DOS AND DONT'S OF BINDING

Do swim and exercise in a binder. Make sure you wear a size up

Do listen to your body when you need a break

Don't bind for more than 8 hours at a time

Don't sleep in a binder

