

# A Guide To Binding Safely

## What is Binding?

Binding is the practice of compressing chest tissue to achieve a more masculine appearing chest. It is often done by trans men and some non-binary people as a means of alleviating aspects of gender dysphoria, as well as by drag kings as part of their costume. For some people it's about the look that they feel more comfortable with, for others it is the sensation, or it could be both.

We always recommend a garment that is made for the purpose as it minimizes bruising, scaring, broken ribs and breathing difficulties - this would be a binder, sports bra or compression sports top of an appropriate size. Never use bandages or tape all around your body - this constricts breathing!

## Safety Rules

- Never bind more than 8 hours at a time
- Take breaks as often as possible
- Never bind your chest while sleeping
- Wash your binder regularly - have 2 or 3 of the right size for you
- Sports bras/tops should be used when exercising instead of a binder

## Check The Size Regularly

With any binder it is important that you check the size and fit regularly. If your body is still growing the binder can become too small and then can cause serious health problems. Check the measurements of your binder every 2-3 months and size up to give room to grow.

## Further Resources

- Advice for plus size people: [bustle.com/style/chest-binder-binding-plus-size-large-chests](https://bustle.com/style/chest-binder-binding-plus-size-large-chests)
- Tips and tricks: [helloclue.com/articles/cycle-a-z/chest-binding-tips-and-tricks-for-trans-men-nonbinary-and-genderfluid](https://helloclue.com/articles/cycle-a-z/chest-binding-tips-and-tricks-for-trans-men-nonbinary-and-genderfluid)
- Safe and healthy binding: [minus18.org.au/articles/how-to-bind-your-chest-safely-and-healthily](https://minus18.org.au/articles/how-to-bind-your-chest-safely-and-healthily)

## Binder Suppliers

If you bind, it is always recommended to use a purpose made garment. Two suppliers available in the UK are:

- [spectrumoutfitters.co.uk](https://spectrumoutfitters.co.uk)
- [gc2b.co](https://gc2b.co)

Compression sports bras and sports tops are also suitable options and are available in many high street stores.



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