

## A NOTE ON LANGUAGE...

There are many terms that people use to refer to their bodies. In order to prioritize clarity and accessibility, this guide uses anatomical words. Feel free to cross out or add words to make this guide more representative of your experience.

## WHAT IS TUCKING?

Folks of all gender identities tuck. Tucking refers to the practice of hiding the penis and testes so they are not visible.

## WHY DO PEOPLE TUCK?

- Some folks tuck to ease gender dysphoria, tucking can provide feelings of gender affirmation!
- Tucking can make some clothing more comfortable.
- Tucking can help you some navigate situations safely.

## WHERE CAN I PURCHASE GAFFS OR TAPE?

- **Origami Customs** at <https://origamicustoms.com/>
- **UrBasics** at <https://urbasics.ca/>
- **TransTape** at <https://transtape.life/>
- **Gender Gear** at <https://www.gendergear.ca/>

## ADDITIONAL INFORMATION

### Trans Care BC - Information on Tucking



### How to Tuck: Tips, Tricks, and Safety When Tucking



## QUESTIONS?

Youth (ages 21 and under) are welcome to contact Tia (they/them), Youth Support Counsellor at [tiao@rainbowresourcecentre.org](mailto:tiao@rainbowresourcecentre.org) 204-474-0212

If you are 22 or older, please contact [info@rainbowresourcecentre.org](mailto:info@rainbowresourcecentre.org) or call 204-474-0212 ext 201



**50**  
YEARS  
1973-2023

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# SAFER TUCKING

Ph: 204-474-0212  
[www.rainbowresourcecentre.org](http://www.rainbowresourcecentre.org)  
[info@rainbowresourcecentre.org](mailto:info@rainbowresourcecentre.org)



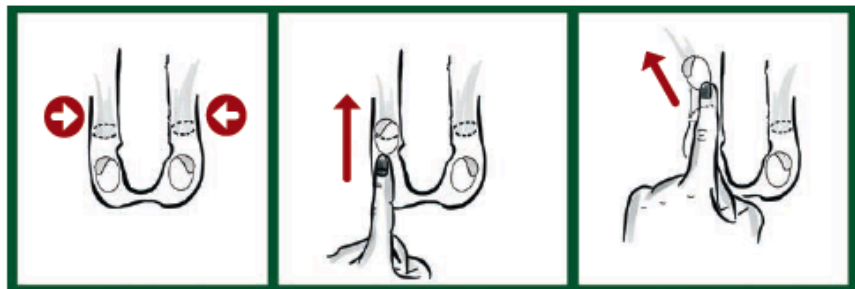
## TUCKING WITH TAPE

### Tuck between the legs

- Tuck the scrotum, testes, and penis between the legs, and if possible the buttocks.
- You might want to use a long strip of tape from the penis to the buttocks / lower back. Use additional tape as needed.
- Keep a hand over your genitals to prevent anything from slipping out. Put on an undergarment or gaff to hold everything in place.

### Tuck the testes inside the body

- There is a tube at the top of each testicle, called the inguinal canal. Gently lift each testicle into its inguinal canal (see photo below)
- Place a hand over top to prevent anything from slipping out.
- Tuck the penis and scrotum between the legs, and buttocks.
- You may want to use a long piece of tape down the penis and up the buttocks/low back to keep secure.
- Keep a hand over your genitals while putting on an undergarment or gaff to hold in place.



## SAFETY TIPS FOR TAPE

- Trimming or shaving generally helps with tucking. Use a sharp, clean razor and shaving cream or soap to avoid skin irritation.
- Use skin safe tape! Medical tape or tape meant for tucking is best. Duct tape is not recommended because it can tear hair, skin and cause rashes or skin irritation.
- Start tucking by wrap the penis in tissue or a piece of soft, thin cotton.
- Use the bathroom before you tape, as it's not possible to urinate while taped.
- Try not to tuck 24/7, take breaks when possible!
- Remaining taped for more than 4-8 hours can cause skin irritation, discomfort, and possible pain while urinating.
- Go slow and trust your body!
- If it hurts, stop! Tucking should not be painful. If you feel faint, nauseous or pain, take a break and try a different way of tucking!
- Remember you can adapt how you tuck to whatever feels best for your body!

## TUCKING WITH GAFFS

A gaff is an undergarment designed to compress or flatten the genital area. Gaffs are designed to be worn under clothing and can be effective at flattening the genital area. Some people will wear a gaff as-is, some folks will tuck between the legs and wear a gaff, and some will also tuck the testes inside their body and wear a gaff. The choice is yours!

For finding your size, we recommend taking a measurement at your hips to find your best fit. If you don't have a measuring tape, you can use a piece of string and a ruler.

- For the safest tucking practice, try to minimize the amount of time spent wearing a gaff.
- Take breaks when your body tells you it's time. You can spend some time in loose clothing let your body breathe
- Make sure to wash your gaff after every wear
- If you work out in your gaff, try to shower as soon as possible
- Avoid wearing a gaff while sleeping
- If you ever feel pain, stop and take a break!

If you don't own a gaff and prefer not to use tape, some folks layer/wear multiple pairs of their underwear to keep everything in place.