

## WHAT IS A BINDER?

Binders are an article of clothing that is made to compress the appearance of the chest. Binders can be worn under clothing, or on their own.

## WHY DO PEOPLE WEAR BINDERS?

Folks of all gender identities wear binders. Some people use binders to ease chest dysphoria, others use them to flatten the appearance of the chest.

For many folks, wearing a binder can provide feelings of gender affirmation!

## WHAT ARE THE DIFFERENCES BETWEEN BINDERS?

Binders come in different styles and colours. There are two lengths of binders; half length and full length. Half length binders cover the chest and upper back, and do not cover the stomach. Full length binders cover the chest, full back and stomach.

Some binders have racerbacks, which don't cover the shoulder blades. Others have tank top style backs that cover the shoulder blades.

It is individual choice which style of binder works well for each person.

## I NEED MORE INFORMATION!

Chest Binding and Safety Tips on @rainbowresourceyouth Youtube Channel.



If you are a youth aged 21 and under contact Tia (they/them), Youth Support Counsellor  
tiao@rainbowresourcecentre.org

If you are 22 or older contact  
info@rainbowresourcecentre.org

## WHERE DOES RAINBOW GET THEIR BINDERS?

Rainbow Resource Centre purchases binders from GC2B and Origami Customs. We also distribute binders donated by community members.

If you have a binder that you don't wear anymore, or a binder that doesn't fit, please consider donating it to Rainbow Resource Centre.

**50**  
YEARS  
1973-2023

**RAINBOW  
RESOURCE  
CENTRE**

## SAFER CHEST BINDING

Ph: 204-474-0212

[www.rainbowresourcecentre.org](http://www.rainbowresourcecentre.org)

[info@rainbowresourcecentre.org](mailto:info@rainbowresourcecentre.org)

## HOW DO I BIND SAFELY?

There are a few things that you can do that make binding as safe as possible!

- 1. If binding hurts, STOP!** Your pain, discomfort or irritation should not be ignored. If your binder is hurting, it could be too tight, the wrong material, or style for your body. Listening to your body is very important for binder safety! If your binder is causing pain, discomfort or irritation, take off your binder right away!
- 2. Keep your binder clean!** You can wash your binder by hand or in the machine on a delicate setting. Let your binder air dry overnight, or machine dry for 10-15 minutes to fluff or tighten your binder.
- 3. Take breaks from binding!** Bind for a maximum of 8-10 hours a day, 5 days a week. Only wear binders while you are awake! Stretch your body often when taking breaks from binding.
- 4. Drink lots of water!** Wearing any binder can make you hot and cause sweating. Drink plenty of water to avoid dehydration.

## WHAT SHOULDN'T I DO WHILE BINDING?

There are a few things to avoid while wearing a binder!

- 1. Don't bind with things other than a binder!** Don't use Ace/Tensor bandages, plastic wrap, duct tape or anything else for binding your chest. These items aren't meant for binding, and can cause serious physical harm.
- 2. Don't wear anything under your binder!** Don't layer multiple binders, bras or tape under your binder. Make sure you are only wearing one binder at a time.

## WHAT ABOUT SWIMMING OR EXERCISING?

Most binders are not made for swimming or exercising. Instead of wearing a binder you can:

1. Use an older, stretched out binder.
2. Use a binder a size larger than you typically wear
3. Use a sports bra
4. Don't put on a binder while wet.

Some binders that are made completely out of Lycra material are safe to swim and bind in.

## HOW DO I KNOW IF MY BINDER IS FITTING RIGHT?

To put on your binder, pull it over your head like a tank top. Don't force it on!

**A well fitting binder won't pull your skin, pinch in any spots or feel painful.**

There are some movements you can do to test your binder's fit:

1. Bend over and try to touch your toes
2. Wave your arms up high
3. Swing your arms side to side
4. Sit in a chair

You should be able to do all of these movements without pain or discomfort in a well fitted binder. If you are experiencing pain, try on a larger size.

## WHERE CAN I GET A BINDER?

There are many places to get binders online. Below are some places trans peers have recommended.

Online:

[www.gc2b.co](http://www.gc2b.co)

[www.urbasics.ca](http://www.urbasics.ca)

[www.origamicustoms.com](http://www.origamicustoms.com)

In Manitoba:

**Rainbow Resource Centre - Free binder Exchange Program**  
**Klinik Trans Health Clinic**

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