

What is binding?

Chest binding involves using a binder or another method such as taping, compression shirts, or layering sports bras to flatten the chest. It is important to bind safely to ensure rib and skin health.

What is packing?

Packers are specially designed prosthetic penises meant to be worn in the underwear to create a bulge and feel affirming for the wearer. Packers can range from realistic prosthetics to DIY (Do It Yourself) methods like socks.

Both binding and packing can help alleviate dysphoria and help some transmasculine, non-binary, and gender non-conforming people feel more comfortable in their gender expression and identity.

Where to buy binders/tape

Common binder brands:

- Spectrum Outfitters
- For Them
- FLAVNT
- Shapeshifters
- Underworks
- gc2b
- Origami Customs (custom sizing available)

Common tape brands:

- KT Tape® (can be found at Target or at drug stores)
- TransTape (online)

Binders come as half tanks, full tanks, and all different skin tones and colors. underDARE is a shop in Minneapolis that allows customers to touch and try on binders in-person in a safe, trans friendly location by appointment.

Where to buy packers

Online:

- FreeToM Prosthetics
- FtM Essentials
- Transthetics
- Reel Magik Prosthetics
- TransGuySupply

In Stores:

- underDARE, Minneapolis

Talk to your provider if you have any concerns about binding or packing.

Binding & Packing 101



**FAMILY TREE
CLINIC**

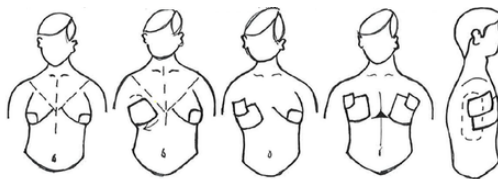
1919 Nicollet Ave
Minneapolis, MN 55403
612-473-0800

Binders: care & safety

- ACE™ bandages, duct tape, plastic wrap, etc. are not recommended.
- Take breaks while binding, and avoid binding for more than 8-12 hours at a time or while sleeping.
- Make sure to purchase the correct size. Avoid binders that are too small or layering binders.
- Avoid rigorous exercise in a binder, or wear a size larger.
- Avoid the binder getting wet while wearing (unless it is a binder meant for swimming), or putting on a binder that is still wet from being washed.



Tape binding: care & safety



- Use KT Tape®, TransTape, or similar products meant to safely stick to the skin.
- Give your skin days/nights off from taping to help protect the skin.
- Avoid wrapping tape all the way around the chest.
- Remove with oil-based products. (Olive oil, coconut oil, argan oil, or special blends from TransTape, etc.)
- Taping may cause skin irritation, rashes, or blisters in some people. This risk increases for those with very sensitive skin or allergies/sensitivities to adhesives.

Packers: types & care

BASIC/SOFT PACKER

This type of packer is usually made from soft silicone or foam and can range in appearance and quality.



STP (STAND TO PEE)

These packers are made of silicone or similar material and have a cup in them that allows the wearer to pee while standing.



PACK AND PLAY

These packers can be used for packing and sex. They are often hollow inside to allow for a rod or vibrator for penetration.

4-IN-1

4 in 1's (copyright by FreeToM) are packers that do four things: pack, pee, sexual play, and pleasure.

HARNESSES/PACKING UNDERWEAR

A packer or prosthetic can be worn with a special packing harness, be already built into underwear, be worn with special pouches that go into any underwear, or have an adhesive attachment that sticks to the skin.



DIY

Making a packer can be simple and done a variety of ways with socks or pantyhose.

Be sure to clean a packer regularly and try to pack with a layer of material between the body and the packer to prevent skin irritation or bacteria build up.