

# GENDER AFFIRMING GEAR CARE AND TIPS

## CHEST BINDERS



### WASHING & DRYING

Hand or machine wash in cold water on gentle. Do not machine dry, instead drip or dry flat. Do not iron or place the garment on any heat source. Do not use bleach.



### WEAR TIME

Try not to wear your binder for more than 8 hours at a time. If you need to wear one for longer or during exercise or sleep, consider going a size up.



### HOW BINDERS FIT

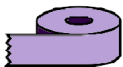
Your binder should fit snugly but you should still be able to breath and move in it. If you feel that you have gotten the wrong size contact us ASAP because used binders can't be returned.



### PUTTING IT ON

Hold both shoulder straps and step into the garment. Pull it up your body, slide your arms in the armholes and adjust for comfort.

## TUCKING TAPE



Choose a hypoallergenic medical tape or sports tape designed specifically for use on skin. You may need to try a few to find one that works best for your skin.



Before tucking, remove or trim body hair to make tape removal easier. Use a protective barrier wipe on the skin before applying tape. When removing tape, use a skin-safe adhesive-remover or soak the tape in warm water. Remove tape slowly and gently.



Tucking can be uncomfortable at first. Talk to your doctor if you have circulatory or skin related conditions, and never tuck with damaged or bruised skin.

## PROSTHETICS



### WASHING & DRYING

Wash with mild hand soap and air-dry. Once dry, dust with cornstarch powder to restore texture. 100% Silicone prosthetics can be sterilized by being boiled for up to three minutes.



### STORAGE

If you have multiple prosthetics or other items, store each one in it's own fabric bag or sock to avoid possible reactions. Some soft materials can damage the surface of other items when left in contact for a long time.



### SKIN SENSITIVITIES

If you have sensitive skin or chemical sensitivities 100% silicone devices are best. Packing underwear, straps or jock straps can help remove skin contact.

## TRANS TAPE



Always use tape intended for the body, NEVER use duct tape or Ace bandages to bind your chest. Binding with these materials can restrict your ability to breathe and move properly. Taping can be better than a traditional binder as it does not restrict, constrict or compress your body or organs at all. Taping allows for the full range of motion, mobility, and breathing. It is more discreet than binding as it does not cover the back, chest, or shoulders and is not visible under your garments.



TransTape is waterproof and sweatproof allowing for it to be worn through many vigorous activities including swimming in the ocean or a pool, showering and bathing. It will dry naturally on its own but pressing the towel against your chest and squeezing as opposed to rubbing it to dry as this will curl up the edges and lessen the strength of the adhesiv.