

#1 Binding

TENI life hacks are designed to provide information that we hope will make your life a little bit easier. Please remember that everyone is different and there are diverse experiences in the trans community. Our life hacks should be considered as guidance only and should not be taken in any way as medical advice.

Binding

Binding refers to the act of flattening breast tissue with constrictive materials. This should be done with a chest binder.

Do

- **Research where you can buy a binder**
 Underworks (approx €28), GC2B (approx €33) and Danaë (€30-€60 - also caters for trans feminine people) are examples of companies which carry a range of different sizes and colours. Don't settle for a binder just because it's cheap. Read reviews to find which binder would suit you best.
- **Regularly wash your binder and air dry it**
 This will make it last longer. If you can't wash it in your house, try to arrange it with a friend so you can wash it at theirs.
- **Measure your chest size**
 Each company that produces binders recommends a slightly different way of measuring your chest. It's important that you follow the binder company's instructions so that you get the right fit for you. These can be found on the relevant websites.
- **Size up**
 If you are between sizes, it is recommended that you choose the larger size.
- **Get help**
 If you are unable to buy a binder because of money issues or you don't have a form of payment to use online, you can get help. There are schemes and giveaways online that cater to trans people. You can get a free or discounted binder as well as masculine clothes. Contact TENI or join a trans community facebook group. If you have the money but don't have a form of payment to use online (credit/debit card) ask an older family member, friend or a friend's parent to order it for you.

Don't

- **Bind with duct tape, cling film, ace bandages or a binder that is too small for you**
 These types of materials will not move with your body and can cause physical harm. They can restrict your breathing, may cause fluid build-up in your lungs and can even result in broken ribs and damaged tissue. This may cause complications with top surgery in the future, should you choose to get it. Instead, try using a sports bra until you can get a binder that fits. Don't opt for cheap binders that come from an unknown company. Many of these are not made with the right amount of spandex and won't move with your body.
- **Bind for more than 8-12 hours or sleep in your binder, even if it fits you.**
 Give your body a rest and take your binder off when you sleep or rest. Even high quality binders can cause bruising.

For more information:

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