

Chest Binding

Binding unsafely can cause breathing problems, broken ribs and can cause your lungs to fill with fluid.



Tips for binding safely:

- Don't use Ace bandages or duct tape! They aren't meant for binding, they don't move with your body, and can cause you harm.
- Don't wear a binder that's too small for you.
- Only wear 1 binder at a time.
- Don't bind 24/7! In fact, don't bind for more than 8-12 hours at a time. It is better for your body and your binder will last longer too!

Where to Get a Chest Binder:

There are many places online where you can buy chest binders:

Online:

- **Underworks.com** - is trans-friendly and is known for great service. Binder with "extreme" in the name will give you the most compression. Price: \$25-45
- **gc2b.co** - has binders in many colors including 5 shades of nude. Price: \$33-35
- **mydoubledesign.com** - is a trans owned and operated. Price: \$55-75

In NYC:

Babeland

- 43 Mercer Street, New York, NY
- 94 Rivington Street, New York, NY
- 462 Bergen Street, Brooklyn, NY

The Pleasure Chest

- 156 7th Avenue, New York, NY
- 1150 2nd Avenue, New York, NY

Second-hand Binders:

Second-hand binders are cheaper and sometime free!

- **In A Bind** – If you are 18 or younger, you can apply for a free binder at transactiveonline.org.
- **Big Brothers Used Binder Program** – If you are older than 18 and unable to pay for a binder due to hardship such as disability or homelessness, you can apply at thetransitionalmale.com. You will be asked to donate a small amount.
- **The Binder Project** – For any age. They give away 3 free binders each month. Enter to win here: <https://aidenaizumi.weebly.com/monthly-binder-giveaway.html>
- **FTME Free Youth Binder Program** – if you are under 24 you can apply for a free binder. There is a very long wait list, so it could take a while.

These programs are all in need of donated binders. If you have a binder that you are no longer using, you can donate it!



Adapted from: <https://transguys.com/features/chest-binding>
Photo from gc2b.co