

## 10 Practices for Safe Binding

1. Use a product designed for binding safely
2. Don't use products that damage your body (i.e. duct tape, ace bandages, plastic wrap)
3. Don't wear your binder more than 8-12 hours consecutively
4. Designate no binder days so your body can take a rest
5. Choose a binder that allows skin to breath and for sweat to evaporate – especially if you plan to be active or live in a hot/humid area
6. Choose low texture fabrics to avoid chaffing
7. Choose a larger size or looser setting if binding while working out
8. Wash and dry binder 1-2 times a week to reduce risk of acne and skin infections
9. Apply an anti-chafing product where binder rubs, such as Body Glide®
10. ALWAYS, ALWAYS listen to your body, it will let you know with a break is needed.

## Resources for Safe Binding Advice

Pride in Practice - Chest Binding: A Physician's Guide

<https://www.prideinpractice.org/articles/chest-binding-physician-guide>

Clue - Chest Binding: tips and tricks for trans men, nonbinary, and gender fluid people

<https://hellowclue.com/articles/cycle-a-z>

select all articles and then choose the LGBT + Health Link

Trans Guys – Chest Binding 101: Updated for 2017

<https://transguys.com/features/chest-binding>



## Return Policy

Contact us at [burslflc@gmail.com](mailto:burslflc@gmail.com) for exchange or return requests, Please inspect your garment upon receipt to make sure you are satisfied. Return shipping can be done within 30 days of receipt and return shipping is the responsibility of the customer.

## Wash Instructions

Hand wash your binder or wash in machine set to delicate with cold water. Hang to dry or dry on low heat.

## Keep in Touch!

Follow us on Instagram and Twitter @burslflc, and like us on facebook for updates on pop up locations and new products!

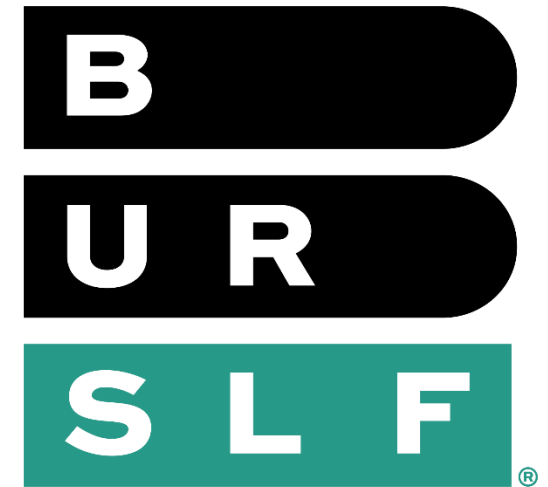


## Organizations That Provide Free Binders

Not everyone can afford to purchase a binder. Several organizations provide free new or lightly used ones.

- Point of Pride
- In A Bind
- Black Trans Advocacy FTM Binder Grant
- The Binder Project
- FTME Free Youth Binder Program
- Big Brother Binder Program

b. safe - b. seen - b. comfortable



## Binding Tips, Tricks, and Resources

# Elliott & Gayle

## A Trans Son & Mom Design Team

We have first-hand experience with the daily struggles of the trans masculine person and their families. One of the first decisions that gets made every day is how to balance pushing down the dysphoria while keeping the body healthy. We wanted to make our own daily struggle easier.

We combined our expertise together to create our first product, the *LIGHT & BREATHABLE* binder. Elliott is a trans man and cosplayer who's been wearing binders for years. With authentic experience, Elliott found opportunities to make a better binder, primarily by make the binder BREATHABLE. Mom (Gayle to her friends) used 25+ years of product development experience in fabric care to help reduce the first prototype to practice.

We want to share our solution with our community. You can now get our innovative breathable binder at [www.burslflc.com](http://www.burslflc.com) or on Amazon by searching B UR SLF.

Our website also contains resources for the Trans Masculine community.



b. real - b. healthy

## B.UR.SLF BREATHABLE BINDERS



Available in Tan and Dark Brown in sizes  
XXS through 3XL



Order online at [www.burslflc.com](http://www.burslflc.com) for \$55 or  
on Amazon by searching B UR SLF for \$60



## Benefits



Smooth & Soft

Ponte de Roma front panel binds while still feeling soft to the touch



Breathable

Power mesh back ensures sweat evaporates rather than collect in binder



Stays Put

Silicone banding helps prevent ride up during wear