

Breast Forms

Breast forms are a way for someone who is AMAB to appear to have breasts (boobs).

Breast forms are often made with silicone, latex, or other materials.

Silicone is usually recommended because it captures the appearance and feeling of natural breast tissue.

Breast forms are attached with medical adhesive (for longer use) or can simply rest in a bra.

Breast Forms Safety

Medical adhesive can sometimes be irritating for sensitive skin.

Beyond that, breast forms do not have any potential health concerns or consequences.

Tucking

Tucking is a way for people with penises to conceal, flatten, and smooth the appearance of their external genitalia.

Tucking involves positioning the penis up and back (between the buttocks) and securing it, either with a gaff (a special type of underwear) or with tape.

Tucking Safety

Tucking with tape can lead to more risk of skin irritation - so make sure that you are only tucking with medical/athletic/tucking tape (do not use duct tape).

Check your skin regularly for irritation or chafing, and keep the area clean and dry.

Make sure to take breaks from tucking, listen to your body - and if anything is painful, stop.

Packing

A packer is anything you can put into your pants/underwear to create the appearance (and feeling) of a bulge.

Soft packers consist of everything from rolled-up socks and liquid-filled condoms to more specialized products like a soft prosthetic penis.

Hard packers are more realistic silicone products are usually more rigid than squishier alternatives and can even be used for penetrative sex.

Packing Safety

The type of care will depend on the material of your packer so make sure to do research on how to care for this (including washing it regularly, etc.)

Remember that packers are very close to an intimate part of the body, so take care of it.

Chest Binder

Binding is a method of making one's chest or breasts appear flatter.

This can include using a specially designed binder, wearing sports bras, layering clothing, or using trans tape.

Do not ever use duct tape or ace bandages to bind, as this can cause lasting damage and limit the potential of getting top surgery (if you want it).

Chest Binder Safety

Binding puts pressure on your chest to flatten its appearance, so be conscious of how long you are binding.

To protect your body, avoid binding for more than 8 consecutive hours. Whenever possible, take days off from binding.

If you are going to be exercising or taking part in rigorous physical activity, don't bind, as this can restrict your breathing. Instead, use a sports bra.

It is possible to swim in a binder however, it can be exceptionally hard to take a binder off when it is wet. Chlorine waters can also cause damage to a binder.



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An Introduction to
**Gender-Affirming
Apparel**

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