

Binder Safety Instructions

Measuring Tips

- Measure with a loved one or in front of a mirror
- Tape should be snug against your body, but not compressing in any way.
- Tape should not be loose, and there should be no gap between the tape & your body.
- Tape should lay flat and level around your body, check the mirror to confirm the tape is not twisted, gapping, uneven, or too high or low in some parts
- Measure at least twice to confirm accuracy

Trying on your binder

- Pull over your head, do not step into it
- Chest tissue forward facing, natural position
- Adjust chest tissue in a way that is affirming, no extremes
- Extreme down or to the sides, can damage elasticity & tissue

Signs your binder does NOT fit

TOO SMALL

- Difficulty getting it over your shoulders
- Pain after less than 8 hours of wear
- Tingling in arms or fingers
- Dizziness or lightheadedness
- Difficulty breathing
- Red marks anywhere from it digging into the skin
- "Spillage" of tissue out of the top, sides, or bottom
- Tightness or pressure around your ribs or chest

TOO BIG

- Very little compression, comparable to using a sports bra
- Chest tissue is sliding around underneath the binder
- You have to readjust your binder often
- There are large gaps around your armpits/shoulders

Signs your binder is a good fit

- able to get over your head & shoulders without pain or discomfort
- able to take full deep breaths without any trouble
- no pain, excessive discomfort, not digging into your skin.
- access your full range of motion without discomfort or difficulty breathing
 - stretch your arms up, to the side, behind you, and down
 - Move around, bend over, lift things, take stairs, as usual
- Should feel like a gentle hug, not too tight or too snug

Binder Measuring Instructions

We utilize Tomboy X for our chest binders. Refer to this link for Fit Guide

[Fit Guide – tomboyx](#)

Start by measuring your chest across the widest point. Do this without padded tops or compression garments on. Next, measure around your rib cage. Make sure it's level all the way around, and not too tight. Use these measurements to determine your TomboyX size for all tops.

Use these tables to assist in measuring

TBX Bra Size	Rib Cage	Bust	Cup & Band Size
3XS	24-25"	27-30"	24C, 24D, 24DD (E), 24DDD (F) 26A, 26B, 26C, 26D
2XS	25-27"	30-32"	26D, 26DD (E), 26DDD (F) 28B, 28C, 28D
XS	27-28"	32-34"	28D, 28DD (E), 28DDD (F) 30B, 30C, 30D
S	28-30"	34-36"	28DDD (F), 28G, 28H 30D, 30DD (E), 30DDD (F) 32B, 32C, 32D
M	30-33"	36-39"	30DDD (F), 30G, 30H, 30I 32D, 32DD (E), 32DDD (F), 32G 34B, 34C, 34D, 34DD (E)
L	33-36"	39-42"	34DD (E), 34DDD (F), 34G, 34H 36C, 36D, 36DD (E), 36DDD (F) 38A, 38B, 38C, 38D
XL	36-40"	42-44"	36DDD (F), 36G, 36H 38D, 38DD (E), 38DDD (F) 40B, 40C, 40D
2X	40-44"	44-48"	40D, 40DD (E), 40DDD (F), 40G, 40H 42B, 42C, 42D, 42DD (E), 42DDD (F) 44AA, 44A, 44B, 44C, 44D
3X	44-48"	48-52"	44D, 44DD (E), 44DDD (F), 44G, 44H 46B, 46C, 46D, 46DD (E), 46DDD (F) 48AA, 48A, 48B, 48C, 48D
4X	44-48"	52-55"	48D, 48DD (E), 48DDD (F), 48G 50B, 50C, 50D, 50DD (E)
5X	51-55"	55-59"	52C, 52D, 52DD (E), 52DDD (F), 52G 54A, 54B, 54C, 54D, 54DD (E)
6X	55-58"	60-62"	56D, 56DD (E), 56DDD (F) 58B, 58C, 58D

Band Size	Cup Size								
	AA	A	B	C	D	DD (E)	DDD (F)	G	H
24"	3XS	3XS	3XS	3XS	3XS	3XS	3XS	2XS	2XS
26"	3XS	3XS	3XS	3XS	3XS/2XS	2XS	2XS	2XS	2XS
28"	3XS	2XS	2XS	2XS	2XS/XS	XS	XS/S	S	S
30"	2XS	XS	XS	XS	XS/S	S	S/M	M	M
32"	XS	XS/S	S	S	S/M	M	M	M	M/L
34"	S	S/M	M	M	M	M/L	L	L	L
36"	M	M	M/L	L	L	L	L/XL	XL	XL
38"	M/L	L	L	L	L/XL	XL	XL	2X	2X
40"	L	L	XL	XL	XL/2X	2X	2X	2X	2X
42"	L/XL	XL	2X	2X	2X	2X	2X		
44"		2X	2X	2X	2X/3X	3X	3X	3X	3X
46"			3X	3X	3X	3X	3X	3X	3X
48"		3X	3X	3X	3X/4X	4X	4X	4X	
50"			4X	4X	4X				
52"				5X	5X	5X	5X	5X	
54"		5X	5X	5X	5X	5X			
56"					6X	6X	6X		
58"			6X	6X	6X				

If you run into any questions about measuring, feel free to email info@stcpride.org