

BINDER SCHEME

SIZING GUIDE

Binders are sized and designed for compression purposes, so if you measure correctly, they will fit snugly, to give you a compressed and flattened effect. **Do not intentionally go down in size;** the binder will be too tight, and you will be unable to get it on.

Remember, you should be able to wear your binder without it affecting your breathing. Your binder should not be causing you excessive discomfort or digging into your skin. If you experience any of these, you probably have the wrong size!

If you are in-between sizes, pick the larger of the sizes. If your chest and shoulder measurements fall under different size categories, *generally* go with the larger of the sizes.

Chest measurement

Place the measuring tape under your arms and wrap it around your back and chest. Ideally, the tape should be just above the beginning of your breast tissue and just below your armpits.

Make sure your muscles are relaxed, and that you are breathing normally for the most accurate and natural reading. Don't look down at the tape to take your measurement - find a mirror to view your reading in; looking down may cause the tape to slip.

The goal is to find the measurement for the largest part of your chest not including much breast tissue; this is usually above the nipples.

Always round your number up if your measurement happens to read at any fraction less than 1/2".

For example: If your measurement reads 36 3/4", round up to 37". If your measurement reads 36 1/4", round up to 36 1/2". Do not round down.

Shoulder measurement

Place the measuring tape at the point of one of your shoulders. Then stretch the tape to the point of your other shoulder. Don't wrap the measuring tape all the way around your shoulders for this measurement - just point-to-point.

Try to stand up straight, adjust your posture so that your shoulders aren't hunched, but are still relaxed.

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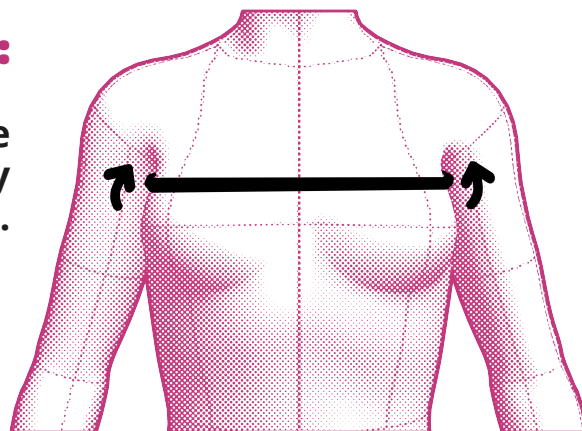
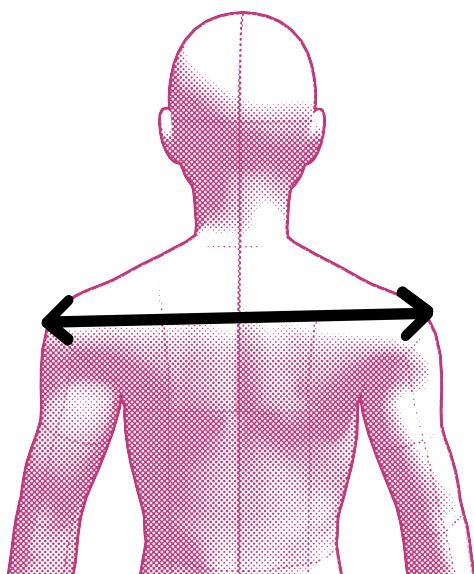
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SIZE CHART

size	chest sizes		shoulder sizes	
XXS	27-30 in	70-76 cm	10-12 in	25-30 cm
XS	30-32 in	76-81 cm	12-13 in	30-33 cm
S	32-34 in	81-87 cm	13-16 in	33-40 cm
M	34-36 in	87-92 cm	14-17 in	36-43 cm
L	36-38 in	92-97 cm	16-20 in	40-50 cm
XL	38-40 in	97-102 cm	20-23 in	50-58 cm
XXL	40-42 in	102-107 cm	20+ in	50+ in
3XL	42-44 in	107-112 cm	20+ in	50+ in
4XL	44-47 in	112-119 cm	20+ in	50+ in
5XL	47-52 in	119-127 cm	20+ in	50+ in

For chest measurements:

Measure between your armpits and the beginning of your breast tissue, all the way around your chest.



For shoulder measurements:

Measure point-to-point, so do not wrap the measuring tape around your shoulders, just keep it in as straight a line as possible.