



Gender Health Center's Clothing Closet Information

The Gender Health Center's Clothing Closet provides free access to clothing in a supportive and welcoming space for our Two-Spirit, trans, nonbinary, and gender expansive community members. The Clothing Closet contains a variety of lightly used clothing, shoes, new gender affirming shapewear and garments, make-up, wigs, and accessories. Clothing items consist of dresses, denims, t-shirts, button-up shirts, skirts, suit coats, summer wear, coats, and much more. To access the Clothing Closet, please feel free to make a Clothing Closet appointment or attend a Raid the Closet event that typically occurs 2 - 4 times per year. In addition to providing gender affirming supplies and other clothing items, the GHC's Clothing Closet also offers Personal Stylist appointments to assist you. Our Personal Stylists are students studying fashion and design who are attuned to the nuances of navigating the world as trans and non-binary people.

Personal Style

In the fashion world, "style" is usually shorthand for "personal style," the way an individual expresses themselves through aesthetic choices such as their clothing, accessories, hairstyle and the way they put an outfit together. By being intentional about your personal style, you can create a wardrobe that is not only gender affirming but that affirms who you are as a person.

Why is Personal Style Important? A personal style should speak about who you are, what's important to you, and gives you power and autonomy to present yourself to others on your own terms. It's also sustainable! If you have a good grasp on your personal style, you're less likely to buy clothes that don't fit with your style and can reduce the amount of clothing waste created.



What is the *effect* do you want your clothes to have?

Meaning, what silhouette do you enjoy on yourself and what do you feel confident in? Some people may want to achieve an effect that emphasizes curves while others may want to create a boxy effect. Don't focus on "dressing for your body shape" or what is "flattering" because people want to achieve different effects and it's all possible regardless of your body.

Personal Stylist Appointments

If you are interested in making a personal stylist appointment, please sign-up for a Clothing Closet appointment by clicking [HERE](#).

Gender Affirming Items

What Gender Affirming Items Does GHC have?

These are a list of the items we order, though some may be out of stock.

- Half tank binders
- Transtape/KT tape (for binding or tucking)
- Pasties/nipple covers
- Bras
- Bra inserts
- Femme Shapewear
- Hip pads
- Packing underwear (boxers)
- [Joeys](#) (packing pouch)
- Tucking Kits
- Tucking underwear
- Packers
- STPs
- Packing STPs
- Makeup

If you have any questions or are looking for a specific item, feel free to call (916-455-2391) and ask with any additional questions.



Intro To Gender Affirming Items

Gender-affirming items include clothing, garments, or prosthetics that help people feel more aligned with their gender identity. These items offer non-surgical ways for people to feel more comfortable and authentic in their appearance, supporting well-being and confidence in everyday life.

Our recommendations come from **Maya Andres** (they/them), our Community Support Specialist and **Caden** (they/he), a GHC Social Work Practicum Student.

Binders

What it is: Binders are compression garments that flatten the chest, helping transgender, nonbinary, and gender nonconforming persons feel more aligned with their gender identity. By reducing chest dysphoria, binders boost comfort and confidence. Professionally made binders are designed for safety, offering a non-surgical option for achieving a more affirming appearance.

How To Wear a Binder:

- Sizing
 - Measure the largest part of your chest, often around the midline. Many companies will also have you take either a shoulder measurement or a ribcage measurement, just under your chest tissue. Note that for some folks with larger chests but small ribcages (sizes like 28C, 30D, 32DD, 34F or similar sizes), you must size according to your chest size and not your ribcage.
- Hours Worn
 - There is a general rule of thumb that binders should not be worn for more than 8 hours at a time and not during sleep and exercise. If you are feeling extreme dysphoria and need to bind for longer periods of time, I would recommend getting a sports bra without padding that you can switch out to sleep in that can still provide compression.
- For Larger Chests
 - If your nipples do not naturally rest along the midline of your chest, you will have to move your chest tissue in your binder after putting it



on. This can look like scooping or shifting your chest tissue so that your nipples are centered across the midline of your chest in your binder. This will prevent tissue damage, create a flatter look and prevent your chest from falling out of your binder. If you bind with your nipples pressed downward, it can cause damage to your chest tissue.

GHC's recommended binders:

- [Half Tank Binders](#) - best value - \$32.99
 - Underworks half tank binder
- [Half Tank Binders](#) - good ratings - \$41.00
 - Spectrum half tank binder
- [Racerback Binder](#) - \$48.50
 - GC2B Razorback half tank binder.

Note that people have noticed degrade in quality in GC2B products post covid. I would recommend Underworks or Spectrum over GC2B.

ForThem and TomBoyX also sell binders that are very popular due to lots of social media marketing. I find them to be not worth the price point, and just function as a sports bra more or less, as they're marketed towards non-binary folks and don't provide as deep a compression as regular binders. If this is something you're interested in, it could be a good option but you will likely not get completely flat, I would avoid them if you are looking to be completely flat and/or have a larger chest (D cup and above) because it's likely not going to give you the effects you are looking for.

Taping

What it is: another method of chest binding. People who prefer tape often say that with this method, they find it easier to breathe, they can wear it for longer periods of time, and/or they feel like it looks more natural for their body type than traditional chest binding methods.

Taping requires a bit more effort. It gets easier as you get more familiar with the process and figure out what method works for you and your body. **You will need scissors, a bit of toilet paper, a roll of body-safe tape, and oil.** No two people



will *apply* tape using the same method or placement, and no two people will achieve the exact same look from tape.

The basics:

- For a lot of folks, the goal is to get the chest tissue further to your side and armpit and have it stay there.
- Cut pieces of tape long enough to reach from the middle of your sternum all the way to your side
- **The anchors** are the places where the tape begins and ends on your body. **Do not stretch the tape near the anchors.** This can cause pain, itching, and blistering.
- Make sure the adhesive near the first anchor is warm and fully stuck to your skin before stretching the tape to bind.
- Use tape that is **body-safe**. Duct tape, packing tape, etc are not body safe and cause pain, blistering, chemical reactions, acne if applied to the skin.
- It is safe to keep the tape on for as long as comfortable and still working, up to 3-5 days. You can swim, exercise, shower, and sleep in tape if it's comfortable. It may get itchy or lose the adhesive the longer you wear it.
- Listen to your body. If something hurts, take it off.

Below are some videos to help you apply tape:

[Beau](#)

[Kai](#)

[Mel](#)

[Jeremy](#)

[Aaron](#)

[Noah](#)

[Devon](#)

Tips and tricks for using tape:

- **Best practices** for binding with tape
 - Clean your skin as best as you can before and after you apply tape.
 - Make sure you are completely dry before putting it on. Do not apply lotion or oils right before putting on tape.
- Make your own **nipple guards**:



- Cut off two squares of tape that are an inch or two bigger than your nipples. Then, take toilet paper that is a little bit smaller than the tape but a bit bigger than your nipples, and place it on the tape. Place these over your nipples to protect them from the rest of the adhesive.

- **Tips for those with larger chests**
 - If you have a larger chest, a wider roll of tape (5-7in) will be helpful. Mixing sizes also works for some folks. IE one main tape with a bigger 5in roll, then smaller 3in supporting pieces.
 - For some bodies, a more flattening effect happens when you bring the chest tissue under your armpit. If this is the case, the tape may need to end further on your back. That's okay, just make sure the pieces are still unstretched where they are anchored.
 - You might need longer pieces of tape than you see in videos.
 - Bend over to grab the chest tissue, then tape when you stand up. If you tape bent over, gravity will shift the tissue and it won't be as flat as it could be.
 - Do your best not to over-stretch the tape or create tension on the ends—you will end up with blisters!

- **Prevent blistering**
 - Blistering happens around the edges. Cut the square pieces into ovals. This will help the anchored piece stay in place.
 - Blistering usually happens where the tape is anchored, either near your sternum and under your armpit/ near your back. The first and last 3+ inches of tape should be completely unstretched. You can stretch the middle part a bit, but the anchors/ends of the tape, especially near your back and side, should be unstretched. This might mean you need longer pieces of tape— that's okay. It's also normal if you have a piece that's too long and goes further around your back.

- **Improving comfortability**
 - Bind as loosely as possible while still maintaining flatness. This will let you keep the tape on for longer because it's more comfortable. If you use very little tape and stretch it really far, it will hurt far earlier than it will if you use more tape that doesn't stretch as much.
 - Give your skin as much time to breathe as possible in between applications. Moisturize and massage your chest and side tissue.



- If you are **already experiencing blistering**
 - Do not use tape again over the blisters until they are healed
 - Use neosporin and bandaids if possible
 - See a doctor if your blisters do not improve

Brands:

There are many brands of tape that trans folks utilize as an alternative to traditional chest binders. They are all body-safe but are priced slightly differently and have assorted nude tones and colorful options. The tape as a whole is all kinesiology tape, which is a woven fabric (primarily cotton fibers) with a wave patterned plain weave that allows for it to stretch significantly while maintaining adhesion. The differences between tape marketed towards athletes for muscle support and tape marketed towards trans folks is usually seen in the cuts and widths of the tape. They are the same weave/structure and serve the same function. There is also tape marketed towards women, usually called “boob tape” that is the exact same weave/structure and would also work for transmasculine taping. This could be a good option for people closeted from their housemates or people needing to buy tape in person, as it is more widely available in stores than trans tape, but usually has similar widths as trans tape since it is applied to the same area of the body.

- [Trans Guy Supply](#)
 - 3in, 4in, 5in
 - 6 tones
 - \$11-\$15 for 16.5ft
- [TransTape](#)
 - 3in, 4in, 5in, 7in
 - 5 tones, 6 colors, tattooed options
 - \$14.50-\$19 for 16.5 ft
 - Sensitive skin friendly in my experience
- [KT Tape](#): KT wide
 - 4in
 - \$20.99 for 8.3 ft
 - Pre-cut into 10 inch strips
 - KT tape is less multi-directional stretchy
- [GC2B](#)
 - 3in, 5in, 6in
 - 6 tones



- \$13.90-\$15.90 for 16.4ft
- [WIVOV](#)
 - 12.5cm (5in), 10cm (4in), 7.5cm (3in), 5cm (2in)
 - 6 tones
 - \$12 - \$18 for 16.4ft
- Other brands I have heard of but have not used:
 - [StarkTape](#)
 - [RockTape](#)

Removal:

- To remove the tape, you will need some kind of skin-safe oil.
 - [Coconut oil](#)
 - [Jojoba oil](#)
 - [Baby oil](#)
- Massage oil into your tape well, paying special attention to the ends of the tape. Soak the tape and surrounding skin in oil for 5-10 minutes. Then, hop in the shower and take the tape off slowly, piece by piece.
- Some people use [skin-safe adhesive remover](#) as well if the tape doesn't come off easily.

TLDR: Do what feels comfortable for your body. Don't stretch the anchor points. Everyone's body is different. You've got this.



Packing

What it is: Packing uses a prosthetic or item in the underwear to create a bulge, helping trans men, nonbinary, and gender nonconforming people feel more aligned with their gender. It offers a non-surgical option to enhance comfort and confidence, promoting a sense of congruence with one's gender identity in daily life.

How to Pack:

The [Packer Guide](#), (made by community members) is currently the most comprehensive guide to packing and how to pack. Some people use harnesses, some use KT or transtape to attach their packer to themselves, some place their packer in their underwear directly. There are various types of packers:

Bulge Only

These are ones that do not look like a penis and simply are made to emulate the shape in pants of a bulge. Sometimes made of hard foam. Sometimes people use socks as makeshift packers.

Stand To Pee - STP Packers

These are packers that are hollow and used to pee standing up. They typically function as a funnel, though there are other types of STPs that attach to your urethra with tubing (see spouti). There are also STPs that are not packers, usually made of hard plastic.

Soft Packers

These are packers that are made to look and function as a flaccid penis for the purpose of staying in your pants to create a bulge.

Hard Packers (Pack & Plays)

Hard Packers are made of firmer silicone that can be used to penetrate and are typically designed to look like an erect or semi-erect penis. They may be more difficult to pack with discreetly.



Stroker Packers

Strokers typically do not have testes and function as a penis with a space that you can insert your natal genitalia into in order to self pleasure or penetrate with.

& More

There are many other types of packers, including packers that only features testes for those with larger natal genitalia or with a surgery that does not include testes.

Where to Buy:

Here are some brands that have options priced under \$200.

[Peacock Products](#)

- Peacock Products focus on the STP features of the packers.

[Transthetics Products](#)

- They feature several stroker and extender features that attach to your natal genitalia. This can be good for self-pleasure or play with a partner, though not ideal for everyday packing.

[Rodeoh Products](#)

- They have a variety of more affordable options, include bulge only packers, soft packers, STPs and testes only. They offer single and dual density packers.

[Gramma's Sausage Products](#)

- Custom, made to order soft packers. Excellent choice for realism, variety in size and shape, and uncut options.

[Banana Prosthetics](#)

- Good variety of options for STPs, soft packers and hard packers including options for meta (metoidioplasty) extension and strokers.

[Axolom Products](#)

- Axolom features soft packers, hard packers, and STPs and all their products are priced under \$100 making them ideal for people with limited funds. They offer single and dual density packers and have a variety of sizes.



More on STPing

Standing to pee can be extremely important for some transmasc folks, whether it be for practicality, safety, or gender euphoria. In order to STP successfully, there are a few things to consider.

1. Locating your urethra TW: anatomical language mentioned
 - a. Your urethra is located below the clitoris and above the vaginal canal. It's exact location may vary however, and some people have very forward urethras (closer to their clitoris) and some may have their urethras set far back (closer to their vaginal opening). If you don't know where your urethra is, you can trial and error or you can get a mirror.
2. How to Position: If that sounds too dysphoric, feel free to test out STPing in the shower. Your urethra is probably farther back than you expect. Your STP should be positioned directly under you. You want to aim to be peeing directly into the opening of the STP.

Packing Gear:

- [Packing Harness](#)
- [Packing Underwear](#)
- [Non-packing STP](#) (Stand To Pee Device)

Tucking

What it is: Tucking involves safely positioning or securing genitalia to create a flatter appearance, helping trans women, nonbinary, and gender nonconforming individuals feel more aligned with their gender identity. This technique can reduce dysphoria, increase comfort, and boost confidence, providing a discreet, non-surgical way to feel more at ease in their body.

Tucking Gear:

- [Tucking Underwear](#)
- [Tucking Tape](#)
- [Tucking Kit \(Reusable with Tape\)](#)

Examples of high priority items that are stocked in our closet



Shapewear

- [Hip Shapewear](#)
- [Hip Shapewear](#)
- [Breast Forms](#)

Corset

- Corsets can be used to compress the stomach area of the body to give a more curvy shape and narrower waist. The effectiveness of a corset depends on the squishability of your waist. If you have very little fat or the fat you have is not able to be compressed very well, you will have a harder time with corsets.
- It can take a while to put on a corset for the first time. As you learn and practice it will get easier and faster. Depending on the quality and material of the corset, you may need to put on a thin tank top underneath to put a layer between you and the corset.
- First, adjust the corset where you want it on your body and start latching the front closures one by one, starting from the bottom. You may have to adjust or apply tension to the front to get the latches on correctly. Once it is completely closed, if there is a zipper, zip the corset up. It should now be in place where you want it. Make sure you can take a deep breath. Similar to binders, it is not recommended to wear them more than eight hours at a time.

Donate to Packer Fund Here

- ***Packers function as a body part prosthetic, and thus are highly personal and require specific size, color, cut, etc. and are better ordered individually. If you would like to donate to our packer fund, please click the link above.***



Additional Resources

- [What is Chest Binding?](#)
- [What is Packing?](#)
- Where can I get [Nipple Pasties?](#)
- [What are other packing products?](#)