

# T-BOY SWEAT

*A trans masc guide for going to the sauna*

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@santibabi



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**NAVIGATING**

# CLUB SAUNA

## SWEAT FACILITIES

FINNISH SAUNA  
STEAM ROOM  
SHOWERS



## STORAGE

LOCKERS/WRISTBAND  
OPERATED  
PHONE LOCKERS



## ENTERTAINMENT

BAR  
FOAM  
PLAY CABINS



ENTRANCE  
REACHABLE BY 15-  
20 DOWNSTAIRS

1 STEP INTO THE  
FINNISH SAUNA

PLAY CABINS  
ELEVATED

BAR/STEAM  
SHOWERS/TOILETS  
ACCESSIBLE WITH  
MOBILITY AID

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# WHAT TO EXPECT

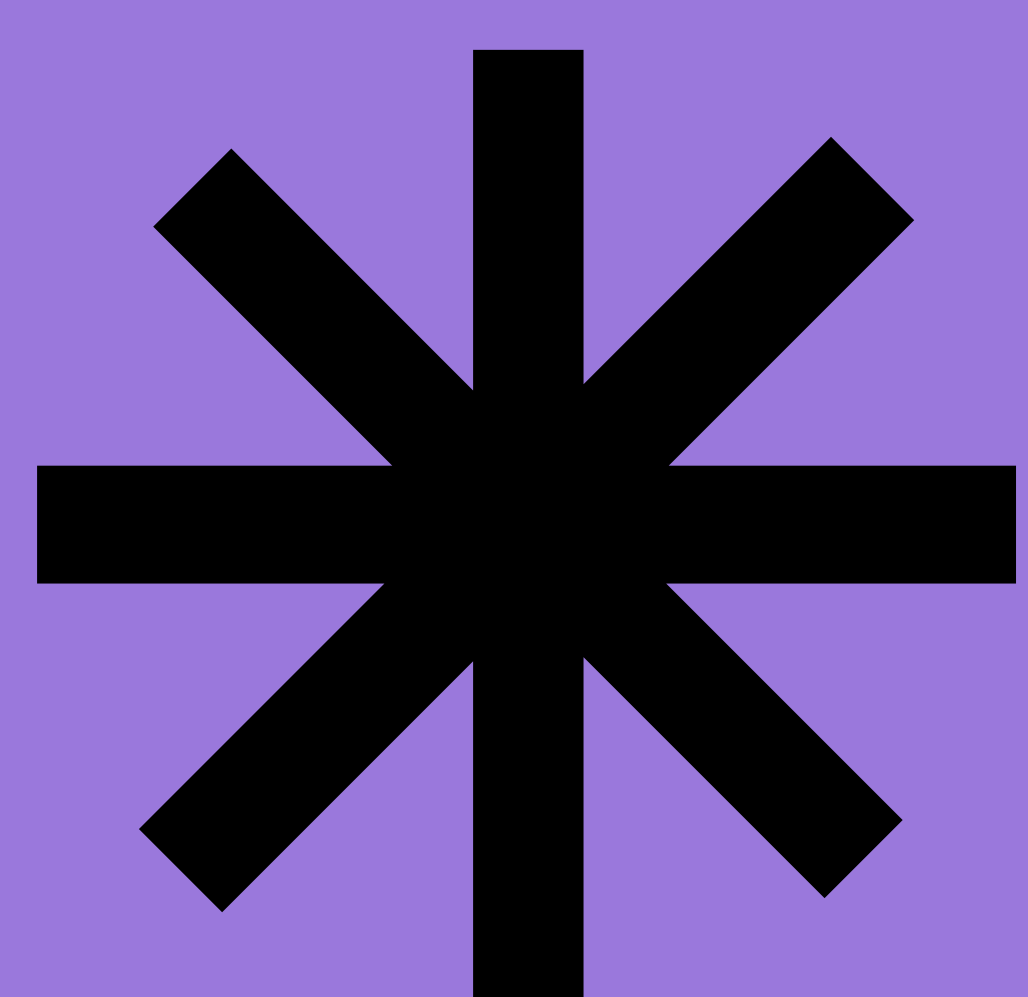
THE CLUB SAUNA EXPERIENCE ISN'T A ONE SIZE FITS ALL EXPERIENCE. SOME PEOPLE ATTEND FOR ALONE TIME AND AS A WELL-BEING EXCURSION. OTHERS ARE UP FOR CRUISING.

THE BAR AREA IS A SOCIAL SPACE AND THE BEST CODE OF CONDUCT US TO INTRODUCE YOURSELF AND ASK TO JOIN DISCUSSIONS.

INTRODUCE YOURSELF IN THE SAUNA.

ASK TO JOIN/WATCH A PLAY SESSION.

HAVE SOME QUIET TIME IN THE LOUNGE AREA OR GO FOR A DANCE WITH A NEW FRIEND.



THE SPACE ISNT SOLEY JUST TO HOOK UP.  
PICK YOUR OWN ADVENTURE!

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# What to Bring



1. A TOWEL (YOU GET ONE WITH YOUR TICKET TOO)
2. SLIP ON SANDALS (OR RENT FOR 3 EUROS)
3. UNDERWEAR/SHORTS
4. SEX TOYS

PERSONAL CARE ITEMS: YOUR OWN LUBE, PACKERS, POPPERS ETC.

# WHAT **TO** WEAR



Usually you **strip down in the locker area** to just a towel and sandals. If you want to wear something then **undergarments would be best: thongs, jockstraps, boxers, swim shorts.**

**No streetwear clothes inside:** chains/boots/harnesses

**No textiles whatsoever in the Finnish sauna (strip everything off outside!)**

**Binders and packers** not recommended for in the sauna but okay for cooler areas.

**Minimal jewellery/ they get super hot & no makeup!**

# PREPARATION

- REMOVE JEWELLERY (IT OVER HEATS IN THE SAUNA)
- PUT YOUR T GEL ON EARLY IN THE AM
- EAT A PROPER MEAL BEFORE ATTENDING/KEEP HYDRATED
- NO FRESH TATTOOS/PIERCINGS IN THE SAUNA
- SHAVE/EXFOLIATE THE DAY BEFORE, NOT THE DAY OF
- YOU CAN WEAR SILICONE SCAR TAPE IN THE SAUNA

*Stay*

**DRINK WATER**

**TAKE SAUNA BREAKS**

**EAT SNACKS: PRETZELS/CANDIES AT THE BAR**

**SIT ON LOWER DECK OF SAUNA FOR LESS HEAT**

**USE THE CHILL OUT AREA TO DECOMPRESS**

**SPEAK TO SIDE KICKS FOR HARM REDUCTION ADVICE**

*Safe*

# *Sexual Health & Hygiene*

**COMMUNICATE YOUR STI STATUS/LAST TESTS**

**USE PROTECTION (GLOVES/CONDOMS/DAMS AVAILABLE BY SIDEKICKS)**

**SANITISE PLAY CABINS/APPARATUS IN BETWEEN USE**

**WASH DOWN STEAM ROOMS AFTER PLAY**

**DON'T PLAY WITH EXPOSED OPEN WOUNDS/CUTS**

**CLEAN TOYS N BETWEEN**

**AND YOU ALL KNOW THE DEAL ON CONSENT!**



# A WALK THROUGH

1. SHOW YOUR TICKET AT RECEPTION: GET A TOWEL/SANDALS AND WRISTBAND WITH AN ASSIGNED LOCKER NUMBER

2. HEAD TO THE LOCKERS: UNDESS AND WRAP YOUR TOWEL AROUND YOU AND HEAD TO THE BAR

3. CHILL/GRAB A DRINK AT THE BAR/MEET PEOPLE

4. SHOWER THEN HEAD TO THE SAUNA

5. HEAD TO SIDEKICKS FOR SOME HARM REDUCTION ITEMS

6. CRUISE IN THE STEAM ROOM

7. HEAD FOR A DANCE IN THE BAR

8. MEET SOMEONE TO PLAY WITH IN THE CABINS

9. ATTEND A CEREMONY IN THE SAUNA

10. SIT IN THE LOUNGE AREA TO HAVE A SNACK

• NO PHOTOGRAPHY ALLOWED & FEEL FREE TO COME AND GO FROM THE LOCKER AREA