

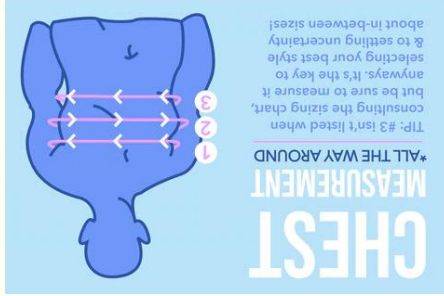
PREPARING & GC2B'S SIZE CHART

Get a flexible measuring tape. If you do not have one, please visit printable-ruler.net to download a printable ruler and measure with string. For an accurate measurement, do not wear a bra or any other compression products when measuring yourself.

SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST SIZE (IN)	< 32	32-34	34-36	36-38	38-40	40-42	42-44	44-47	47-52
SHOULDER WIDTH (IN)	< 13	13-16	14-17	16-20	20-23	20+	20+	20+	20+
CHEST SIZE (CM)	< 81	81-87	87-92	92-97	97-102	102-107	107-112	112-119	119-127
SHOULDER WIDTH (CM)	< 33	33-40	36-43	40-50	50-58	50+	50+	50+	50+

YOUR MEASUREMENTS

Each chest measurement should be taken all the way around your torso. The measuring tape should not compress your chest tissue but should touch your body. If the measuring tape is not touching your body - it's too loose.



Shoulder width: 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.



FIND YOUR SIZE

Compare your largest chest measurement and your shoulder measurement to the sizing chart. If your chest and shoulder measurements do not align with the same size, choose the larger size.

Compare your underarm measurement and underarm measurement to the sizing chart. These numbers will help you determine what style fits best. Ultimately, it's up to you to pick a style that you're comfortable with.

BINDER SIZING GUIDE



STAY IN TOUCH

- LAC: Lower Level of Building E
- <https://linktr.ee/lbccsjic>
- @lbccsjic
- Dr. Eric D. Becerra
ebecerra@lbcc.edu
- bit.ly/queerspacelbcc



Check out our Linktree

GOLDEN RULES OF BINDING

- 1** Always bind for less than 8 hours a day. The more breaks and time you can go without, the better!
- 2** Always take your binder off before you sleep.
- 3** Never use duct tape or Ace bandages to bind your chest.
- 4** If it hurts, stop! Try out a different size.



COMFORT & STYLE

*Ensure that your binder is sitting naturally over your torso, like a tank top, & adjust tissue to your comfort.

TIP: Our binders were designed to be worn with your chest facing squarely forward, with the tissue evenly distributed under the compression panel. Don't adjust breast tissue into uncomfortable or unnatural positions, such as pulling or shoving breast tissue too far down or sideways.



TIP: If you're having trouble figuring out how to adjust well, some people find that our full tank binders (rather than the half tank, as is pictured) provide a more comfortable binding experience!

- The three styles of binders are:
- Tank
 - Half
 - Racerback