

# G(ENDER) SWAP: TRANS, NONBINARY, GENDER NONCONFORMING SUMMER STYLE GUIDE



Summer can be a tough season to navigate when we feel uncomfortable with aspects of our bodies, have to deal with extreme heat and awkward public settings. This mini style guide has been put together by Santi from G(end)er Swap and includes a list of some style tips that could help you stay cool while still feeling like yourself this summer. This guide is for any queer/trans gender non-conforming individuals and for anybody who is experimenting with their gender expression. More links to other resources have been added in for you to do more research.

Have any tips you would like to share?

Please get in touch with G(end)er Swap through our contact form on our website [www.genderswap.org](http://www.genderswap.org)  
Please get in touch if you have more style questions or need further advice.

Wishing you a happy summer and pride season!

**Santi, founder of G(end)er Swap**

*NOTE: These are not complete lists. Style is individual so of course wear (and tailor suggestions) to whatever feels comfortable for you. Mix and match these style tips with your own. All style tips can be applied for femme/masc expressions and for anybody of all/no genders.*

## SUMMER TIPS FOR AFAB TRANS-MASCULINE FOLKS

### SURF GEAR

**Rash Guards** are good for chest compression.

- The material is dense, stretchy and tight.
- You can wear a binder underneath.
- Wear them to swim or as beach wear.



Aliexpress.com

**Surf Shorts** are great for swimming or for beach wear.

- Wear boxers underneath for packing.

Tips:

→ go for darker colors or intense patterns

Suggestions: pair the above items with a pair of sports sliders, sports hat or bandana.

### SUMMER BOTTOMS

- Cut off your own jeans to make shorts!

Tips:

→ If they sit above the knee they make you look taller.

→ Look for shorter inseams so they hang lower.

→ Bigger back pockets will flatten out the rear area.



Buzzfeed

## SUMMER TOPS

DIY Muscle tanks are a great option for creating different chest shapes.

- Muscle tanks have a higher neck and wider shoulder straps to mask the visibility of a binder.

### Tips:

→ Cut your own t-shirts into tanks so you know the sleeves will be more fitted and less droopy in the underarm area.

→ If you do want to shop for muscle tanks in-store, find clothing brands where sizes run a little bigger.

For example: a size small would fit closer to a medium.



Stalktr.net



strongathletic.com

## SWIMWEAR

\*Flaunt Swimwear/Underworks swim binders don't bind super well.

- Wearing a binder with a t-shirt over it is a better option or a rashguard.
- A binder should be in a slightly bigger size to allow for water expansion
- Experiment with wearing two sports bras

## NONBINARY SWIMWEAR

- A one piece with shorts
- Wearing colorful patterns



Check out [Rebirth garments](#) on Etsy

## OTHER RESOURCES:

[Swimwear](#) for trans guys

Transmasculine swimwear [suggestions](#)

'Plus size' clothing [tips](#)

Butch [fashion](#)

## BINDER TIPS



gc2b.com

- Half tops are more comfortable/less sweaty
- Invest in a good binder - not a cheap one.
- Take breaks with the heat. Don't wear your binder for more than 8 hours at a time.
- Although not recommended for long periods of time : Trans Tape can be used on smaller chests and for small time frames.
- Too hot? Wear a cotton vest under your binder to absorb sweat
- White binders look like you are wearing an undershirt - ideal for the summer to pair with vests
- Don't wear ace bandages - it doesn't allow your rib cage to expand

## OTHER RESOURCES:

9 tips for chest [binding](#) for fat bodies

General binding tips and binder [schemes](#) + G(end)er Swap and GC2B [free binder scheme \(UK\)](#)

General binding/style tips for those who do not have a [binder](#)



comfyfat.com

## COLOR TIPS

→ Wearing all black is ideal for hiding any curves or bumps however it is not the ideal color to wear in the summer.

→ Try dark colors such as navy blue, grey and dark greens. They are dark enough and won't absorb as much heat.

## STYLE TIPS FOR DEALING WITH UNWANTED SHAPES

Wear an open button up over a t-shirt or muscle tank.

→ you could go for a patterned button up over a dark colored muscle tank.

→ wear a bandana over a muscle tank for an alternative vibe. The bandana masks binder bumps.

→ wear an oversized denim vest (or other fabric) for an extra layered and box-y squared outlook.



#thisiswhatnonbinarylookslike (Twitter)



pinterest.com



Qwear.com

## **TIPS FOR DEALING WITH LONG HAIR**

- Can't cut your hair?
- Wear it in a bun under a hat.
- Slick your hair back with gel into a gender neutral bun.
- Put some coconut oil to grease it up and wear it down skater style!

## **TIPS FOR DEALING WITH FACIAL HAIR**

- Men's beard dye is ideal for darkening facial hair/peach fuzz.
- Use a mascara wand to tint peach fuzz on face. Use hairspray for longer lasting results (not ideal but optional for short term situations).

## **OTHER RESOURCES:**

Facial Hair darkening [tutorial](#)

AFAB long hair /gender fluid expression [suggestions](#)

## **QUEER UP YOUR LOOK**

Matte black nail polish

Glitter

Mismatched earrings/colorful studs

## **TIPS FOR FABRIC CHOICES**

- Aim to wear garments with a higher percentage of cotton because it is more breathable.
- Stay away from polyester and synthetic fabrics. They don't allow the body to breathe and absorb a lot of sweat!

## **SUMMER TIPS FOR AMAB TRANS-FEMININE FOLKS**

### **SWIMWEAR**

Ruffled/fringe swim tops are a great way to create more shape on the torso.

Swim skirts made out of swimming material over cropped spandex shorts or ruffled bikini bottoms.

Tips:

→ If you want to wear some added (breathable) layers, wear a patterned sarong over your swimwear. You can make your own sarong out of your favourite patterned fabric or even use a fall time pashmina!

→ Sporty tankini bras or bandeaus are a great option for swim/beachwear and for keeping cool.

→ If you have breast inserts you can find bikini tops with an inner pocket to place them in.

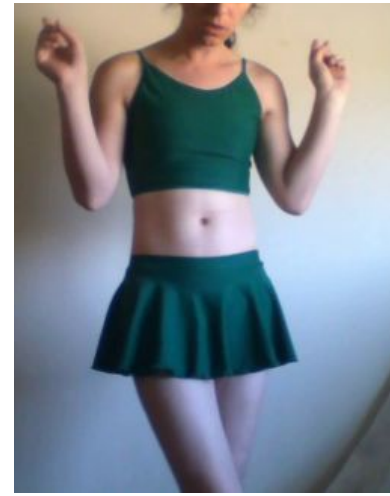
→ black swimsuits hide unwanted shapes/bulges



[Mashable.com](https://www.mashable.com)



Bustle.com



Review of [LeoLines](#) swimwear, Youtube

Other Resources:

Trans swimwear companies/styles including AMAB [options](#)

[Other](#) swimwear ideas/styles/suggested companies

[Swimwear](#) for disabled and fat bodies

## SUMMER TOPS

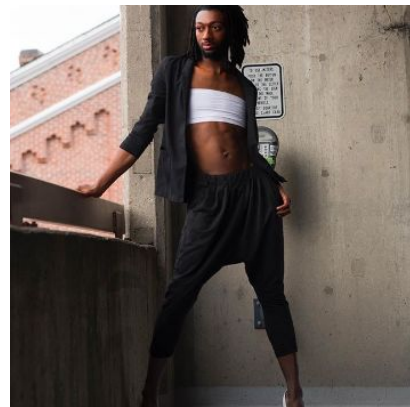
- Flowy tanks that go out on the sides/slits up the sides that create shape.
- Double breasted blazers are great for creating curves.
- Bandeau bras.
- Patterned blouses with flowy and wider sleeves that create shape.



Qwear.com



fashionablyfemme.me



@annaventrephotography, Instagram



## SUMMER BOTTOMS

- Loose fitting one piece rompers
- Waist pieces to create more shape
- Culotte shorts
- Wrap around skirts over patterned leggings
- Flowy and rippled skirts with a tucked in shirt!



Lookbook.nu



livelovegbtq.wordpress



Qwear.com

Other resources:

Femme fashion [ideas](#)

AMAB professional [wear](#)

Androgynous 'plus size' style tips featuring AMAB [options](#)

Gender fluid style [tips](#)

Plus Size [shorts](#)

## PRODUCTS

Glitter (and scented) lotion

Nail polish

Matte dark colors

Bold lip colors

## ACCESSORIES

Clip on earrings

Headbands

Colorful hair clips keep hair out of the face on especially hot days - butterfly clips for that 90's flair!

## TIPS

- Tank top tucked into a skirt provides more security and comfort
- Nipple “toppers” are stickers that create just a bit of shape. Great for extra hot days.

## GENDER NON-CONFORMING STYLE TIPS

Gender free ideas for those who do not want to conform to any binary gender expression (although all of the above can be applied to your own creative expression!)

Bat wings for that 80's flair!  
Crystal and polished rock necklaces/earrings!  
Fetish/bondage chokers!  
Pocket wallet chains!  
Hair clips for short hair!  
Glitter gel for beards or bearded tiaras!  
Platform shoes!  
Mini backpacks!  
Mood rings!  
Colored neck scarves!  
Fake tattoos!  
Tall patterned socks!  
Face jewels!  
Rainbow print anything!  
Black lipstick!  
Black eyeliner!  
Fake septum piercings!  
Dungarees!  
Pride themes [clothing](#) (made by and for LGBTIQ+ individuals)!  
Beaded chokers and candy necklaces/bracelets!  
Semi-permanent hair dye!  
Glitter stache!

### Other resources:

[Comfy Fat](#)  
[Androgynous Fox](#)  
[The Lingerie Addict](#)  
[Qwear](#)  
[Awarewolf Apparel](#)  
[Quiet Deviants](#)

[Dapperboi](#)

[Shapeshifters](#)

[Autostraddle](#)

[Spectrum Outfitters](#)

[Gc2B](#)

[Leolines](#)

[Rebirth Garments](#)

[Beefcake Swimwear](#)

[Hapari](#)

Makeup and other resources/inspiration:

[Jecca Black](#)

[Disco Dust London](#)

[Open Barbers](#)