

G(ENDER) SWAP

**SUMMER STYLE GUIDE
2022**

G(end)er Swap is a UK based LGBTIQ+ clothing outreach organisation and community interest company that supports trans and gender non conforming individuals to access clothes and community with bespoke pop-ups, LGBTQ style workshops and exhibitions that support trans individuals with style, makeup and wellness resources.

G(end)er Swap is based in England and Wales but operates UK/EU wide.

TABLE OF CONTENTS

Introduction.....	01
Trans masc tips.....	03
Masc swimwear.....	07
Binder tips.....	09
Trans femme tips.....	13
Femme swimwear.....	17
Tucking tips.....	19
Non binary swimwear.....	21
Queer tips.....	23
Additional resources.....	27
Queertextstyles archive.....	29
Q&A with Santi.....	31

BE WHOEVER, WEAR WHATEVER!

TRANS, NON BINARY, GENDER NON CONFORMING 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. Please get in touch if you have more style questions or need further advice.

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

Wishing you a happy summer and pride season!

Santi
FOUNDER OF G(ENDER) 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. Style has no rules and any of these tips can be applied to any gender expression.

MASC

style 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. Natural fabrics will also provide more breathability.





TIPS FOR CONCEALING 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 look.

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).

SUMMER STYLE TIPS FOR TRANS MASC INDIVIDUALS



@paulpenciu (ig)

RESOURCES:

Trans masculine swimwear [suggestions](https://thelingerieaddict.com) (thelingerieaddict.com)

'Plus size' [clothing tips](https://comfyfat.com) (comfyfat.com)

Butch [fashion](https://gomag.com) (gomag.com)

[Swimwear](https://ftmguide.org) for trans guys (ftmguide.org)



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.



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 (eg. a size small would fit closer to a medium).

Check out the G(end)er Swap [shop](#) for merch and a new upcycled clothing line by [Pretty Boy Spice](#)!

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 in place of a binder.



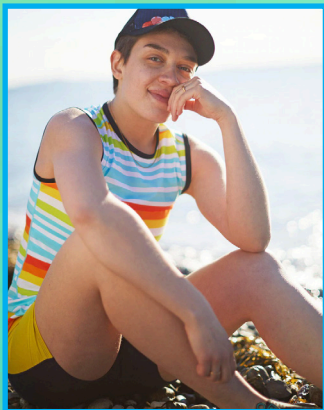
@plussizetransguy (ig)

Surf Shorts are great for swimming or for beach wear.

Tip: Wear boxers underneath for packing.



Spectrum Outfitters



TomboyX

Rash Guards are good for chest compression as the material is dense, stretchy and tight.

Rashguards can be worn with a binder underneath. Wear them to swim or as beach wear.

Suggestions:

- Pair the above items with sports sliders, sports hat or bandana
- Go for darker colours or intense pattern to help camouflage bumps



BINDER TIPS

Invest in a good binder, not a cheap one.

Half tops are more comfortable and less sweaty.

Take breaks with the heat. **Don't wear your binder for more than 8 hours at a time.**

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.

Although **not recommended for long periods of time:** Trans Tape can be used on smaller chests for small time frames.

Don't wear ace bandages - it doesn't allow your rib cage to expand.

BINDER RESOURCES:

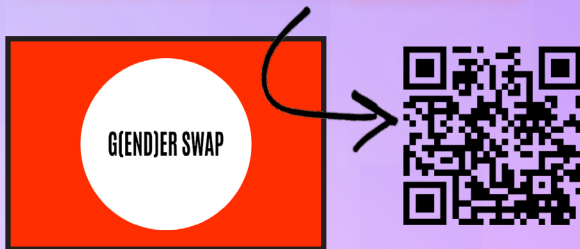
[Chest binding tips](#) for fat bodies
(*bustle.com*)

[Safe binding tips](#) and binder schemes
(*pointofpride.org*)

Binding and style tips for those [without binders](#)
(*genderintelligence.co.uk*)

G(end)er Swap binder sponsorship programme
for [organisations](#) and safe [binding guide](#)
(*genderswap.org*)

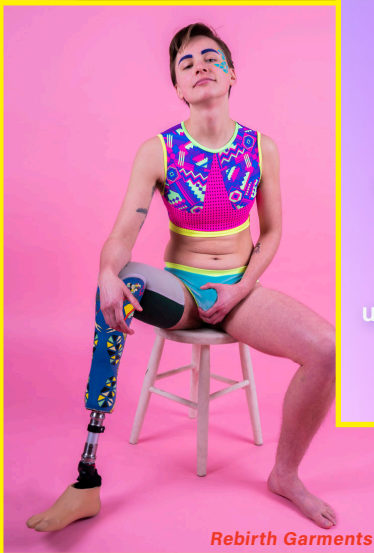
Transitional items from the [G\(end\)er Shop](#)





"My binder feels like a suit of armour. It strengthens and protects me. It shores up my identity and holds me tight in its embrace, part carapace and part safe hug. It makes my reflection in the mirror look like the person I am; it makes me feel right in a way even loose-fitting clothing can't. In stressful situations, it holds me together and lets me know that no matter how much people might not consider my non-binary identity as valid, I am snug and understood in my binder."

source: *queertextstyles* (tumblr)



Rebirth Garments

FEMME

TRANS FEMININE TIPS



SUMMER TIPS FOR TRANS FEMME INDIVIDUALS

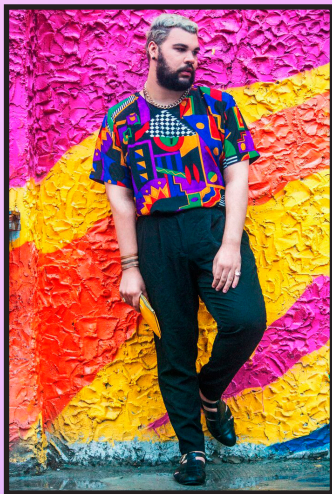
SUMMER TOPS

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.



@ashleyisdick (ig)



TIPS:

A 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.

ACCESSORIES

- Glitter/scented lotion
- Nail polish
- Matte dark colors
- Bold lip colors
- Clip on earrings

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.

Headbands and colourful hair clips keep hair out of the face, on especially hot days. Try butterfly clips for that 90's flair!

TRANS-FEMME STYLE RESOURCES:

Femme fashion ideas
(pinterest.com/fashionablyfemme)

Professional clothing
ideas/suggestions
(qwearfashion.com)



Androgynous 'plus size'
style tips, outfits
(qwearfashion.com)

Gender fluid style tips
(livelovelgbtq.wordpress.com)

Plus Size shorts
(mechanicshopfemme.com)



@iamthequeendee (ig)
@heem.black (ig)
@benpechey (ig)
@heem.black (ig)

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.



origamicustoms.com

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



Rebirth Garments

Suggestions:

- *If you have breast inserts you can find bikini tops with an inner pocket to place them in*
- *Black swimsuits help to hide unwanted shapes/bulges*

To add breathable layers, wear a patterned sarong over your swimwear. You can make your own sarong out of your favourite patterned fabric or even a fall time pashmina!



TUCKING TIPS

Tucking may be mildly uncomfortable, **but it should not be painful**. Go for a “goldilocks” tuck - not too loose, but not too tight.

Take breaks from tucking, and never sleep in a tuck.

Look for stretchy fabrics made up of elastane/Lycra (often found in shapewear, cycling shorts, swimwear).

In warm weather, try layering two pairs of briefs in a smaller size than normal.

Some people find it easier to use items such as gaffs or concealing underwear designed specifically to hold the genitals in place.

If tucking with tape, use tape that is designed to be used for medical or sports. **Do not use packing tape, duct tape or any other tape not intended for skin** as it can damage your skin.

RESOURCES:

How to [tuck safely](https://transhub.org)
(transhub.org)

Gaffs: [Trans Shop UK](https://uktransshop.co.uk), [StriptItBack](https://etsy.com)
(uktransshop.co.uk, etsy.com)

Unclockable [Tuck Kit](https://unlockable.com)
(unlockable.com)

Zoah [Concealing Underwear](https://zoah.shop)
(zoah.shop)

Gender Kit UK's [tucking guide](https://genderkit.org.uk)
(genderkit.org.uk)



Non binary Swimwear

Play around with different silhouettes and shapes by mixing stereotypically gendered pieces. For example, try pairing board shorts with a tankini top or one piece bathing suit.

**Try wearing
colourful patterns!**



@styleisstyle (ig)



Rebirth Garments



queertexstyles (tumblr)

Trans swimwear
companies and
style options
(bustle.com)



Additional swimwear
ideas, styles, and
suggested companies
(autostraddle.com)

Swimwear for disabled
and fat bodies
(syrupaus.com)

QUEER UP YOUR LOOK

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

Bat wings for 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 clothing (made by/
for LGBTIQ+ individuals)!
Beaded chokers, candy
necklaces/bracelets!
Semi-permanent
colourful hair dye!
Glitter stache!



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G(ENDER)ER SWAP



QUEER STYLE TIPS

- Matte black nail polish
- Glitter
- Mismatched earrings and colourful studs

TIPS FOR FABRIC CHOICES

Look for garments with higher cotton percentages, as natural fabrics are more breathable.

Stay away from polyester/synthetic fabrics. They don't allow the body to breathe and absorb a lot of sweat!

OTHER RESOURCES

Facial Hair [tutorial](#)

Long hair/gender fluid [expression suggestions](#)



@tepidpaper (ig)

ADDITIONAL 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 Blac](#)
[Disco Dust London](#)
[Open Barbers](#)
[mxmk.hair](#)
[they them Ri](#)
[Sophie Gouk](#)

[Both& Apparel](#)
[Off You Pop](#)
[Tailoring for T](#)

[Queer tattoos](#) by
Billy Slicks

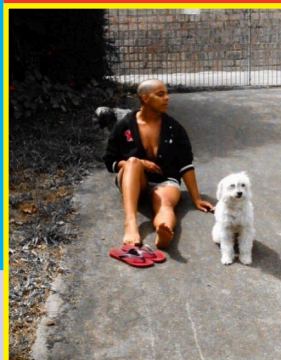
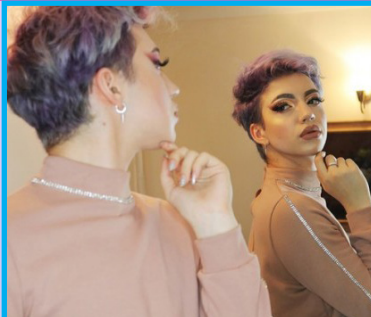
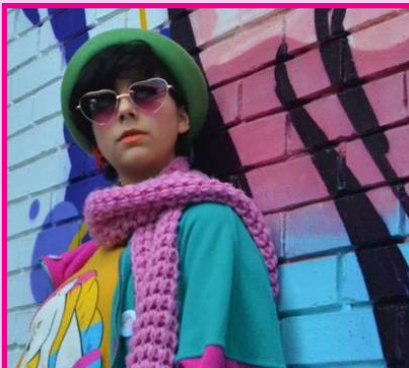
Check out the
[G\(end\)er Swap n' Shop](#)
page for folks in the
UK looking to find/
offer up clothes and
transitional items or
style advice

[G\(end\)er Swap](#)
[YouTube channel](#)

More [downloadable](#)
[resource guides](#) from
[G\(end\)er Swap](#)



G(ENDER) SWAP



QUEERTEXTILES ARCHIVE

Browse the G(end)er Swap [style archive](#) to learn more about and connect with LGBTQIA+ experiences with navigating gender and style. We are always looking for new submissions!





Q&A with Santi

CREATIVE DIRECTOR, FOUNDER G(ENDER) SWAP

Q: How did G(end)er Swap come to be?

I started G(end)er Swap in 2017. I really wanted to find a space where I could meet people within the community and find clothes, and there wasn't much. I decided to start G(end)er Swap as a community clothing swap that started in London... It's been a journey but ultimately G(end)er Swap has grown based on the demands and needs of the community. *It's very people led, it's very "whatever you need, I will work to get you what you need or we will work together to find that."*

Q: What do you like most about queer style?

I think I'm really drawn to queer people who push the boundaries of what queer fashion really means...I love any kind of aesthetic that pushes gender in new forms.

I'm not just saying a man wearing a dress, I'm thinking of things beyond our concept of gender like furry fashion, alien gender...anything that's really out there. I think that inspires me. It's really cool and I think it's really important for wider society to learn about and learn from.

Q: What inspires your personal style?

I'm really influenced by my old school inspirations. I still think I draw from emo and scene kid culture.

My style is a mish-mash of stuff; a lot of very substantiated lesbian fashion moments like carabiners and trouser chains mixed in chest harnesses, club wear, Japanese fashion, skate culture...euro fashions. I grew up in a really traditional Italian family where all the guys wore these tight soccer tracksuits and these things in their hair and that kind of stuff. I think that [my style] is really a hodgepodge of different inspirations!

**READ MORE ABOUT
THE G(ENDER) SWAP
TEAM [HERE!](#)**



Q: What's your #1 piece of fashion advice?

My number one thing is to always start small and be patient building a gender affirming wardrobe.

Also, I really encourage people to experiment with their clothes and to really step out of their comfort zone. It's outside of that comfort zone that something might really stick and make you feel euphoric, and you wouldn't have found it otherwise if you didn't take that leap!



The background of the entire image is a solid red color. Overlaid on this background is a repeating pattern of stylized gender symbols. The female symbol (a circle with a cross at the bottom) and the male symbol (a circle with an arrow at the top-right) are rendered in a slightly lighter shade of red. They are arranged in a grid-like fashion, with some symbols appearing slightly larger or more prominent than others, creating a subtle, textured effect.

G(ENDER) SWAP

designed by [@nikki.loree](#) (ig)