

# MORE INFO!

In recent years, there has been a boom of new brands selling gender-affirming products. Despite increasing demand, such products are almost exclusively available online. Additionally, with increased focus on trans people as a customer demographic, there are plentiful scams and knock-offs of these incredibly important products. Prioritize safety and do your research before purchasing from an ad. If a deal seems too good to be true, it probably is.

Gender-affirming products are for everyone. If something interests you, feel free to explore it! Joy is not a limited resource :)

# THANKS 4 READING!

Download the digital version here!



Reference only, please do not take.

# GENDER-AFFIRMING PRODUCT GUIDE

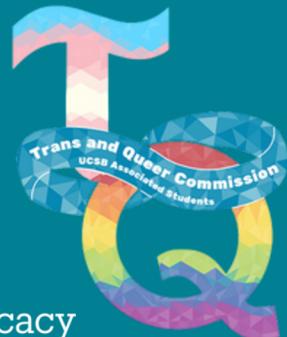
Gender-affirming items can help temporarily align one's physical appearance with their desired gender presentation.

Flip through to learn about different items. If you want to see one of these products in person, just ask!



Resource Center for  
**SEXUAL & GENDER DIVERSITY**  
UC Santa Barbara

UC SANTA BARBARA  
Health Equity Advocacy



\*Made using UC Santa Barbara's Gender Product Library\*

# BINDING

## Binding (verb)

A practice used by people with breasts or excess chest tissue to temporarily compress or flatten their chest. This could be done using a binder, sports bra, compression top, or binding tape. Safe binding is important to avoid permanent damage. Anyone considering binding should take accurate sizing measurements and research safety guidelines before starting. Some unsafe binding methods include binding for too long, binding too tightly, or binding with unsafe materials (gauze, duct tape, bandages, unsafe binders).

## Binder (noun)

A compression undergarment used to flatten the appearance of the chest. Binders have a stiff, front, inner panel which helps flatten. Because of this panel, binders are not safe to wear during exercise, sleep, or for over 8-10 hours in a day.

## Compression Top (noun)

A compression undergarment in between a binder and a sports bra which uses tight, but stretchy fabric to minimize the chest. Without a stiff inner panel, they are safe for exercise and have no time restrictions.

# SEX TOOLS

## Sex Tools (noun)

Implements designed to stimulate, enhance, or increase accessibility to sexual pleasure. May include sex toys, prosthetics, sex barriers, and items used in sex therapy.



# VAGINAL HEALTH

## Dilators (noun)

Rounded, cylindrical devices made of plastic or medical-grade silicone that are inserted into one's vagina to gently stretch the vaginal tissue. Dilators are often used after a vaginoplasty or by folks with vaginal atrophy, vaginal stenosis, vaginismus, or pelvic floor issues. Dilators typically come in a set of multiple sizes and should be used with a water-based lubricant. Dilators are medical tools, not dildos.



## Period Underwear (noun)

Underwear with a built-in, reusable, absorbent pad for menstrual blood. Can be washed and re worn, reducing single-use waste.



## Menstrual Cup (noun)

A silicone cup designed to catch menstrual blood as an alternative to tampons or pads.

# BINDERS



# RESHAPING

## Binding Tape (noun)

Also called Trans Tape. Skin-safe tape used to reshape one's chest tissue instead of compressing it. An alternative for those who exercise frequently, can't bind, or who want a chest silhouette shape that better matches their body type.

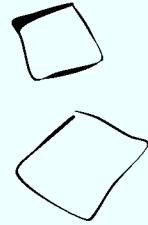
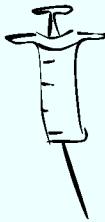
Strips of trans tape are usually applied to either side of the chest from the center out. Make sure to avoid wrinkling and maneuver the tissue into the desired position as you go. Trans tape is waterproof and can be left on for 5-7 days with minimal peeling. To remove the tape, saturate in oil (olive oil, baby oil, removal oil, etc.) and gently peel off.

Can cause skin irritation and should not be used by those with adhesive allergies. Tape should never be wrapped around the circumference of one's ribcage.

## Shapewear/Padding (noun)

Undergarments designed to smooth or accentuate certain areas of the body – most commonly the hips, butt, stomach, chest, and thighs – using padding, compression, or boning. May include butt/hip pads, girdles, butt bras, bodysuits, waist cinchers, and more.

# INJECTION AIDS

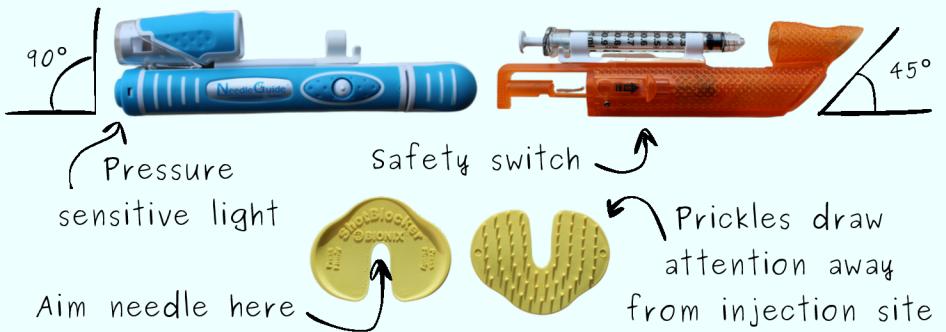


## Autoinjector (noun)

A spring-loaded device used to inject oneself with medication (e.g. EpiPen). Reusable autoinjectors, which do not come pre-filled, may be used by folks who self-administer injectable medications such as hormones. To use a reusable autoinjector, you fill your own syringe, lock it into the mechanism, push a button to release the needle into the injection site, and push the plunger manually to release the medication. This device can help ease the process of self-injecting for those with shakiness, limited strength, difficult injection sites, or a fear of needles.

## Shotblocker (noun)

A prickly plastic device designed to distract and disperse pain while administering an injection. Often used by pediatricians, but can also be used at home by those who self-inject.



# HAIR

## Wigs (noun)

Detachable head coverings made from real or synthetic hair. Used generally by those who do not have hair, want different hair, or need to cover their own hair. Long used by trans folks and drag artists as a versatile tool for altering physical appearance.



## Hair Building Fibers (noun)

Sprayable hair fibers used to conceal hair loss, bald spots, and thinning hair by thickening existing strands and adding texture.



## Epilator (noun)

An electric device that uses rows of rotating tweezers to mechanically grasp hairs and pull them out by the root. Can be painful, but requires less frequency than shaving and other hair removal methods. Some report that hair growth decreases significantly over time with frequent use. Works best for body hair.



# BINDING TAPE



Comes in a variety of tones and patterns



oil for safe removal

# SHAPEWEAR



silicone pads are heavier and more realistic

Foam pads are lighter and more breathable



Rigid panel for smoothing

Boning provides shape and structure

Butt bras accentuate and lift buttocks

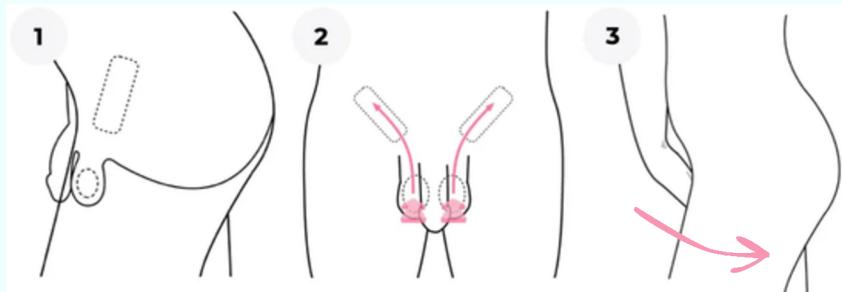


Cheeks go here

# TUCKING

## Tucking (verb)

The act of concealing or flattening one's bulge by sliding the testes upwards into the inguinal canals and tucking the penis back between the legs. This is often assisted by a gaff, tucking underwear, tucking tape, or a variety of DIY tucking methods. When using tape, it is important to cover any delicate tissue with a pad or other material. Like binding, it is best to take break days to let your body rest and breathe.



\*\*Long term tucking (e.g. every day for 2-3 months) may result in temporary infertility/lowered sperm count\*\*

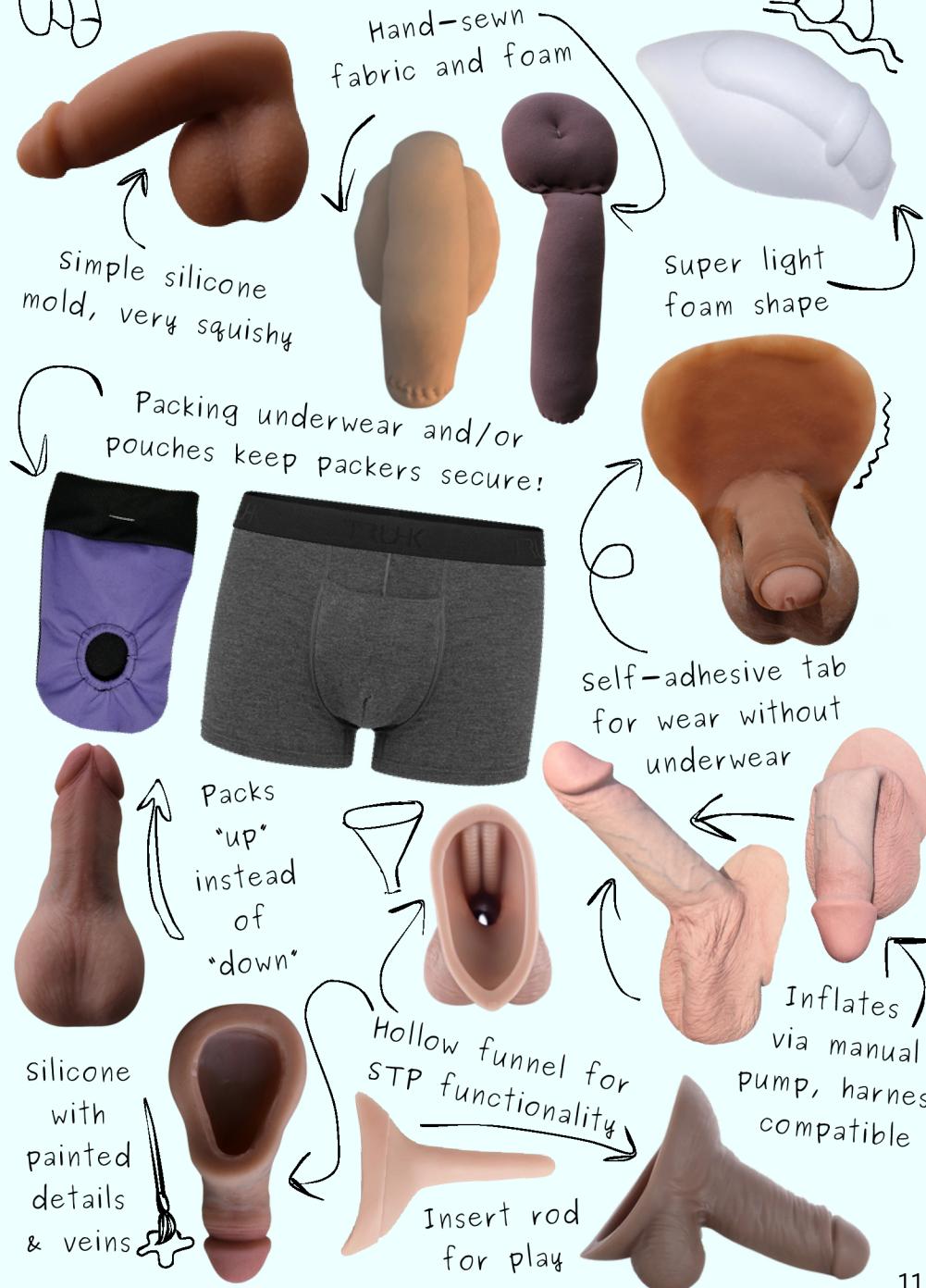
## **Gaff/Tucking Underwear (noun)**

Compression undergarment designed to minimize one's bulge. Uses a more compressive material and wider gusset than traditional underwear. May be worn with or without tucking. Can also be DIYed.

## **Tucking Tape (noun)**

Skin-safe, single-use tape used for tucking. Good option for use with bathing suits or tight clothing, but not ideal for everyday.

# PACKING



# PACKING

## Packing (verb)

Wearing a phallic object, pad, or prosthetic in the crotch of one's pants or underwear to create a bulge and/or simulate the weight of a phallus. Most often used by trans men, non-binary folks, and drag kings.

## Packer (noun)

Any phallic object, pad, or prosthetic used for packing. Packers can range from a ball of wadded-up socks to a hyper-realistic prosthetic penis and anywhere in between.

## STP Stand-To-Pee device (noun)

A tool or prosthetic, often made of silicone or plastic, that functions as a funnel to allow individuals without a penis to pee standing up. STPs on the market range from brightly colored plastic funnels to realistic prosthetic penises. STPs have a bit of a learning curve and require practice before use in public restrooms.

## Pack-and-Play/Prosthetic (noun)

A packer or penis prosthetic that can also be used for sex and/or penetration. Pack-and-Play devices are typically made of a medium-hard silicone and come with a stiff, removable rod that can be inserted into the shaft when you're ready to play. Some more advanced prosthetics have a built-in erection mechanism, removing the need for a separate piece.

# TUCKING



# BREASTFORMS

## Breast Forms (noun)

Prosthetic breasts, often made of silicone or similar material, meant to simulate the weight, size, or shape of breast tissue. Breast forms can be worn inside of a bra or attached to the body (adhesive, harness, silicone vest, etc.).

## Bra Inserts (noun)

Pads, usually made of foam, that can be inserted into the pockets of a bra to simulate breasts or accentuate existing chest tissue. Lighter and more breathable than silicone breast forms.

## Pocket Bra (noun)

A bra with a pocket in each cup designed to accommodate pads or breast forms.

## Breastplate (noun)

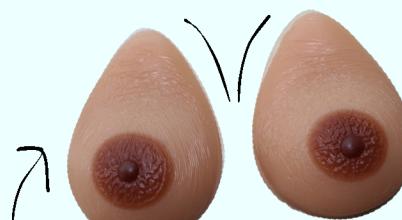
A silicone prosthetic vest with breasts. Can range from a harness to a full silicone torso. Breasts may be filled with cotton filler or liquid silicone. Breastplates are more often used for performance than everyday wear as the silicone vest can be difficult to get on and does not breathe well.

## Prosthetic Nipples (noun)

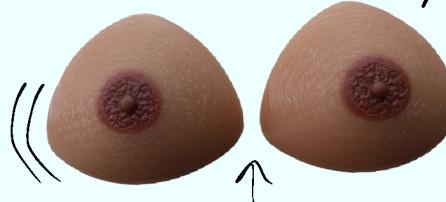
Silicone prosthetics designed to look like nipples. Most often used by people who have had a mastectomy without nipple grafts or who had atypical nipple healing post-op. Can be applied to the body with skin-safe adhesive.

# BREASTFORMS

silicone = fairly realistic in weight, texture, and appearance



Teardrop forms are perky and high profile

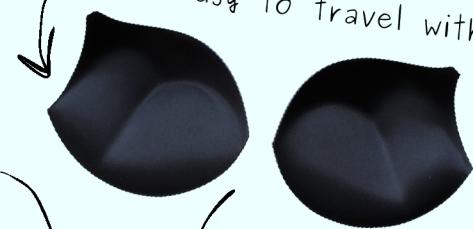


Triangle forms mimic the distribution of natural tissue



Nipple prosthetics are customizable and versatile!

Foam = light, breathable, and easy to travel with



Pocket bras



Self-adhesive sticky backing



Breastplates provide wider coverage and more support

