

## **Backpacking while wearing a binder:**

Ways to minimize risk and discomfort when backpacking and wearing a binder

Wearing a binder while backpacking can increase the impact of the downsides associated with binding, including restricting breathing and causing chafing and overheating.

Please remember to avoid binding for more than 8 hours per day, and that individuals under 18 should not bind for more than 6 hours a day. Only wear a binder that fits you well, and err on the larger side for backpacking.

Here are some tips from trans-masc backpackers:

- 1) **Request a solo tent** so you have a private place to change, rest, and sleep without wearing your binder. You don't have to disclose any personal information - just email our administrative staff or let your guides know that you would like a solo tent before you leave.
- 2) **Use your oldest, most stretched out binder(s)** while on the trail. The straps of the backpack will put additional pressure on your shoulders and back, and the effort of hiking will make extra demands on your lungs. Use an older binder, or a binder a size up, to reduce the amount of restriction.
- 3) **Substitute a sports bra, maybe backwards.** Also, some binders may be less restrictive when worn backwards. Experiment with layering sports bras, bras, and binders forward and backwards to find the fit that allows you to take the deepest breaths.
- 4) If you have the resources, **explore using TransTape.** You may need to practice using it first, as it can cause blisters or be painful for the inexperienced, but it does not restrict breathing.
- 5) **Have a plan to control chafing.** Whether it's baby powder, lotion, or something else, bring along something that works for you and your skin.
- 6) **Wear light, breathable clothing** over your binder to help avoid overheating. Pay attention to your body, take breaks when needed, and drink plenty of fluids.
- 7) **Make sure your backpack is fitted and adjusted properly.** A well-adjusted backpack means the majority of the weight is carried by your hips, not your shoulders.

Make sure you take care of yourself and your body on your trip. Take breaks, pay attention to your breathing, and let your guides know if there's anything you need to be more comfortable and confident on your backpacking trip.

If you have any other tips or tricks for wearing a binder while backpacking, or other strategies for trans-masc backpackers, please let us know so we can share them with others!