



# TRY B4 U BUY

## BINDER SCHEME WITH SPECTRUM OUTFITTERS

Putting on a binder for the first time can be tricky!

These are some tips to help things go smoothly:

- \*Bring a trusted family member or friend to help you (Free2B staff will not be able to help)
- \*Try to arrive early so you have time to settle
- \*Relax and drink some water
- \*Follow the measurement guide provided by Free2B
- \*Write down your chest and rib measurements
- \*Show Free2B staff the measurements
- \*Agree which binder size to try first
- \*Take your time
- \*Listen to your body

**IF YOUR BREATHING IS AFFECTED WHEN YOU  
PUT ON THE BINDER, YOU NEED A BIGGER SIZE**

**If you have a pre-existing medical condition which  
may be affected by binding you MUST seek a  
doctor's advice before binding (e.g. asthma, skin  
allergies etc)**

**HEY  
THERE**



**Get in touch**

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## BINDER SCHEME

Spectrum Outfitters do not have an age restriction on their products but any young people wanting to bind must keep in mind that their body is growing. Your ribs can continue to grow until you're 18 or even older. For this reason it is crucial that you measure yourself regularly and size up as needed.

### Reducing Risks when Binding:

- \*Use talc to avoid skin chafing
- \*Stay hydrated - wearing a binder can be hot
- \*Never wear for longer than 6-8 hours at a time
- \*Listen to your body & if you start to experience pain take a break
- \*Never wear your binder to bed - it can restrict your breathing & cause injury
- \*Don't wear your binder for sports - wear a sports bra & baggy clothing instead
- \*Do regular stretching and breathing exercises when not wearing your binder

### Binder Care

- \*Keep your binder clean and hand wash only
- \*Do not use a tumble dryer to dry your binder
- \*Air drying is best as even radiator heat can damage the elasticity of your binder
- \*Wash your binder regularly as bacteria can build up and cause skin irritation.

For more information please visit:

[Spectrum Outfitters website](#)

[Watch this short video](#)

[Check out the Wiki how on safe binding](#)



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