

Binders – How to Measure and Find the Right Size for Your Body:

Please note: The text in this document is intended for anyone who wants to flatten their chest, trans men, non-binary, women, drag kings, and more.

To find your size you will need: flexible measuring tape, a writing utensil, and paper/something to write on.

When you measure, don't wear a bra or a binder.

The measurement should be the entire circumference of the breasts and chest.

The tape measure should be touching your body but should not compress your breasts.

If the tape measure isn't touching your body, it is too loose.

The circumference is measured around the breasts at nipple height.

Some brands require additional measurements.

Write down the size that you measured and compare it to sizing tables on brand websites to find out the best binder size for you.

Find the brand that interests you on the list and follow the measurement instructions

T Kingdom

Measure the circumference around the breasts and back at the widest point (on the nipples) with a flexible tape measure, without compressing the chest. It is best to measure without clothing.

The website uses inches only, so multiply your result in centimeters by 0.39 to get your result in inches. If the result is a fraction, round up to the nearest inch (for example 38.74 inches would become 39 inches). Next, after selecting the preferred binder model, choose the correct size according to your rounded measurement in inches.

Note – every size has a range of measurements; it is better to choose a size for which your result is in the lower end of the range. If your result is in the upper end of the range, the binder may be too tight and can cause trouble breathing and pinch the skin. It is most important that the binder will be comfortable, so you can continue wearing it over time!

The smallest size on the website is a circumference of 29 inches = 74 cm.

The largest size on the website is a circumference of 37-44 inches = 94-112 cm (varies by model).

Other sizes are available by custom order.

For more measurement information:

<http://www.t-kingdom.com/index.php/faq>

Loveboat

Measure the circumference around the breasts and back at the widest point (on the nipples) with a flexible tape measure, without compressing the chest. It is best to measure without clothing.

The website uses centimeters. If your result is a fraction, round up to the nearest centimeter (for example 100.74 cm would become 101 cm). Next, after selecting the preferred binder model, choose the correct size according to your rounded measurement.

Note – every size has a range of measurements, it is better to choose a size for which your result is in the lower end of the range. If your result is in the upper end of the range, the binder may be too tight and can cause trouble breathing and pinch the skin. It is most important that the binder will be comfortable, so you can continue wearing it over time!

The smallest size on the website is a circumference of 71 cm.

The largest size on the website is a circumference of 107-129 cm (varies by model).

There is no information on the website regarding custom orders in other sizes.

For more information:

<http://www.lesloveboat.com/shop/sizechart.php>

Underworks

There are two measurements needed, preferably measured without clothing:

1. Around the breasts and back at the widest point (on the nipples) with a flexible tape measure, without compressing the chest.
2. Around the back and lower chest, directly under your breast tissue.

Add the two measurements together and divide by 2. This is the circumference which will correspond to your size.

The website uses centimeters. If your result is a fraction, round up to the nearest centimeter (for example 100.74 cm would become 101 cm). Next, after selecting the preferred binder model, choose the correct size according to your rounded measurement.

Note – every size has a range of measurements, it is better to choose a size for which your result is in the lower end of the range. If your result is in the upper end of the range, the binder may be too tight and can cause trouble breathing and pinch the skin. It is most important that the binder will be comfortable, so you can continue wearing it over time!

The smallest size on the website is a circumference of 71-74 cm (varies by model).

The largest size on the website is a circumference of 140-150 cm (varies by model).

There is no information on the website regarding custom orders in other sizes.

More sizing information can be found under 'Specifications' when choosing a binder model.

GC2B

There are four measurements needed, preferably measured without clothing:

1. Shoulder width, from the tip of one shoulder to the tip of the other.

2. Around the back and upper chest, by the armpits
3. Around the breasts and back at the widest point (on the nipples) with a flexible tape measure, without compressing the chest.
4. Around the back and lower chest, directly under your breast tissue.

The shoulder and largest chest measurement determine the correct size according to the sizing table, and the underarm and underbust measurements can help determine which binder model is most suitable.

The website uses centimeters. If your result is a fraction, round up to the nearest centimeter (for example 100.74 cm would become 101 cm). Next, after selecting the preferred binder model, choose the correct size according to your rounded measurement.

Note – every size has a range of measurements, it is better to choose a size for which your result is in the lower end of the range. If your result is in the upper end of the range, the binder may be too tight and can cause trouble breathing and pinch the skin. It is most important that the binder will be comfortable, so you can continue wearing it over time!

The smallest size on the website is a circumference of 70 cm.

The largest size on the website is a circumference of 127 cm.

There is no information on the website regarding custom orders in other sizes.

For more information:

<https://www.gc2b.co/pages/sizing>

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Last Update: June 2024

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