

## Health related recommendations and risks:

- Bind only as necessary. It is not recommended more than 8 hours a day, 5 days a week.
- Do not sleep in your binder.
- Binding restricts your breathing so it is highly recommended not to bind while exercising.
- If you have a cold or flu, it is recommended you stop binding until you're better because it could lead to severe lung infection like pneumonia.
- Bind as loosely as possible, just enough to feel comfortable.
- Binding too tightly can bruise or crack your ribs. It can also damage the cartilage and muscles between your ribs.
- Binding squeezes your body and everything that's inside it. This can cause long-term damage to organs such as your heart, liver, and kidneys.
- Binding can cause nerve damage and lead to carpal tunnel syndrome. Choose a larger binder if you experience tingling in your hands.
- Binding frequently can cause back and neck pain.
- Long term binding permanently changes breast tissue. It doesn't make them go away, but it softens the tissue. For some people, this is a desired effect, but one that you should be aware of anyways.

## Additional resources

[www.morrisdesigns.com](http://www.morrisdesigns.com)  
[www.nouvelleinc.com](http://www.nouvelleinc.com)  
[www.enell.com](http://www.enell.com)  
[www.wear-with-all.com](http://www.wear-with-all.com)  
[www.underarmour.com](http://www.underarmour.com)  
[www.sweatitout.com](http://www.sweatitout.com)  
[www.t-kingdom.com](http://www.t-kingdom.com)  
[www.lezloveboat.com](http://www.lezloveboat.com)

## Contact info

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[getbinders@gmail.com](mailto:getbinders@gmail.com)  
Phone: 250-472-4393

# The Under Cover Initiative



Making binders available since now.



### **What is a binder?**

A binder is a tight fitting tank, shirt or undergarment worn to compress and alter the appearance of a person's chest.

### **So what is this "Undercover Initiative" business all about anyways?**

Our goal is to make binders available to everyone in the community. No mailing address or credit card necessary! As the Undercover Initiative is a project of the non-profit UVic Pride Collective, we aim to deliver subsidized binders to anyone in need! Binders for everybody!

### **Errebody?**

Errebody. Anyone who has ever fancied themselves a lovely nylon, spandex blend tight against their skin is welcome and encouraged to come in and have a gander. The binders, along with order forms, are available to try on anonymously in the washroom, no questions asked.

### **Even if I just want to satisfy my outstanding curiosity about binding?**

Yep.

### **How cheap is Cheap?**

New binders will be available on a sliding scale of \$15 to \$30. Used binders will be available by donation. Please keep in mind contributing more than the minimum if you are able helps subsidize the cost of binders for folks who really need it. Oh yeah... forget about the shipping; we have you ... covered.

### **How do I know what size I am?**

Buying a new binder is tricky, and different for everyone. The Undercover Initiative has a slew of sample sizes and styles for your sizing convenience! If the styles available are not to your liking, we also have a sizing guide for other Underworks products and measuring tape to aid in your sizing endeavors. We can also try to order Underworks products that we do not currently carry as samples.

### **Tips:**

- Binders are tight! They have been known to ensnare the unwary. If it will not fit over your head, try stepping into it and sliding it up your body.
- There is such a thing as too tight! Binders will inevitably stretch out and erring on the side of tighter can be tempting. If your binder cuts in along the edges or at the seam it may be too small.
- If it hurts after 10 minutes it is going to hurt worse after 10 hours.
- Often the t-shirt style binders will fit larger as they are not designed to be stepped into.
- If the size you desire is pinching your arms, try cutting the seam below the armpit just a bit to relieve some of the stress (please do not cut the sample binders).
- If your binder fits well but is giving you a rash, it may be a result of chaffing. Try a little gold bond or baby powder.

### **What is the best binder that ever was?**

There are many different binders which work for many different people, but...

- Black hides stains.
- White is less visible under white shirts.
- Full length may tend to roll up at the bottom.
- Full length will offer more evenly distributed compression and better back support.
- Half length may be less visible under certain articles of clothing.
- Binders with high cotton content will stretch out more than those with high nylon or spandex content.

### **Aftercare Tips:**

- Hand wash or machine wash in cold water on gentle cycle.
- Do not iron.
- Do not place near extreme heat sources.
- Putting binders in the dryer will initially shrink them but compromise the integrity of the binder long term.
- Bleaching binders will also compromise their integrity.

### **I followed your dang tips and my binder doesn't fit me!**

No worries! Return your binder to the Pride Office in original condition before the next order date, and we will gladly order you a new one at no additional cost.