

Breast Form - Orders

For the specific order of the Athletic & Swim Breast form, model # [21501](#)

Name/Alias: _____ Date of Request: _____

Phone Number: _____ Email: _____

Size (1-10): _____ Colour: Transparent

For questions, support, or concerns, please notify the resource coordinator at resources@uvicpride.ca or in the Pride Office. Feel free to check out www.thebreastformstore.com/ for more information. Orders will be placed on the last Friday of every month.

Policy Change: Please note that if Pride receives no word from you regarding pick-up, the breast form will be put up for donation 60 days from the date you were first notified that this breast form was available to pick up

Coordinator Use		
Order Date: _____	Order #: _____	Reference #: _____

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Breast Form Chart Measurement

Desired Cup Size	Bra band size										
	32	34	36	38	40	42	44	46	48	50	52
AA Cup		1	2	3	4	5	6	7	8	9	10
A Cup	1	2	3	4	5	6	7	8	9	10	
B Cup	2	3	4	5	6	7	8	9	10		
C Cup	3	4	5	6	7	8	9	10			
D Cup	4	5	6	7	8	9	10				
DD Cup	5	6	7	8	9	10					
E Cup	6	7	8	9	10						
F Cup	7	8	9	10							
G Cup	8	9	10								
H Cup	9	10									
I Cup	10										

The **numbers 32 – 52** are the chest circumference measurement. Use the measurement tape provided to find your size. For best results, measure just above the nipple over your shirt and ensure the tape goes around your chest circumference.

The **cup sizes AA – I** are the sizes of the bra cup.

Ex. If an individual has the chest measurement of 36, and they would like an “average” cup size, the person would choose size 5, which would be the bra size C36. If the same person would like a larger cup size, then they would choose size 6, which would be D36.

We recommend that you don’t sleep on your breast forms, as they are made of silicone and could burst or be damaged.

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Breast Form Initiative

What is it? This initiative is designed for individuals, specifically transwomen and transfeminine persons wishing to present breasts. The breast forms are silicone and specifically designed to be safe to use in swimming pools, salt water, and hot tubs. They can also be used for high energy activities such as sports, including jogging.

How much is it? The breast forms are free and provided by UVic Pride. We only ask that you do not remove the sample from the space. Any donations, however, are welcome and very much appreciated in order to support this unique resource.

How do I find my size? We have written up a series of steps and have provided illustrations to better help you in this process. Please read page two on how to find the size of your chest circumference and check out the pictures on where to properly hold the measuring tape.

How do I get one? Once you have found your size, fill out the order form in the drawer and submit it to the drop box on the top left corner of the mirror.

Questions/Concerns/Help? Please email the resource coordinator at resources@uvicepride.ca or ask one of the pride coordinators in the pride office. We wish to make this a safe and easy process, as best it can be, so please don't hesitate to ask. We also understand that this can be scary and exciting so even if you want to just bounce ideas or ask for some input, we will certainly do our best to try.

How To Measure Your Chest Circumference

As illustrated in the picture, it is recommended for best results to place the measuring tape above the nipple. You can choose to place the tape over your clothing (a thin layer) or naked if comfortable. Please note that clothing may add up to an inch if measuring from a thin layer.

1. Unroll the tape and grasp the beginning of the tape (the one inch mark) in your dominant hand.
2. Loosely drape the tape behind your back and grasp the tape loosely between the fingers near your dominant hand, then draw your hands up and forward.
3. Place the tape above the nipples and overlap the end of the tape and hold snugly. Make sure your arms are up and not resting at your side or angled downward as this will change the measurement. (See picture).
4. Inhale lightly and look at the tape to determine where the beginning is resting and this is your chest size.
5. Repeat from beginning. It is better to measure twice and compare to ensure you have an accurate measurement.
6. Please clean the measuring tape with water and soap and dry off with paper towels.
7. If you need any assistance please ask one of the coordinators.
8. Please ensure all the supplies are put back in the appropriate place so the next person can use them.

NOTICE: Please do not remove the sample breast forms from UVic Pride.