Trans Youth Equality Foundation

Summer Tips & Tricks for Trans and Non-Binary Youth

Tips for trans girls and transfeminine non-binary youth

Swimming!

-There are lots of cute and fashionable swim skirts, skirtinis, and dresses. These are often very helpful for concealing any bulge, and you may feel comfortable not tucking too. Skirts or dresses that flare out at the bottom can also create an hourglass figure.

-Here are some from LeoLines (Etsy):

https://www.etsy.com/listing/189268037/leolines-llc-solid-colored-2-piece?ga_order=most_relevant&ga_search_type=all&ga_view_type=gallery&ga_search_query=leolines+swimsuit+gaff&ref=sr_gallery-1-13&organic_search_click=1&bes=1

-High waisted bikini bottoms can both create a curvier figure and also conceal any bulge.

-Bikini tops with underwire can help lift even minimal breast development. Consider using soft pads to create a fuller chest if you are an older youth and wish to do so.

-Adhesive breast forms are possible to wear under bikinis that offer more coverage on top.

-Swimsuits with horizontal lines on the hips can create the appearance of wider hips.

-Swimsuits with fun patterns can conceal and distract from any bulge, while also potentially creating a fuller looking chest.

-Bikini tops or one-piece swimsuits with wider straps on the top can create more feminine and narrow looking shoulders. Also try swimsuits with an asymmetrical neckline if you feel your shoulders are a bit broad.

-Flounce swimsuit tops can help if you have a flatter chest!

-Consider wearing 2 bikini bottoms to tuck, or simply to conceal any bulge. You can tuck when swimming, but always be safe and don't do anything that hurts or feels really uncomfortable. You can also wear 2 pairs of underwear underneath your swimsuit. Also consider wearing 2 pairs of underwear underneath swim shorts or running shorts.

-LeoLines on Etsy has some cute swimsuits (one-piece and two-piece) for transfeminine people, so check some out here:

https://www.etsy.com/listing/919924702/leolines-llc-aloha-floral-2-piece?ref=shop_home_active_20&crt=1

https://www.etsy.com/listing/973138542/leolines-llc-rainbow-daisy-2-piece?ref=shop_home_active_41&crt=1

https://www.etsy.com/listing/696249546/leolines-llc-transgender-flag-striped-1?ref=shop_home_active_46&sca=1

https://www.etsy.com/listing/473808451/leolines-llc-solid-colored-1-piece?ref=shop_home_active_64

-You can also wear a normal gaff underneath your swimsuit, but just use caution and don't do anything that's too uncomfortable or that hurts.

-You can find chicken cutlet bra inserts for swimming on Amazon too. Just type 'chicken cutlet bra.' Make sure to only buy from safe and reputable companies – read reviews!

https://smile.amazon.com/s?k=chicken+cutlet+bra&gclid=Cj0KCQjw2tCGBhCLARIsABJGmZ6aslzzHRZw3jprLrd8NsMYcBv863wgHU0M20_GQ82oocYY3F08frsaAhuREALw_wcB&hvadid=409956685173&hvdev=c&hvlocphy=9002649&hvnetw=g&hvqmt=e&hvrand=5356998529869635348&hvtargid=kwd-25146580106&hydadcr=13631_11415873&tag=googhydr-20&ref=pd_sl_9893xah4ht_e

-Here are some chicken cutlets from LeoLines as well (Etsy):

https://www.etsy.com/listing/634663059/leolines-llc-foam-breast-form?ga_order=most_relevant&ga_search_type=all&ga_view_type=gallery&ga_search_query=leolines+swimsuit+gaff&ref=sr_gallery-1-7&organic_search_click=1

-Be confident! As trans people we have to go through a lot of struggles most cis people never have to consider. That gives you amazing inner strength and beauty, so show your confidence to the world! You deserve it.

-And remember – you look beautiful!

Clothes

-High-waisted pants or shorts can enhance the appearance of wider hips and curves. This could be useful for anyone who wants this kind of look!

-Sunglasses are a fun way to instantly add to or complete an outfit. They're also a great way to boost confidence when you're wearing less makeup.

-Speaking of makeup, consider carrying around some blotting powder or translucent setting powder. These can be nice to quickly apply when you're out and feel that your face is looking shiny or oily – something that happens to all of us in the summer!

-Try layering a shirt on top of a tank top for days that are warm but slightly chilly. You can always take off the outer layer if you get too toasty. Check out light, summery jackets too! Hormones can sometimes cause your body temperature to be unpredictable, so it's good to be prepared.

-Flowy dresses and skirts are also very fashionable lately, and may help if you're worried about having a bulge or don't feel like tucking.

-Try wearing cute strappy sandals for some fun and feminine footwear. Wedged sandals can make you feel so beautiful, and you can always get a short wedge if you're taller and would prefer not to wear a high wedge.

-Cute sneakers or Converse shoes come in a variety of sizes, colors, and designs.

Health and Safety

It can get pretty hot in the summer months all around the country. And it's even more intense if you're spending a lot of time outside or at the beach! You'll likely be sweating and being more active, so if that's the case keep these pointers in mind!

-Remember to wear sunscreen! This will protect your skin and keep it looking beautiful and youthful. Reapply regularly!

-If you've had any electrolysis or laser hair removal, these areas will be extra prone to sun damage and sunburn, so make sure to put some extra sunscreen on those areas.

-Be safe when tucking. Remember to take breaks occasionally, and whenever anything hurts.

-Consider wearing lightweight and breathable clothes in the heat. Look for materials like cotton that breathe.

-Wear a baseball cap or sun hat to keep the sun off your face.

Tips for trans boys and transmasculine non-binary youth

Swimming!

-Lots of companies sell compression tops in different lengths. Many people wear swim tops regardless of gender! If anyone asks why you're wearing it, you can always make something up like saying you have a bad back! *Note: Use caution if you're binding while swimming. If you have any difficulties breathing or shortness of breath, take a break immediately. Size up your binder when swimming.

-gc2b binders are suitable for swimming, and they suggest these tips:

- wearing a size up from your regular fit, as it is important not to bind too tightly while exercising. Be sure to stretch and breathe, and follow healthy binding etiquette.

- having a dedicated swimming binder to ensure that you have a dry one available after swimming. Rinse and dry the binder after swimming to get salt/dirt/chlorine out. Water should not wear negatively on your binder.

-**Do not try to put your binder on while you are wet, nor while the binder is wet. You won't be able to get it on--and you run the risk of breaking seams.**

https://gc2b.zendesk.com/hc/en-us/articles/220434548-Can-I-swim-in-my-binder-

-Take a T-Shirt with you to the pool/beach too so that you can change into this in case you need to take a break from binding.

-Size up your binder when swimming so you can breathe better. Check out Amazon for less expensive binders, but make sure to only buy from safe and reputable companies – read reviews!

-TYEF has a binder donation program for low-income families or youth with unsupportive families. Email us at contact@transyouthequality.org for more info.

-Traditional boys' swim trunks and swim shorts are often pretty baggy, so you may not feel the need to use a packer when wearing these. If you would feel more comfortable packing, you can always wear your normal underwear and packer underneath the swim trunks. You can also use TransTape to keep your packer on. But please don't ever use duct tape or anything that's not medical grade.

https://transtape.life/

-Some companies make swim trunks specially for transmasculine people. Often these have built-in slots to put a packer, so do some research and find one if you're interested.

-Consider using binding tape if you want a more discreet binding option. Always read the instructions for these extremely carefully to prevent any injury or pain. Some companies tell you **not** to wrap the tape around your entire chest for safety. Again, always read directions and instructions very closely. Here is a link to the official TransTape website, and avoid unknown companies that may have irritating products:

https://transtape.life/

-Some people like to wear rashguard suits. These are particularly useful for young transmasculine people, or anyone with minimal to no breast development who still wants to cover their chest or feels they need to remain stealth.

-Many companies sell binders and compression tops that match all skin tones. This could be useful for anyone who wants their binder to blend in and be barely noticeable. Our friends at gc2b have binder tops like these here:

https://www.gc2b.co/collections/gc2b-all-nude

-Be confident! As trans people we have to go through a lot of struggles most cis people never have to consider. That gives you amazing inner strength and brightness, so show your confidence to the world! You deserve it.

-And remember – you look great!

Clothes

-Try layering a shirt on top of a tank top for days that are warm but slightly chilly. You can always take off the outer layer if you get too toasty. Hormones can sometimes cause your body temperature to be unpredictable, so it's good to be prepared.

-Layering multiple tighter tank tops can also be an alternative to binding, especially if you have a smaller chest. Make sure each layer is a bit larger than the layer under it.

-Apply baby powder under your binder to absorb sweat and moisture!

-Baggy t-shirts can be light and breathy, while also hiding your chest. Look for materials that breathe, like cotton.

-If you want to appear taller, boots or sneakers with thick soles can help.

Health and Safety

It can get pretty hot in the summer months all around the country. And it's even more intense if you're spending a lot of time outside or at the beach! You'll likely be sweating and being more active, so if that's the case keep these pointers in mind!

-Take regular breaks from binding to let your chest decompress and breathe.

-Immediately rest and take a break from binding if you have any shortness of breath or difficulty breathing.

-Don't bind if you're being really physically active, or at the very least wear a looser binder.

-Remember to stretch, cough, and breath when binding!

-Don't wear a binder that is too small for you.

-Consider wearing light weight binders made of breathable materials during summer. Or at the very least, wear a light and breathable shirt on top so that you don't get too sweaty, out of breath, or tired.

-Take a cool shower to bring your body temperature down, and drink plenty of water.

-Wear a baseball cap or sun hat to keep the sun off your face.

Courtesy of Trans Youth Equality Foundation