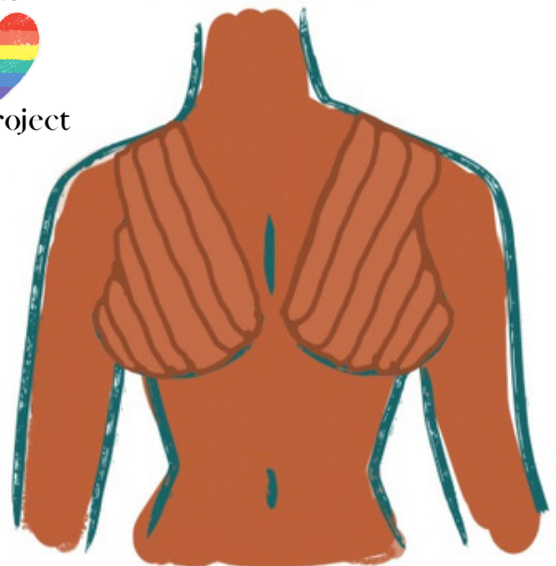
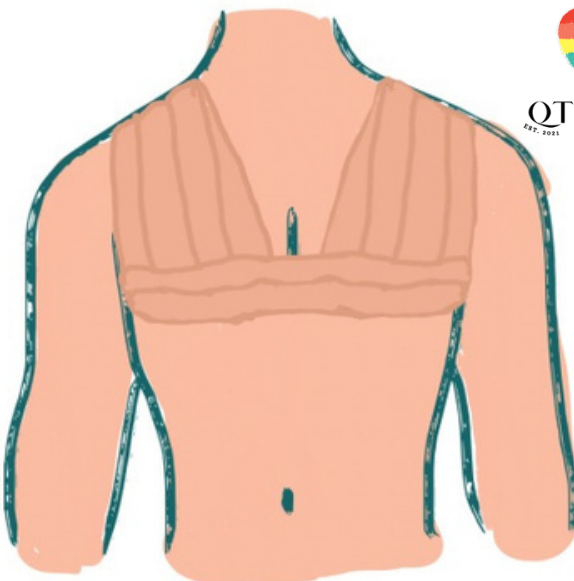
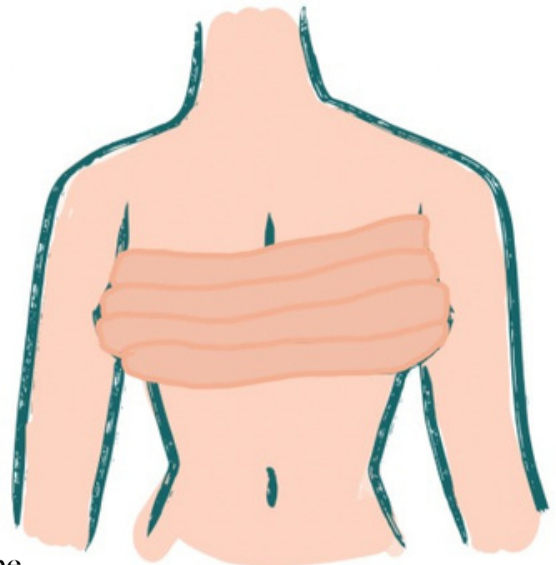
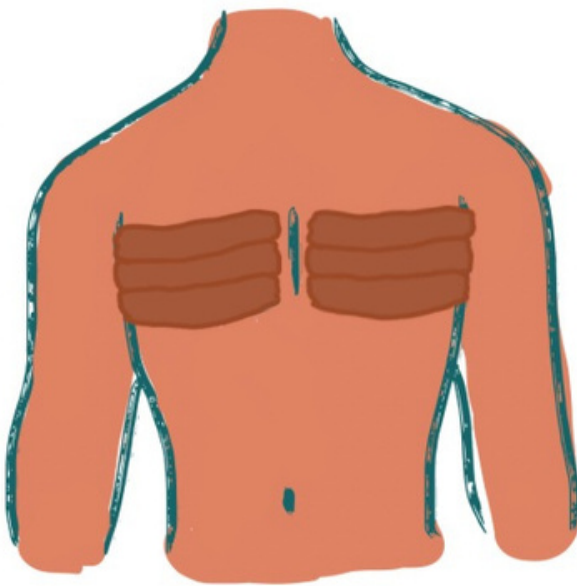


# How to use Gender Grip

**A guide on how to bind, tuck, and pack  
with gender affirming body tape by:**

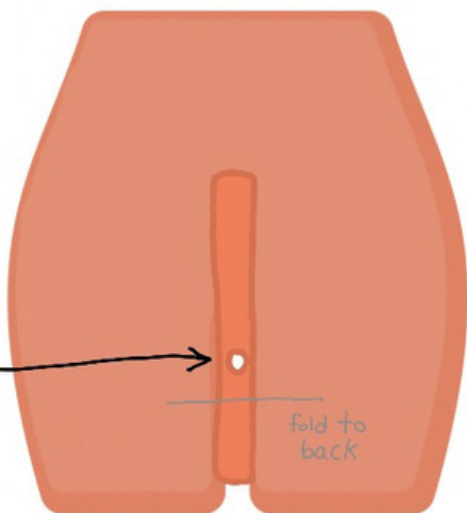


## Binding

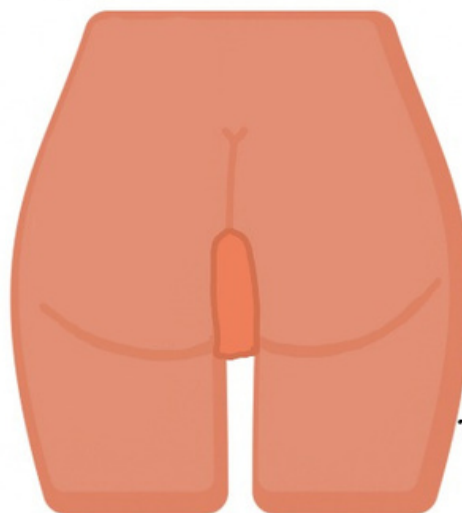


# Tucking

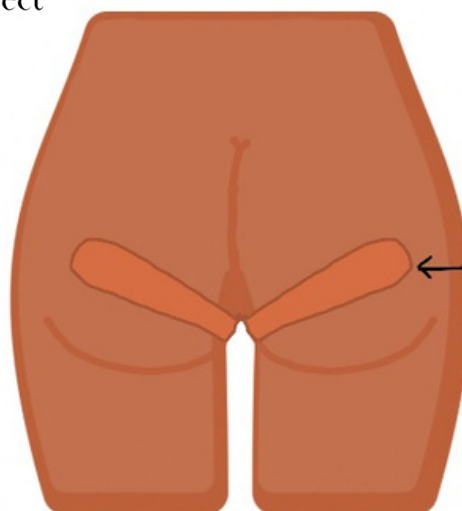
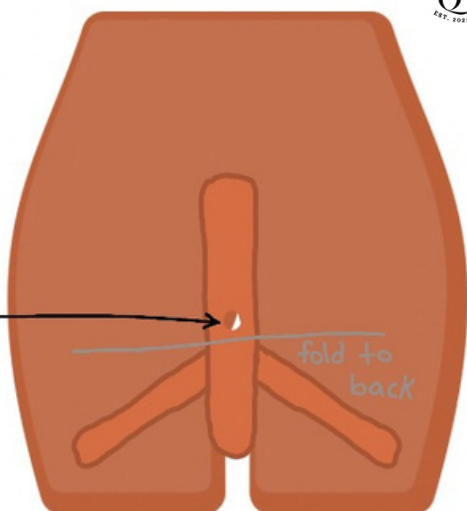
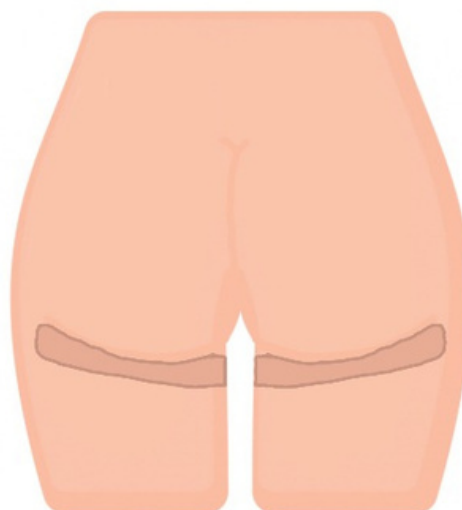
## Front



## Back



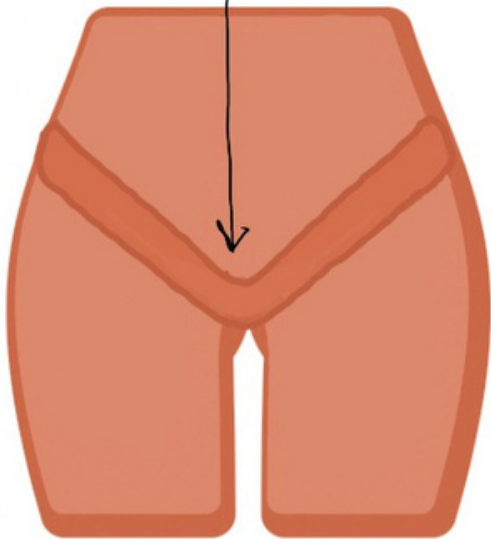
Strip of tape ends by butt, can split end to attach to each cheek



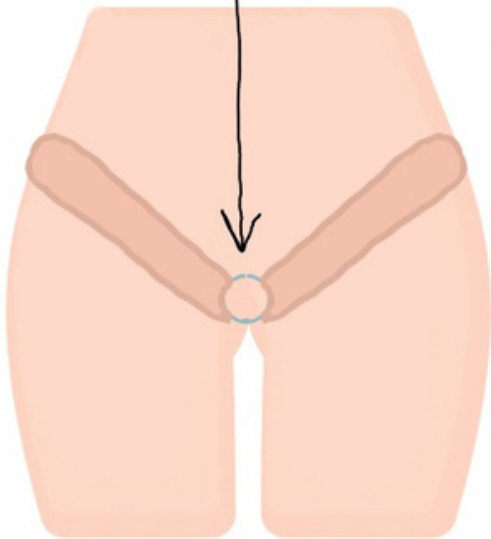
Can put strips as high or low as desired

# Packing

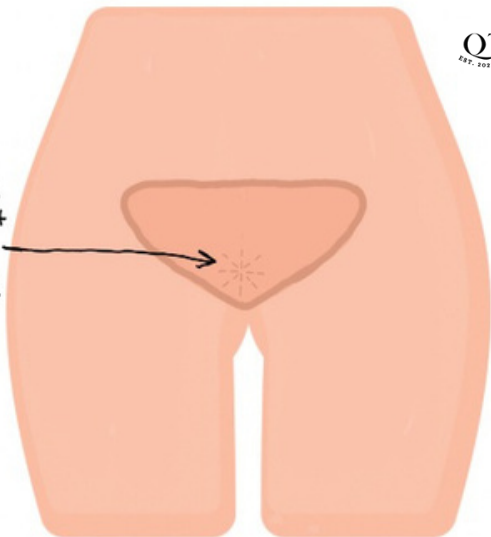
hang packer over  
tape harness



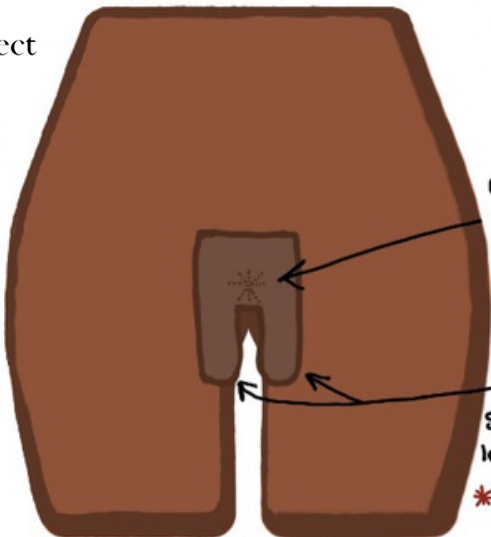
insert packer through  
O-ring



Cut a hole into  
this shape; insert  
packer (add  
O-ring for more  
stability if  
needed)



Cut a hole into  
this shape;  
insert packer  
& O-ring (optional)



tape loose  
straps between  
legs (or on thighs)  
\* don't apply on  
your 'bits'

# General Application Tips

Apply on clean, dry skin; less oils/moisture = better grip!

Take your time!!! For your first application, take at least 30 mins - 1 hour to fully immerse in testing and learning best method for YOU!

Not everyone will have the same results, because our bodies are beautiful & unique. Remember, you're unique, set realistic expectations.

Round the edges of the tape w/ scissors to lessen skin irritation around those areas.

Ask someone for help, when needed. You'll eventually be able to do it on your own.

Apply a test patch of a few minutes to determine any allergies/irritation. Try to do this every time!

Give your body rest in between using Gender Grip; try not to use 24/7 - our bodies need to breathe :)

When in doubt, ask your community (reddit, facebook, etc.) to see tips from others like you.

# General Application Tips

Gravity is your best friend. If it helps, lay down on your back/stomach, or stand and lean forward during application.

A small section of the beginning & end of strip should lay flat, without stretch. The middle can be stretched. If you experience skin irritation, reduce tape stretchiness.

Smooth tape as much as possible. Creases in tape reduce effectiveness & grip.

If tape gets wet, itchiness may occur. Remove tape if it becomes unbearable, then, take a break and apply new tape.

Try, try, try again if it doesn't work out 100% for you. This is a learning curve. You got this!

Apply a barrier to sensitive bits, such as cotton, a bandaid, or piece of Gender Grip folded on itself.

Remove Gender Grip slowly. For easier removal, apply a generous amount of oil, vaseline, or lather on soap and water.

Self care is important! Go a few days without wearing Gender Grip. Moisturize your skin after removal (it's good practice for if/when you get surgery someday). And give yourself a BIG hug for loving/affirming yourself!!!