



Gender Affirming Gear - Information Sheet

Breast Forms & Gaffs

Skipping Stone offers Gender Affirming Gear for trans and gender diverse individuals by donation. This is considered to be medical gear and this should be kept in mind during use. Different types of gear come with different risks and require different levels of care.

Please review the sheet below for instructions for proper use, risks of improper or prolonged use, and contact information for further support.

If you have any further questions about Gender Affirming Gear, please feel free to ask for other resources.

If you are having concerns about your health while tucking and need medical advice, please call Healthlink (811) to speak to a nurse.

Breast Forms

- *Breast forms are used to simulate the appearance of breasts. They come in lots of different shapes and sizes with varying appearances. Some are hard and static while others are more squishy and bouncy!*
- *Care instructions vary depending on the material.*

Gaffs

- *Gaffs are underwear designed for tucking - the practice of arranging and supporting external genitals between the legs. Some people choose to wear a gaff underneath clothing to smooth out the appearance of their pelvic area.*
- *There are other ways to tuck such as using sports tape - however, taping can be more restrictive and make it harder to untuck to use the washroom. Sports tape can also cause discomfort and itchiness. There is also a product called Unclockable which is designed for this purpose and alleviates a lot of the problems with using sports tape. Unclockable has been developed for trans women by a trans woman.*
- *Health and Safety Concerns: Tucking and gaffing can be an uncomfortable experience the first few times you try. Remember to allow pain to be your guide. A tuck or gaff should never hurt. If you feel a pinching, tingling or numb sensation it is imperative to retuck and adjust everything so that you are more comfortable. Being in pain is not a good look on anyone. If you are wearing a gaff or tuck tape it is important to try to avoid wearing it for more than 12 hours at a time. The area must be clean and dry before gaffing or tucking and it's a good idea to clean the area afterwards because it will get sweaty and start to smell.*
- *Please take note: Tucking and gaffing results in the testicles being held much closer to the body and so they cannot regulate their temperature in a way that is healthy for sperm development. If family planning is a concern for you, please contact your doctor to discuss the effects of tucking on sperm production.*