

## Trans-masculine precautions about heat and binding

Transmasculine folks often continue binding, even in extremely hot weather -- sometimes out of the need for personal safety (the need to not be read as anything other than male), sometimes for emotional comfort, sometimes out of habit, or any number of other reasons. Balancing the personal needs for binding must be balanced with the risks it creates when the temperatures are high. For example, if the purpose of binding is to pass as male, it may be totally defeated if the person wearing the binder passes out from the heat and requires emergency attention. The first steps emergency personnel will likely take are loosening or removing constrictive clothing. Of course, in emergency situations like this, individuals are often unable to give consent and/or may be outed against their will.

### Signs of heat exhaustion

Please be careful and know the risks of heat exhaustion:

- Fatigue
- Weakness
- Fainting
- Nausea
- Vomiting
- Headache
- Dizziness
- Muscle cramps
- Irritability

### Reducing heat-related risks

You can minimize your risk of heat related conditions by

- drinking a lot of fluid (preferably water in conjunction with some saltines or pretzels, or Gatorade),
- avoiding physical exertion (skip your daily outdoor jog),
- using ice packs to lower your body temperature (especially around your neck or wrists),
- avoiding being in the sun or in other places where it is extremely hot, and
- wearing loose clothing (which may mean minimizing or eliminating the amount of time binding).

### What loved ones can do

Partners and allies can support Transmasculine loved ones by encouraging him/hir to dress cooler. Try suggesting staying home, so s/he can wear just a t-shirt sans binder, or propose going to the movies (where it's both air conditioned AND dark, so no one will notice no binder or 3 layers of clothing not being fully in place).

**Please be smart about the heat!**