

# **GAFF SIZING**

**When choosing a gaff, pick a size that is compressive but still allows for movement. Be sure to account for the fact that it will stretch out a little bit. Gaffs can be a little uncomfortable and take time to get used to but they should not be painful to wear.**

**TO FIND YOUR SIZE, use a measuring tape to get two measurements; one around the hips and the other around the waist. Once you have your measurements you can refer to the chart below to find your size.**

**Classic and Luxury gaffs go by hip measurement in inches**

**XS 26"**

**Small 28-30"**

**Med 32-34"**

**Large 36-38"**

**XL 38-42"**

**2XL 42-46"**



**Janet's Closet gaffs go by waist measurement in inches**

**2XL waist up to 48"**

**3XL waist up to 52"**

**4XL waist up to 56"**

**Please note that our current gaff selections are all thong style. Please reach out if you would like to inquire about other styles or sizing.**

# **GAFF CARE & TUCKING**

**To prolong longevity, use cold water to hand wash or use a gentle cycle when using a washing machine. Do not use any bleach. Air dry your gaff and avoid using the dryer.**

**Gaffs will allow for a smoother bottom profile. You can either pull the penis\* towards the anus before putting on the gaff/taping or you can "tuck". Note, you do not HAVE to tuck while using a gaff.**

**Tucking is the act of pushing the testicles\* up into the corresponding inguinal canals and pulling the penis\* back between the legs towards your anus. You would then put on your gaff or tape to hold everything in place.**

- Give your body a break from wearing a gaff when circumstances allow. It's important to let your body breathe**
- Wash your gaff after every use**
- Do not wear your gaff to sleep**
- Add baby powder or cornstarch before putting on your gaff to help prevent chaffing and irritation**
- You can swim and exercise in your gaff but try to shower soon afterwards**

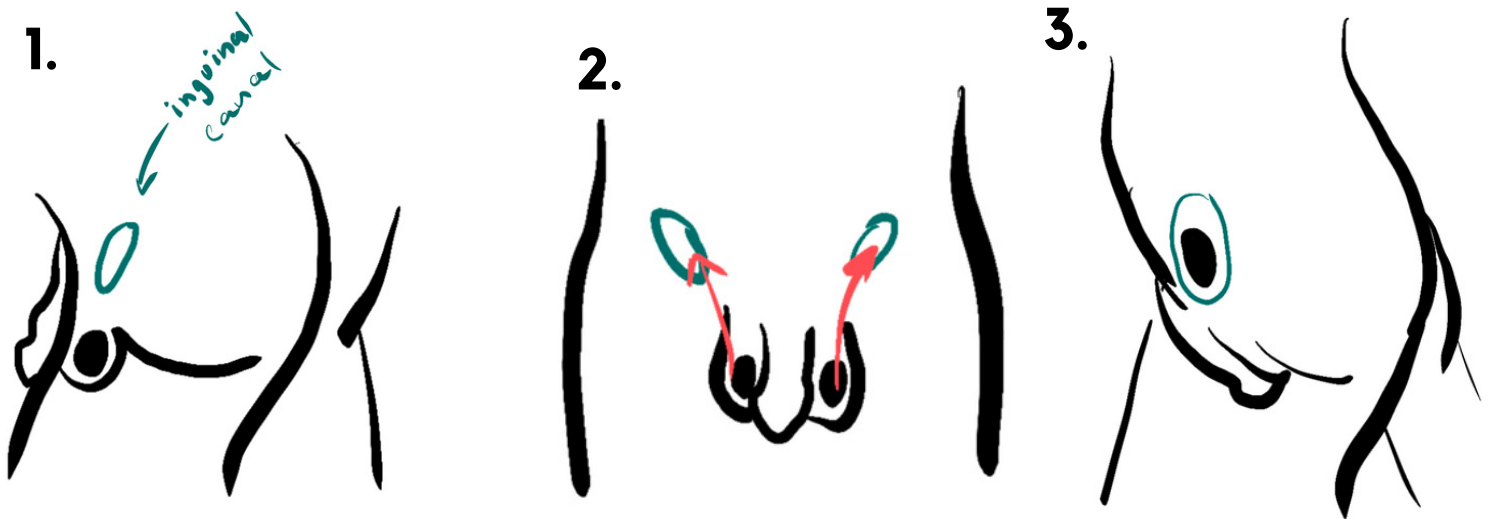
*\*Please note that we are using anatomical language for ease of googling but anyone can choose any language they desire for their body and parts*

**Updated resource by  
Sexual Health Nova Scotia  
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# TUCKING 101

Tucking is the act of pushing the testicles\* up into the corresponding inguinal canals and pulling the penis\* back between the legs towards your anus. You would then put on your gaff or tape to hold everything in place. \*\*You can use a large-size trans tape to tuck! Be sure to use a cotton pad to cover and protect your bits. Check out <https://transtape.life/pages/tucking> on how to tuck with tape



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