

GAFF FACT SHEET



GLYS Western New York, Inc. Growing LGBTQ+ Youth Support



What is a gaff?

A gaff is an undergarment meant for tucking the genitals of people who were assigned male at birth to create a more feminine contour.

What is tucking?

Tucking is the practice of pulling back, arranging and supporting external genitals between the legs to enable a feminine body contour in clothing.

What do I need to know if I want to tuck?

- Listen to your body, and give your body as many breaks as you can because tucking can cut off blood circulation. You will also be unable to pee while tucked, so tucking for long periods can lead to bladder or kidney issues or dehydration.
- Tuck for a short time and then untuck your genitals to rest and be sure circulation is not a problem.
- Tucking with tape can cause skin irritation. If possible, place tissue paper or cloth in between your genitals and the tape to reduce skin irritation.
- If you tuck your genitalia between your butt cheeks, be careful to clean yourself thoroughly so you don't get a fungal infection or irritation from friction.
- Do not tuck or wear a gaff when sleeping.
- Make sure you have loose clothing on so that your skin can breathe and not become irritated.
- Once you find a comfortable method for you and your body, you may be able to increase the length of time spent tucking, but remember that tucking for long periods of time can harm you.

Do I have to buy this special underwear? Can't I just tape or push my genitalia back?

Gaffs hold everything in place and make it easy to use the bathroom stall when out in public. Some people find this easier than just pushing the genitalia back without any support. Using sports tape makes it harder to pee and some people find it difficult to use effectively. Some people prefer tucking without a gaff. Try different ways and see what feels best for you.

How do I know what size gaff I need?

It is similar to choosing the correct underwear. Google gaffs and see what your options are since they change frequently. Usually you measure the circumference of your waist, just above your hips. Then, check the sizing chart on the product page for your preferred gaff. Gaffs should be snug and secure, but not too tight.

How do I clean my gaff?

Follow the directions on line for the product you purchase — usually hand washing or machine washing on a gentle/delicate cycle works best — air drying will prevent shrinkage.

How do I know if I'm tucking and using a gaff correctly?

It is important to listen to what your body is telling you. If you feel pain, discomfort, see irritation or inflammation, stop and clean your body. Give your body a rest from what you are doing and see if the problem lessens. When everything is back to normal, restart slowly to see what your body's tolerance level is before increasing time.

What if I can't afford a gaff?

There are organizations that will donate or sponsor items for people who can not afford to purchase gaffs or other products. Check the websites or with your local LGBTQ+ agency to see if they have a program to help sponsor your purchase. Additionally, you can make a homemade gaff from a sock and pantyhose.

References:

Gender Gear. (2020). All About Gaffs. Retrieved October 29, 2020, from <http://www.gendergear.ca/pages/all-about-gaffs>
Hill, Rae. (2019, May 02). Gaffs 101: Tucking Safely and Comfortably. Retrieved October 29, 2020, from <https://pointofpride.org/gaffs-101-tucking-safely-and-comfortably/>

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