

# Packing 101

Packing is the practice of wearing padding or a phallic shaped object in one's underwear to give the appearance of a penis. For some individuals, packing can help relieve some gender dysphoria and can be a common practice amongst transgender men. There are a variety of ways to pack and below are a few different options.

## DO:

- Pick a packer that is realistic. Consider size, color, shape and if the packer is erect (hard packing) or flaccid (soft packing). Typically people use a soft packer for every day use.
- Keep your packer clean. Regardless of the model it is always important to keep your packer clean. Packers that are made out of silicone can be boiled to keep clean. Be sure to check the care instructions when you purchase a new packer.
- Find a way to secure the packer. There are different ways people secure their packer depending on type, size and functionality. You can purchase underwear that is specifically designed for packing.
- If you are using your packer for sex it is important to research which lube or condoms are okay to pair with the packer material.

## DON'T:

- Pack 24/7. You will need to make sure that you are regularly cleaning your packer to reduce the risk of infection or skin irritation.
- Pack if you are experiencing skin irritation. Skin irritation can be caused by rubbing, chaffing and allergic reactions to the packer materials. If you are having pain, discontinue packing.
- Pick a packer that is too big. Remember to choose a packer that is appropriate for your body. Having an overly large packer can look unrealistic.

## EASY AT HOME PACKING – USING A SOCK

**How to:** There are some really great YouTube tutorials for creating a packer at home. They range from using a rolled up pair of socks to creating a more realistic looking packer. It is sometimes beneficial to safety pin the sock or packer to your underwear so that it does not move around. Some individuals opt to use a jock strap underneath their underwear to help hold the sock in place.

**Pros:** Cheap, quick and fairly easy

**Cons:** May not look realistic and can make it difficult to use the bathroom.

## SOFT VERSUS HARD PACKERS & STP

There are different models of packers. Most commonly, you will see packers labelled as soft, hard or STP.

- Soft Packers are designed to look like a flaccid penis. These are most commonly used for every day use.
- Hard Packers are designed to look like an erect penis. Hard packers are often used for sex, however this varies depending on the material.
- STP or Stand-To-Pee packers are designed to allow the user to stand while peeing. It is very important to diligently clean STP packers to reduce the risk of infection.
- Some packers are multi-functional and may be able to convert from soft to hard to STP.
- There are also packers that stick on with adhesive and can be worn for several days. This is not recommended for those who are allergic to adhesives or prone to skin irritation.

## THINGS TO CONSIDER WHEN BUYING A PACKER

- Color – Standard packers range in color with prosthetics offering a wider range of packers. Most individuals choose a color that closely resembles their skin tone.
- Materials – It is important to check what the packer is made of as some materials are more durable than others. Silicone is most commonly used as it is sturdy and can be boiled for sterilization.
- Size – It is usually recommended that you buy a small packer to start and can pick larger sizes as desired. It is also good to consider age appropriate size based on projected pubertal stages.
- Functionality – plain packers can offer the visual affect desired, while stand-to-pee (STP) packers offer the user functional urination options. Some individuals also opt to buy specific underwear that can help to hold a packer in place.
- Use - It is important to consider what use your packer will serve. You may choose to wear your packer for every day use, while having sex, while swimming or a myriad of other uses. If you are using your packer while swimming, it is important to know that prolonged exposure to water can deteriorate the materials.

## WHERE TO BUY A PACKER

[FTM Packers \(ftmpackers.com\)](http://ftmpackers.com) offers a wide selection of packers ranging in price from \$13-\$300+. Each packer model has different specifications for size and some options may not be realistic for youth. Selection varies from classic packers to stand-to-pee (STP) packers.

[FTM Essentials \(ftmessentials.com\)](http://ftmessentials.com) offers both classic packers and STP packers, as well as underwear to help hold the packer in place. Prices range from \$12-\$80. Some packers and stand to pee packers are specifically designed for youth. Customers also have the option of selecting circumcised or uncircumcised as options.

[Transthetics \(transthetics.com\)](http://transthetics.com) offers a smaller selection of very realistic prosthetics. This line is typically the most expensive with prices typically starting at \$100+. Transthetics offers the EJP Junior (STP packer) specifically designed for youth.

[Amazon.com](http://Amazon.com) sells a variety of packers at affordable costs. Be sure to read the reviews carefully to make sure that the packer will meet your needs.

## FOR MORE INFORMATION

Please feel free to talk to the Transgender Youth Program social worker and physician for more information about packing. You can speak with us at your visit or reach out to our office by phone at (802) 847-3811.

Help us improve this information sheet. If there are questions that you wish were answered, please speak with the program social worker.

## TRANSGENDER YOUTH PROGRAM

111 Colchester Avenue  
Burlington VT 05401

## PHONE

(802) 847-3811

## FAX

(802) 847-5364

