

FENWAY  HEALTH

PACKERS & STPS

A resource guide on packers and STPs,
packing gear, where to find affirming products,
and answers to frequently asked questions

Created by Fenway Health's Trans Health Program, 2023

Terms and Definitions

A note about the language used in this document:

This guide discusses genital body parts using anatomical terms. We recognize that these terms may not reflect the words you use, and we honor any words that you use to talk about your own body. This guide also refers to sex where it is appropriate, but packers are not just for sexual purposes. Folks of all ages can wear a packer for non-sexual purposes.

Packing

Packing is a term that refers to wearing a prosthetic, commonly known as a packer, inside the underwear to create the feeling and appearance of having a penis or bulge in the genital area. Packing is a safe and often effective way to reduce bottom dysphoria and affirm your gender. There are many types of packers and packing gear that vary in cost, style, material, and size. If you are unable to obtain a packer, a cheap and effective DIY method of packing is using a rolled-up sock stuffed into your underwear.

Soft Packers

Soft packers are designed to look and feel like a flaccid penis and testicles and are great for everyday use. Soft packers cannot be used for sexual penetration. Soft packers come in a variety of materials, prices, shapes, colors, and sizes, so it is important to do research to find one that is right for you. Whichever soft packer you use, be sure to follow the specific cleaning and care instructions provided by the company.

Multifunctional Packers (Pack 'N Plays, 2-in-1s & 3-in-1s)

Multifunctional packers, also known as 2-in-1s and 3-in-1s, are designed for both everyday use and for penetrative sex. 3-in-1s are additionally designed for stand-to-pee usage. Some multifunctional packers have a removable rod that can be inserted into the shaft for penetrative sex or removed for the look and feel of a flaccid penis. Other multifunctional packers are made with a flexible rod in the shaft that can bend to avoid the appearance of an erection in non-sexual situations. There are also multifunctional packers that can be pumped with air to achieve an erection for penetrative sex. 3-in-1 packers will have a hollow shaft, and some have a removable funnel for the stand-to-pee function. Multifunctional packers vary in how they are worn, so be sure to get the right gear to go with your packer. As with any packer, but especially STPs and multifunctional packers that involve bodily fluids, be sure to clean often and thoroughly to prevent UTIs, infections, and skin irritation.

Terms and Definitions continued

Stand-To-Pee (STP)

STPs are prosthetics that allow a person to pee while standing up. STPs can make it easier and more comfortable to use a urinal or toilet in gendered restrooms, and like other packers can be found in both anatomic and non-anatomic shapes and colors. STPs take time and practice to master, and failed attempts might be frustrating. Remember to be patient and follow the STP company's instructions carefully. Some folks find that practicing in the shower with the water off is an easy way to try out an STP without making a mess. Having the water off allows you to see any spillage. In order to use an STP, you may need to consider your underwear choices as well. Some STPs are designed to work well as packers, where others work best just as an STP. If you are using a strap or other tool to secure your STP in your underwear, consider whether it is important for your underwear to have a hole or fly for the shaft to fit through. Transguy Supply has a helpful resource guide for STPs: <https://transguysupply.com/blogs/news/stp-packer-tips>. There are also DIY STPs and STP devices that are not phallic or used outside of peeing. Be sure to clean all STPs often and thoroughly to prevent UTIs, infections, and skin irritation.

Packing Pouches

Packing pouches are fabric pouches that hold packers. Pouches are great for holding packers in place, preventing them from falling out, keeping packers clean and from directly touching your skin, and minimizing wear and tear. Packing pouches come in a variety of sizes; some have holes for the shaft of the packer to fit through and some do not. Packing pouches are either built into underwear that is specially designed for packers or packing pouches may be bought separately and attached to any pair of underwear with a pin or magnet.

Packing Underwear

Packing underwear is specially designed to hold a packer in place and keep it from falling out. Packing underwear has a pouch or compartment in the crotch area in which a packer can be inserted. Like packing pouches, packing underwear can minimize wear and tear of a packer, and can help keep packers clean and from touching your skin. Keep in mind that STP or multifunctional packers may require that the underwear have a hole or fly for the shaft to fit through.

Enhancing Underwear

Enhancing underwear is designed to enhance the appearance of a bulge. Packers can be inserted into the pouches of some enhancing underwear, but you may be able to achieve an affirming appearance without a packer. Enhancing underwear is designed with padding in the crotch area, so it is possible that no packer is needed.

Packer Harness

Packer harnesses and straps are designed to secure packers. Packer harnesses can be used with non-packing underwear. It is important to find a harness or strap that is compatible with the packer that you have. Many harnesses allow the packer to touch your skin, so this may not be the right choice for you if you have sensitive skin or otherwise do not want the packer to touch your skin directly. Packing pouches and underwear are great alternatives to harnesses.

Packers & STPs

New York Toy Collective

<https://newyorktoycollective.com/product-category/silicone-packers/>

Axolom

<https://axolom.com/>

Spectrum Boutique

<https://spectrumboutique.com/collections/gender/packers-accessories>

Transguy Supply

<https://transguysupply.com/>

FtM Essentials

<https://www.ftm essentials.com/collections/>

Trans Guys

<https://transguys.com/shop/packers>

Get Your Joey

<https://getyourjoey.com/>

Toolshed Toys

<https://transtoolshed.com/>

Speakeasy Briefs

<https://speakeasybriefs.com/>

Early to Bed

<https://www.early2bed.com/gender-gear/packers/>

FreeToM Prosthetics

<https://www.freetomprosthetics.com/>

Peacock Products

<https://peacockproducts.com/>

FTM Prosthetics

<https://ftmprosthetics.com/>

Transthetics

<https://transthetics.com/>

REELMAGIK

<https://www.reelmagik.com/>

The Men's Room Trans Shop

<https://themensroomtransshop.com>

Emisil

<https://www.emisil.com/>

Trans Packing Universe Cloth Packer

<https://www.etsy.com/shop/TransPackingUniverse>

Low and No Cost Packers & Gear

Get your Joey Pay it Forward Program

<https://www.getyourjoey.com/pages/community>

Transguy Supply Youth Packer Giveaway (under age 23)

<https://transguyssupply.com/pages/ftm-packer-giveaway>

Transthetics (occasional giveaways)

<https://transthetics.com/category/contests-give-aways>

FtM Garage Sale

<https://ftmgaragesale.livejournal.com>

FTM reddit - giveaway thread

<https://reddit.com/r/ftm>

Frequently Asked Questions

What size packer should I get?

First, you want to select a packer that is affirming and comfortable for you! You may consider your height and build when buying a packer, but height and build do not necessarily determine packer size. One of the most common mistakes that people make when picking out a packer is buying one that is too big, so it is important to think about how visible your bulge will be and select a packer that feels right from there. It can be helpful to think about the places you go, like school, your friend's house, a coffee shop, or the gym, for instance, and it can also be helpful to think about how different sized packers may affect you while sitting, exercising, walking, and moving. If you are not sure what size packer to get, it is recommended to start with something smaller and size up as needed. Cisgender men's penises typically average between 3-4 inches in length when not erect, if this is a helpful measure for you to compare your options.

What kind of packer should I get?

Packers vary in size, color, material, price, and functionality and everyone has different goals and priorities. You will want to consider all these factors in deciding what kind of packer to get. There are packers that closely resemble the look and feel of a cis, endosex (not intersex) person's penis and there are others that do not.

Before buying a packer, it may be helpful to try packing with things you have at home, such as a sock or a condom filled with hair gel. Practicing with items you already have can help you decide what size works for you and can help you figure out what feels affirming.

Some questions to think about are:

- Do you want a packer that looks and feels like a cis person's penis?
- Do you want a color that resembles your skin tone, or a color or pattern that is different and more whimsical?

- What is your budget for a packer?
- Where will you wear your packer? How long do you plan to wear it for?
- Do you want a packer that will help you pee standing up?
- Do you want a packer that can also be used for penetrative sex?
- Do you want to wear packing underwear? A packing pouch? A harness?
- What type of cleaning regimen works for you? Is it important for you to have a packer that can be fully sterilizable?
- Are there any materials that feel uncomfortable on your skin and body? Do you have any allergies to common materials?

It may also be helpful to buy an inexpensive packer to help you figure out what you like and do not like. Packers are available to buy for as little as \$10, or you may even find that someone in the community is looking to donate a new or lightly used packer to someone in need.

Keep in mind that most packers are nonrefundable, so it is best to figure out size, color, functionality, and material preferences on packers that are well within your budget. You may be able to find packers on display at an adult toy store or trans community conference and can check them out in person.

You will also want to consider functionality in choosing a packer. It will be helpful to ask yourself questions about where and how you would like to use your packer, and what kind of gear you would prefer to have for your packer.

There is no right answer about what kind of packer is right for you. If you can't decide on just one, you can also have several packers that you use for different occasions. Finding the right packer may require some trial and error, and that is okay!

Frequently Asked Questions

What are some options for someone who cannot get or does not have access to a more traditional packer?

There are several do-it-yourself packer options including rolled up socks and condoms filled with hair gel. Realistically, you can use any small, soft, flexible material as a packer – things like bandanas, nylon tights, and even a compression bandage will work too. Different DIY packers might fit better in different circumstances, so feel free to explore how well available DIY options work for you. Socks are a particularly good option for folks who want something durable and washable.

How do I know if packing is right for me?

The easiest and best way to figure out if packing is right for you is to try it and see how it feels! Packing can be for anyone who would like the look and feel of having a penis or bulge, and bottom dysphoria is not a requirement for packing. There may be some trial and error in figuring out what type of packer is right for you, and STPs and multifunctional packers may require some added practice to get used to.

How old does someone have to be to pack? Is there an age limit or minimum?

There is no age limit or minimum age for packing, and packing can be for anyone who would like the feeling or look of having a penis or bulge. Children learn about the body parts they have and the ones they do not have at an early age. Packing can provide a young person with a safe outlet to explore what feels affirming without medical intervention. Packers can be found in various youth sizes, including through New York Toy Collective, who have a packer designed for people under 5 feet tall. We encourage anyone having trouble finding an appropriate packer for a young person to reach out for additional assistance or resources.

Frequently Asked Questions continued

Can I wear a packer while travelling and going through airport security?

The short answer is that it is up to you. Your packer may be seen by the system as a foreign body that requires additional screening, and this may be invasive and uncomfortable. Currently, some TSA screening machines require the TSA agent to press either a 'Male' or 'Female' button for each person going through based on the agent's perception of your gender. The buttons are designed to make it easier for the TSA agents to figure out what bulges and bunched up clothing are "supposed" to be on a person's body and which ones may need further screening. Regardless of the gendered button that is pressed, trans and gender diverse passengers may find themselves being flagged for additional screening.

This screening presents significant issues for folks whose body parts and/or equipment do not align with the button that the TSA agent presses when you go through security, and it is important to keep in mind that any prosthetics and packers may result in more screening. If a pat-down is needed, TSA rules require that passengers be screened by TSA agents of the same gender, which can present added barriers for non-binary and trans folks. Passengers are also entitled to request a private screening at any time.

Some folks find that it is easier to not wear a packer through TSA, but that is a decision that only you can make. Those flagged for more screening may find it helpful to mention upfront that they are trans and are wearing a prosthetic penis. This is also a personal choice that only you can make. Additional, up to date information from TSA on security and flying as a trans or gender diverse passenger can be found at <https://www.tsa.gov/transgender-passengers>.

The information contained in this document is current as of 03/2023. Please reach out to transhealth@fenwayhealth.org with any questions, comments, or concerns.



Fenway Health is a nationally recognized leader in gender affirming care. We conduct research and provide direct care, education, and advocacy. Please consider supporting Fenway's Gender Affirming Care efforts.