

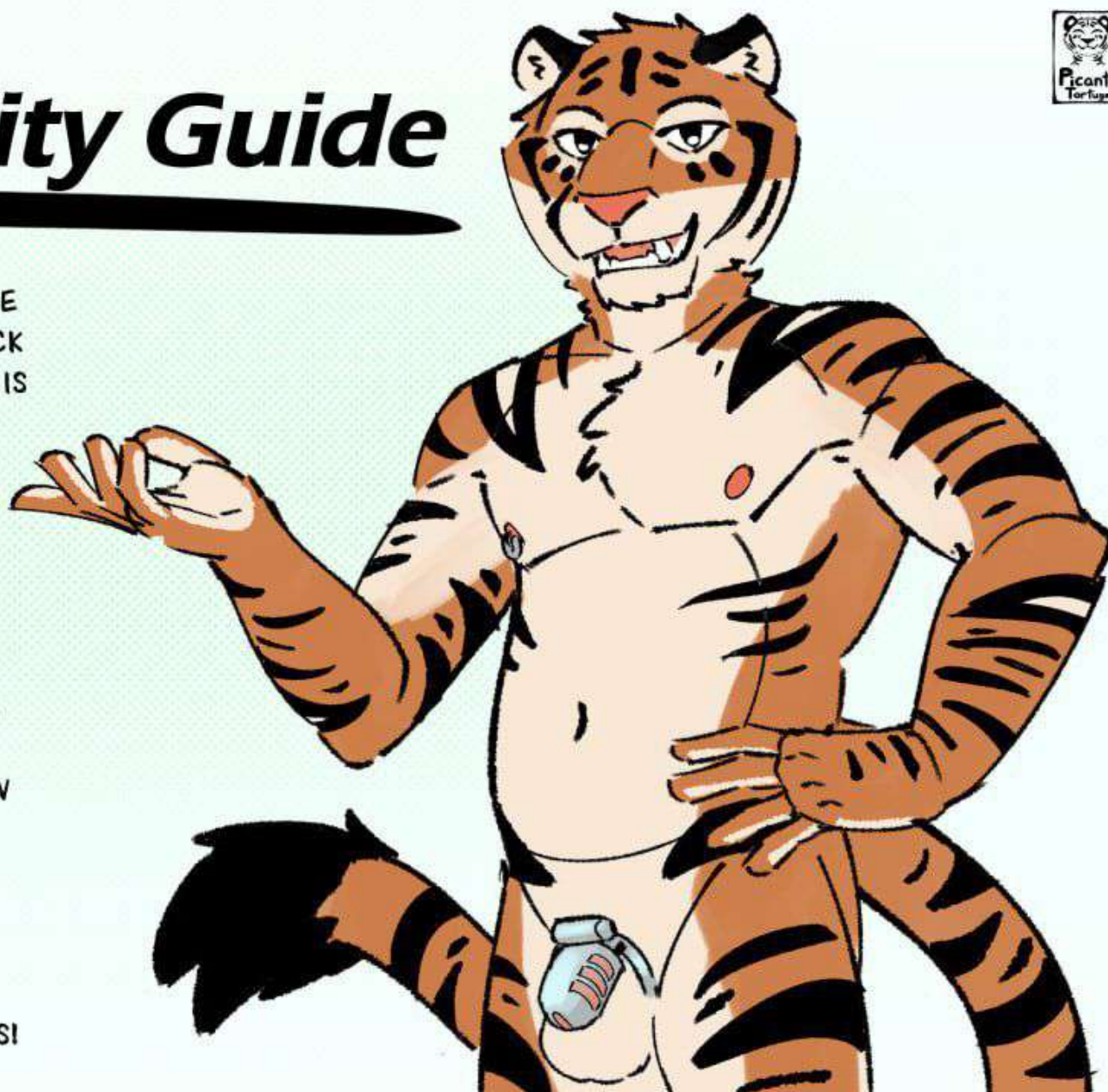
Picante's Chastity Guide



WELCOME TO MY GUIDE! I'LL BE GOING OVER SOME BASIC INFORMATION ON CHASTITY LIKE HOW TO PICK OUT YOUR SIZE AND GENERAL UPKEEP. THIS GUIDE IS FOR ALL PEOPLE INTERESTED IN CHASTITY WHETHER YOU JUST WANT TO DIP YOUR TOES IN OR WANT TO LOCK PERMANENTLY.

DISCLAIMER

ALL THIS INFORMATION IS WHAT I'VE GATHERED THROUGH INTERNET SOURCES AND PERSONAL EXPERIENCE USING CAGES ON AND OFF FOR A FEW YEARS, SO MOST THINGS REFLECT HOW I PERSONALLY FEEL ABOUT CAGES. THIS GUIDE IS MOSTLY FOR PEOPLE WHO HAVEN'T STARTED THEIR CHASTITY JOURNEY, BUT IF YOU'RE ALREADY EXPERIENCED, PLEASE SHARE YOUR THOUGHTS IN THE COMMENTS!



TYPES OF CAGES



METAL

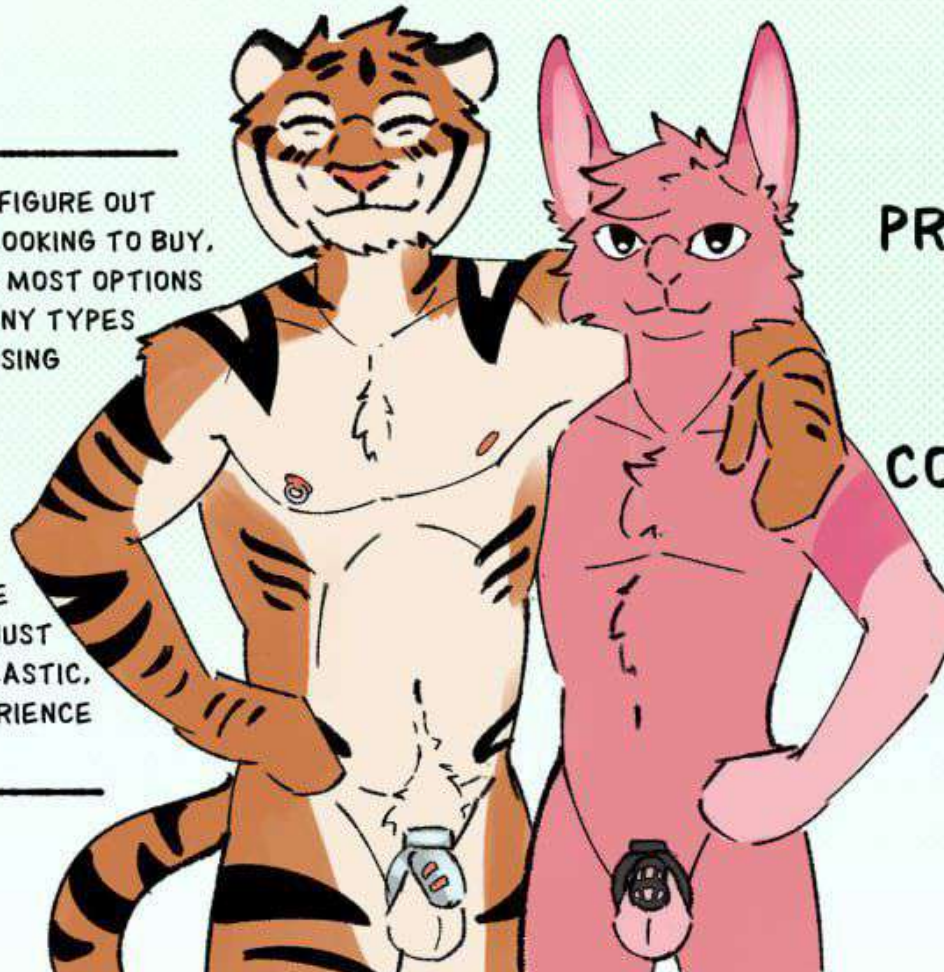


PLASTIC



I THINK THE FIRST STEP IS TO FIGURE OUT WHAT TYPE OF CAGE YOU'RE LOOKING TO BUY, AS IT WILL NARROW DOWN THE MOST OPTIONS IMMEDIATELY. THERE ARE MANY TYPES OF CAGES, SO IT CAN BE CONFUSING ON WHAT TO GET WHEN YOU FIRST START!

THE MAIN TYPES ARE METAL AND PLASTIC. THERE ARE SOME OTHER VARIATIONS, BUT I'LL JUST BE FOCUSING ON METAL AND PLASTIC, SINCE I HAVE THE MOST EXPERIENCE WITH THEM.



PROS:

DURABLE
EASY TO
CLEAN

CHEAPER
LIGHTWEIGHT

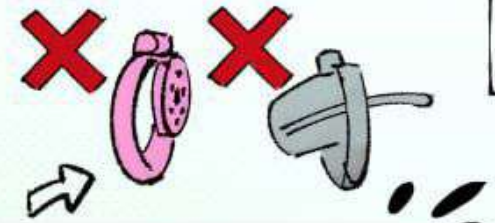
CONS:

HEAVIER
EXPENSIVE
DIFFICULT TO
SLEEP IN

HARDER
TO CLEAN

BOTH TYPES ARE GREAT FOR SHORT OR LONG TERM CHASTITY, BUT IF YOU'RE JUST STARTING OUT I WOULD RECOMMEND PLASTIC UNTIL YOU KNOW YOU LIKE CHASTITY!

SIZING



FIRST OFF, I WANT TO ADDRESS THAT THERE ARE MANY SHAPES AND SIZES OF CAGES, BUT THE ONE YOU SHOULD FOCUS ON WHEN JUST STARTING OUT IS YOUR STANDARD CYLINDER CAGE. SOME TYPES LIKE NUB, ENCLOSED, CAGES WITH URETHRA INSERTS, AND INWARD CAGES CAN BE ENTICING AND SEXY, BUT THEY'RE NOT IDEAL FOR BEGINNERS OR LONG TERM WEAR!!! THEY CAN BE UNCOMFORTABLE FOR PEOPLE NOT USED TO THEM AND I RECOMMEND YOU HOLD OFF ON PURCHASING THEM UNTIL YOU'RE COMFORTABLE WITH THE WHOLE CHASTITY PROCESS FIRST.

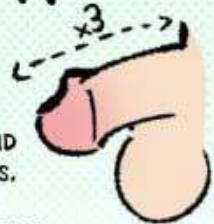
2 MAIN MEASUREMENTS

BEFORE BUYING YOU SHOULD MAKE AT LEAST TWO MEASUREMENTS:

- CAGE LENGTH
- AND
- BASE RING DIAMETER

LENGTH

THIS WILL DETERMINE YOUR CAGE LENGTH THAT YOU SELECT. YOU SHOULD MEASURE YOUR FLACCID PENIS AT LEAST 3 DIFFERENT TIMES, SPACED OUT AT LEAST A FEW HOURS APART. FLACCID LENGTH VARIES A LOT, SO IT'S IMPORTANT TO MEASURE MULTIPLE TIMES. MEASURE FROM THE BASE OF YOUR PENIS TO THE TIP AND RECORD THE LENGTH. ONCE YOU HAVE ALL 3, YOUR CAGE LENGTH CAN BE CALCULATED BY TAKING THE SMALLEST MEASUREMENT AND SUBTRACTING 0.25-0.5 INCH (0.5-1.25 CM). YOU DON'T WANT TO SUBTRACT TOO MUCH, BECAUSE IT'LL BE TOO TIGHT.



- FOR EXAMPLE: IF YOUR SMALLEST IS 3 IN (7.5 CM), YOUR DESIRED CAGE LENGTH SHOULD BE ~2.5-2.75 IN (6.4-7 CM)

RING DIAMETER

THIS IS THE MEASUREMENT OF THE DIAMETER OF THE TOP OF YOUR PENIS TO THE BASE OF YOUR BALLS, WHERE THE RING WOULD SIT. THIS ONE IS DIFFICULT TO MEASURE DIRECTLY. RIGID COCK RINGS CAN HELP YOU PLAN AROUND THE SIZE YOU NEED, BUT IT CAN BE DIFFICULT TO GET IT RIGHT THE FIRST TIME. THANKFULLY, SOME CHASTITY MANUFACTURERS SELL THEIR CAGES WITH MULTIPLE RINGS, SO YOU CAN TRY ON DIFFERENT SIZES WITH YOUR CAGE TO FIND WHICH WORKS FOR YOU. YOUR RING SHOULD FIT SNUG, NOT FALLING OFF BUT SHOULDN'T CONSTRICT ENOUGH TO GIVE YOU AN IMMEDIATE ERECTION.



OTHERS:

* CAGE/RING GAP

THIS IS THE GAP BETWEEN THE BOTTOM OF THE RING AND THE BOTTOM OF THE CAGE TUBE, WHERE YOUR BALLS THREAD THROUGH THE RING. IT'S INCREDIBLY DIFFICULT TO MEASURE THIS AND PERSONALLY I HAD TO FIND IT FROM EXPERIENCE.

* PENIS DIAMETER

THIS IS THE DIAMETER (HOW THICK) YOUR PENIS IS. THIS MEASUREMENT IS PROBABLY THE LEAST IMPORTANT, BUT IF YOU HAVE A VERY THIN OR THICK PENIS IT'S GOOD TO MEASURE BEFORE ORDERING.

EQUIPPING YOUR CAGE



LUBE IS YOUR FRIEND! I RECOMMEND A SMALL AMOUNT OF (PREFERABLY) SILICON-BASED LUBE ON THE INSIDE OF THE CAGE RING TO HELP EASE THINGS IN.

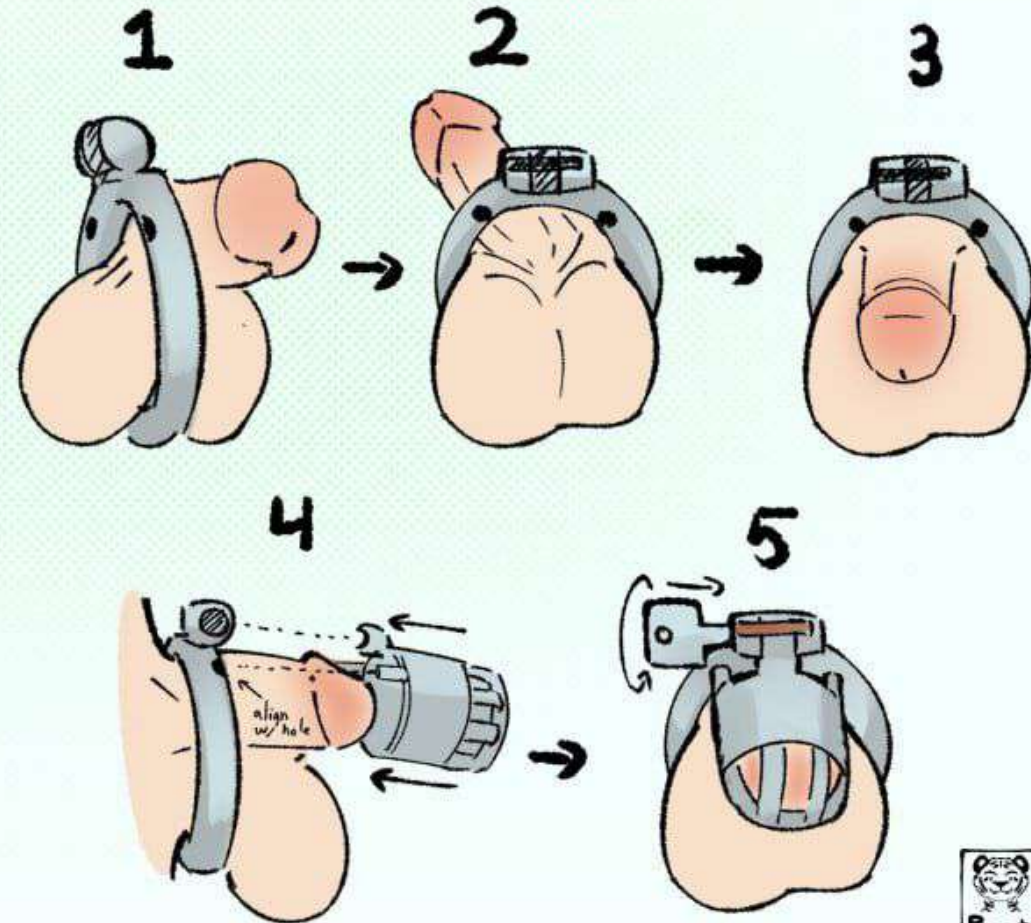
THE EASIEST WAY IS TO TAKE YOUR BALLS AND THREAD THEM THROUGH THE RING ONE AT A TIME UNTIL BOTH ARE INSIDE.

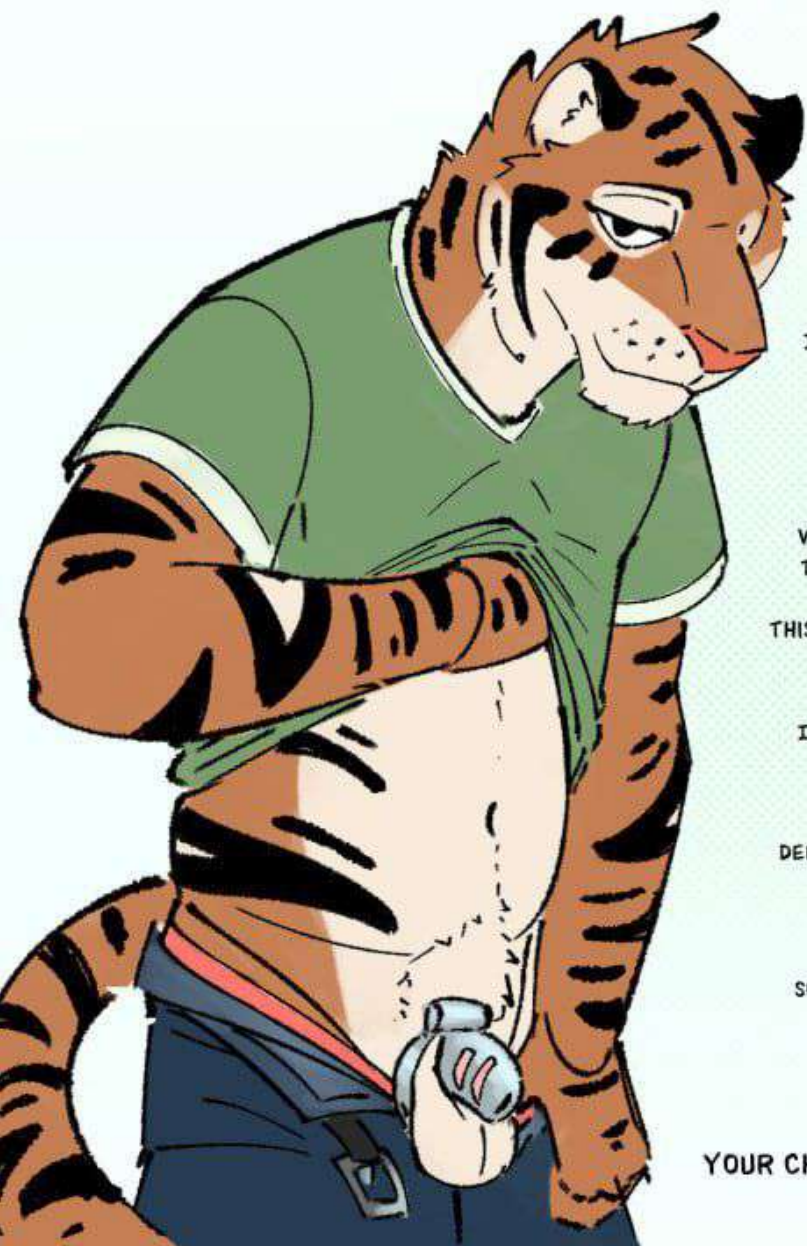
THEN, TAKE YOUR PENIS AND PUSH IT DOWN THROUGH THE RING AS WELL, UNTIL EVERYTHING IS THROUGH. YOU'LL PROBABLY GET HARD AT THIS STAGE IF YOU'RE EXCITED (EXTREMELY UNDERSTANDABLE, I SOMETIMES STILL DO) SO JUST WAIT UNTIL YOU'RE SOFT TO PUSH IT THROUGH.

AFTER THAT, TAKE YOUR CAGE TUBE AND LINE IT UP WITH THE RING, PLACING YOUR PENIS INSIDE. TRY TO ALIGN YOUR URETHRA WITH THE OPENING ON THE CAGE AS BEST YOU CAN! BE CAREFUL WITH THIS STEP YOUR FIRST TIME WITH A CAGE AS WELL, AS THIS STAGE CAN EASILY LEAD TO PINCHING! YEOWCHI

ONCE YOUR CAGE IS IN PLACE WITH YOUR RING, SIMPLY THREAD THE LOCK THROUGH THE OPENING ON THE CAGE, LOCK IT, AND YOU'RE DONE! YOU CAN SELF LOCK BY USING AN HONOR SYSTEM WITH YOURSELF OR GIVE YOUR KEY TO A TRUSTED FRIEND OR SPOUSE. JUST MAKE SURE TO ALWAYS HAVE AN EMERGENCY KEY ON YOU!

(IF YOUR CAGE IS METAL I ALSO RECOMMEND RUNNING IT UNDER WARM WATER FIRST BEFORE TRYING IT ON, THEY CAN GET COLD!)





WEARING YOUR CAGE

ONCE YOU HAVE YOUR CAGE ON, THE HARD PART IS DONE! SIMPLY WEAR IT HOWEVER LONG YOU WANT AND TAKE IT OFF WHENEVER. YOUR CAGE SHOULD FIT SNUG, BUT SHOULDN'T CUT OFF ANY CIRCULATION. IF IT BECOMES VERY UNCOMFORTABLE OR ANYTHING STARTS TO CHANGE COLOR YOU SHOULD IMMEDIATELY TAKE IT OFF. IT'LL GET EASIER AS YOU WEAR IT MORE, BUT UNTIL THEN, HERE'S SOME SOLUTIONS TO SOME COMMON PROBLEMS I'VE FOUND!

CHAFFING

IT'S VERY COMMON FOR YOUR CAGE RING TO CAUSE SOME CHAFFING ON THE UNDERSIDE OF YOUR BALLS. THIS USUALLY RESULTS FROM A RING THAT IS TOO SMALL, BUT CAN HAPPEN EVEN WITH PROPER RING SIZES. I RECOMMEND USING SOME LUBE FROM TIME TO TIME TO KEEP IT FROM CHAFFING, AND TAKING YOUR RING OFF FOR A DAY OR TWO IF YOU DO GET CHAFFED. IN ADDITION, IF YOU DO GET CHAFFED SOME LOTION SHOULD HELP SOOTHE IT PRETTY QUICK, JUST MAKE SURE YOU CAN USE IT ON YOUR JUNK BEFOREHAND!

SLEEPING

WEARING YOUR CAGE OVERNIGHT CAN BE TOUGH! MANY PEOPLE HAVE TROUBLE SLEEPING IN THEM THE FIRST FEW NIGHTS THEY TRY. I RECOMMEND APPLYING SOME LUBE UNDER YOUR BASE RING BEFORE BED TO AVOID CHAFFING. IT'S EXTREMELY COMMON FOR PEOPLE TO WAKE UP IN THE MIDDLE OF THE NIGHT WITH AN UNCOMFORTABLE ERECTION IN THE BEGINNING AS WELL. THIS CAN USUALLY BE CORRECTED BY PEEINGTHOUGH! (IM NOT SURE WHY, BUT EVERYONE ONLINE INCLUDING MYSELF SWEARS BY IT)

CLEANING

ITS EXTREMELY IMPORTANT TO KEEP YOUR CAGE CLEAN TO AVOID SMELLS AND INFECTIONS! A DIRTY CAGE CAN LEAD TO THINGS LIKE JOCK ITCH AND FUNGAL INFECTIONS WHICH ARE *NOT FUN* TO DEAL WITH. THANKFULLY, IF YOU KEEP IT CLEAN AND DRY IT SHOULDN'T BE A PROBLEM AT ALL. MOST CAGES CAN BE WORN IN THE SHOWER, AND A PROPERLY FITTING CAGE SHOULD BE ABLE TO GET SOAP AND WATER IN THERE EASILY WITH FINGERS. I DO RECOMMEND TAKING THE CAGE OFF FOR A DEEP CLEAN AT LEAST ONCE EVERY 2 DAYS THOUGH TO ENSURE IT'S CLEAN AS CAN BE. YOU CAN USE AN OLD TOOTHBRUSH AND SOME SOAP TO CLEAN MOST EVERY TYPE OF CAGE.



PEEING

SOME PEOPLE CAN BE INTIMIDATED BY PISSING IN THEIR CAGE FOR THE FIRST TIME, WHICH IS UNDERSTANDEABLE. THIS IS WHY GETTING A WELL FITTED CAGE AND LINING UP YOUR URETHRA WHEN YOU PUT IT ON IS IMPORTANT. SIMPLY MAKE SURE YOU LINE IT UP AGAIN BEFORE YOU START PISSING AND YOU'RE GOOD TO GO! IT'S USUALLY EASIEST TO SIT DOWN WHEN YOU DO, AND SOME DRIBBLE HAPPENS FROM TIME TO TIME WHICH CAN BE CLEANED WITH SOME TISSUE.

YOUR CHOICE OF UNDERWEAR CAN MAKE A DIFFERENCE TOO! I RECOMMEND SOMETHING THAT'S FORM FITTING AND SUPPORTS YOUR JUNK – MY GO TO ARE BOXER BRIEFS AND JOCKSTRAPSI

WITH THAT YOU'RE READY TO GO! WHETHER IT BE FOR YOUR OWN KINKY SELF-DENIAL OR FOR SOMEONE ELSE'S DOMINATION, ALWAYS MAKE SURE YOU'RE COMFORTABLE WITH YOUR CAGE! START SLOW AND EASE INTO IT, AND DON'T BE AFRAID TO TAKE BREAKS! THERE'S NO SHAME IN UNLOCKING AND BUSTING A LOAD IF YOU NEED IT. I WILL SAY HOWEVER THAT THE LONGER YOU STAY CAGED, THE MORE FUN THE RESULTING LOAD IS, AND IT HELPS IF YOU'RE TRYING TO CUM HANDS FREE FROM PROSTATE STIMULATION (AN ABSOLUTE GAME CHANGER IF YOU HAVEN'T EXPERIENCED IT).

THERE ARE A FEW THINGS I COULD GO OVER (LIKE CURVED VS STRAIGHT RINGS) BUT THOSE ARE MOSTLY UP TO PREFERENCE.

IF YOU'RE LOOKING FOR SOME GOOD CHASTITY SUPPLIERS, I RECOMMEND THESE BRANDS! IT'S IMPORTANT TO KNOW THAT YOU GET WHAT YOU PAY FOR, AND A CHEAP CAGE IS MORE LIKELY TO BE UNCOMFORTABLE AND HAVE THINGS LIKE SHARP EDGES AND PINCH ZONES. I RECOMMEND SPENDING \$80-100 USD ON YOUR FIRST CAGE BEFORE GOING TO ANYTHING PRICIER TO AVOID SCAMS AND BAD QUALITY.

METAL

STEELWORXX
MATURE METAL
LORI'S CHASTITY

PLASTIC

KINK3D
CHERRY KEEPER
HOLY TRAINER

AND THAT'S IT! HOPEFULLY THIS GUIDE WAS HELPFUL AND WILL GET YOU A CAGE THAT SUITS YOU! IF YOU HAVE ANY QUESTIONS OR COMMENTS FEEL FREE TO COMMENT THEM AS WELL! STAY LOCKED YOU KINKY FUCKERS :3

