

## Understanding Binding

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### What is binding?

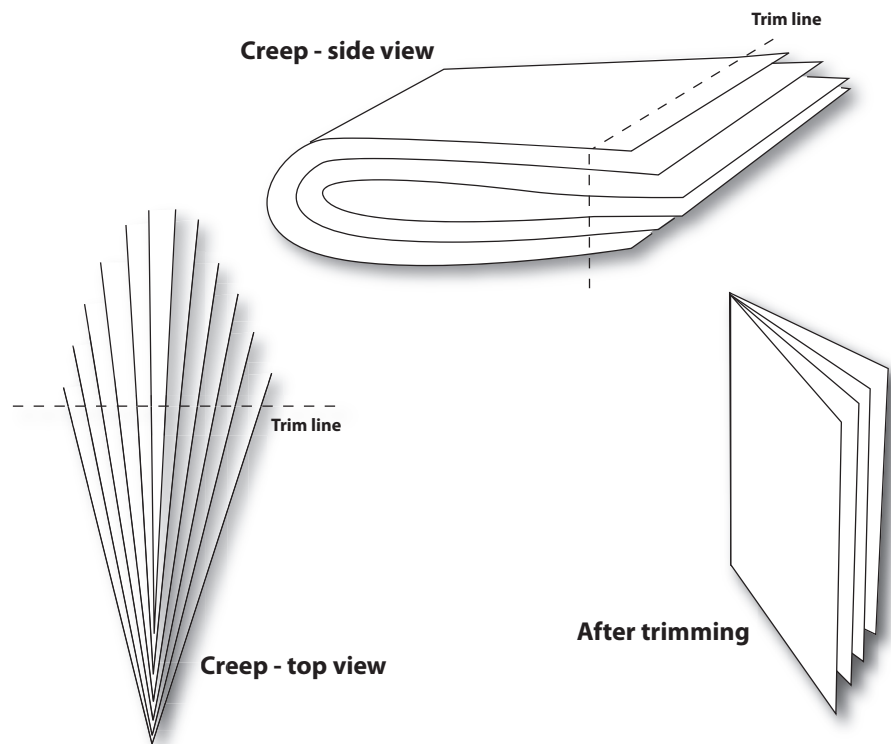
Binding is the way in which the pages of your print project are assembled. You should start thinking about it as soon as you start working on your project so you can adjust margins accordingly.

The three most common types of binding are **saddle stitch (staple)**, **spiral**, and **perfect binding**.

### Why is creep important?

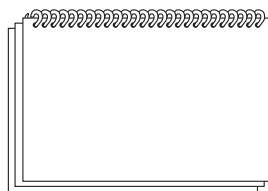
You need to worry about creep (excess paper beyond the trim line) if your document has more than 60 pages (or 30 sheets, back/back) and you have elected to use saddle stitch binding. The larger the document the wider the margins need to be—otherwise, text may be cut off during the trimming stage! It is a good idea to always set your margins to at least .75 inch.

**Consider other types of binding if your document is over 80 pages long (or ~40 sheets, back/back).**

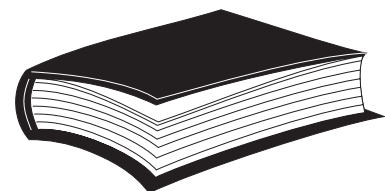


**Saddle stitch (staple) binding and creep**

Creep is NOT an issue in spiral binding and perfect binding; however, it is a good idea to use wide margins on your documents—preferably .75 in. or higher. The inside margin should be wider than the outside margins to allow for spiral binding and to allow easier reading on large documents.



**Spiral binding**



**Perfect binding**