skyclad travel

THE FIELD GUIDE No. 1

Naturist Etiquette 101

The Unwritten Rules, Written Down



Your first visit to a naturist resort, campground or beach can feel like arriving in a country where you don't know the customs. The good news is that naturist etiquette is mostly common courtesy with a few extra habits. Learn these, and you'll fit in like a regular from your very first day.

1 The towel rule (the one everyone notices)

Always carry a towel, and always sit on it. Chairs, loungers, benches, bar stools, picnic tables: if you're sitting, your towel goes down first. It's about hygiene and respect, and it's the first thing regulars notice about newcomers.

- Every naturist club, resort and event we researched asks the same thing: carry your own towel and sit on it, every time. It's the one rule you'll find everywhere.
- British Naturism calls sitting on a towel, sarong or garment "the naturist way".
- At the beach, take your towel with you when you leave your spot, so you can sit on it or wrap up at picnic benches, food stands and restrooms.

FIELD GUIDE TIP

Pack **two towels per person**, one to sit or lounge on and one for the pool, as AANR suggests.

2 Cameras: when in doubt, leave it out

This is the rule that matters most, and the one that can get you asked to leave.

- **Never photograph anyone without their permission.** At private resorts, check with the office for photo guidelines before taking out your camera.
- On your first visit, **leave the camera at home.** Most clubs disapprove of photography or restrict it to certain areas.
- Your phone counts as a camera. If you do take a picture, include only people in your own party, with no one in the background unless they've given consent.
- Never take photos of children.

FIELD GUIDE TIP

Take scenery photos facing **away** from people, such as the sea, the sunset or your drink, and keep your phone in your bag the rest of the time. It puts everyone at ease.

3 Eyes up, friendly, and no staring

Nobody minds a glance. What isn't okay is prolonged staring or leering. Treat people the same way you would if everyone were dressed.

- Be friendly, but if someone doesn't respond, leave them alone. "No" means no.
- Behave as you would at any other public social gathering, and remember that people of all ages and backgrounds may be present.

4 Naturism is non-sexual

This is the heart of it. A nude environment has no sexual meaning.

- At family resorts, sexually suggestive language, dancing, dress or displays of affection are never appropriate.
- At the beach, avoid any sexual activity or hint of it in clothing-optional areas.

> **KNOW THE DIFFERENCE**
>
> Some adults-only or "lifestyle" resorts have different norms. Always check a venue's own rules. That's why skyclad travel listings show the type of venue, and featured venues on our country pages show **ages allowed**.

5 Know when to dress

Naturists follow a simple motto: **"clothed when practical, nude when appropriate"**.

- **Leaving the area:** Get dressed before entering parking lots, regular "textile" beaches or anywhere outside the clothing-optional boundary.
- **Indoors:** Some clubs require clothes in gyms or dining areas, even if everywhere else is nude-friendly. Others welcome nudity everywhere, including dinner and dances.
- **What to wear when dressed:** Regular street clothes or a wrap. No lingerie or suggestive outfits.
- **Pools:** Many resorts don't allow swimsuits in the pool or hot tub, and ask everyone to **shower first**.

> FIRST-TIMER REASSURANCE
>
> At clothing-optional resorts, you're allowed to stay dressed if you prefer. Some clubs let first-time visitors stay clothed during their tour. Go at your own pace.

6 Beach manners

- **Give people space.** Don't set up right beside or in front of someone when there's plenty of room.
- **Walk along the shoreline** to avoid kicking sand on people.
- **Keep music low** or use headphones.
- **Leave it cleaner than you found it.** Bring a trash bag and try to carry out more than you brought in.
- **Respect wildlife** and fragile areas like dunes.
- **Follow posted rules** for hours, swimming areas and parking.

7 Call ahead and know the house rules

Every venue is a little different. Before your visit, ask about:

- Clothing-optional or clothes-free?
- Age policy and activities for children
- Admission and **singles policies**. Some venues limit single visitors, especially single men.
- Pets, overnight stays and whether reservations are required
- Alcohol rules (underage drinking and drugs are always prohibited)

8 Families and children

- Parents are responsible for their children's conduct and safety at all times, especially near pools and lakes.
- Adults should never approach or play with unfamiliar children.

9 Sun sense

When more skin is exposed, more skin can burn. Use plenty of sunscreen, reapply often, and cover up if you've had too much sun.

10 If someone breaks the rules

If someone isn't following accepted standards, AANR suggests explaining clearly and politely what they're doing wrong and what proper behavior looks like. At a resort, the simplest step is to tell staff.

THE FIELD GUIDE CHECKLIST: PRINT & PACK

- [ ] Two towels per person
- [ ] Sunscreen (lots)
- [ ] A cover-up or wrap for cool evenings and walking to the car
- [ ] Sandals or water shoes
- [ ] Camera and phone stay in the bag
- [ ] House rules read: ages, singles policy, dress code for dining
- [ ] Reservation confirmed, if required
- [ ] An open mind and a friendly smile

Rules vary by venue and country. Always follow the posted rules of the resort, campground or beach you visit, and local laws. skyclad travel never publishes nude images.