skyclad travel

THE FIELD GUIDE No. 3

Your First Visit

What to Expect, What to Pack and How to Feel at Ease



Almost everyone feels a little nervous before their first naturist visit. That's normal, and regulars remember it well. This guide walks you through the whole day, from choosing a place to the drive home, so you know exactly what to expect.

Step 1 · Choose the right first place

- **Clothing-optional is the gentlest start.** At clothing-optional gatherings, first-timers can stay dressed, even just in a long T-shirt, until they're comfortable. (Not sure of the difference? See **Field Guide No. 2**.)
- **Check the age policy and the vibe.** Look for the **ages allowed** badge on featured venues on our country pages (Family, 16+, 18+, 21+ or Couples only), and confirm the venue's

own rules, to pick a place that suits you.

- **Ask for a trial visit.** British Naturism suggests contacting a club and asking to come for a trial visit, to find out whether you like the club, whether the club likes you, and whether you can get past the nerves.
- **Day passes count.** Many clubs and resorts offer day passes, so you can try a visit before booking a night. Look for "day pass" or "day visit" on the venue's listing.

Step 2 · Call ahead (and ask the "silly" questions)

Clubs would rather answer your questions than have you worry in silence, from "Where do I undress?" to "Can I bring my dogs?". Good questions to ask:

- Is it clothing-optional or clothes-free?
- What's the age policy, and are there activities for kids?
- What are the admission fees and **singles policy**?
- Are pets allowed? Do I need a reservation?
- Are there overnight rooms or campsites?

> **TRAVELING SOLO? READ THIS FIRST.**
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> Many clubs try to keep a balance of men and women, so single men may be asked for more: a reference, a membership card from a naturist organization, proof of an earlier visit, or a visit with a friend or partner. Policies vary widely, so read the venue's singles policy before you go. In Europe, some campsites ask for an INF card.

Step 3 · Pack light (really light)

The Field Guide packing list

- [ ] **Two towels per person**
  One to sit on, one for the pool.
- [ ] **Sun protection**
  Sunscreen, a sun hat and sunglasses.
- [ ] **A cover-up**
  For cool evenings or too much sun.
- [ ] **Sandals or water shoes**
  Shoes, hats and jewelry are all common.
- [ ] **Toiletries**
  Plus any sports gear you'll need.
- [ ] **A small bag**
  For keys, phone and clothes. Few clubs have lockers.
- [ ] **Some change**
  For the showers.
- [ ] **No camera**
  Leave it at home on your first visit.
- [ ] **Photo ID**
  Most clubs ask first-time visitors to show ID and fill in a short registration form. Most U.S. clubs also check new visitors' names against sex offender registries. It's one of the ways naturist clubs keep everyone safe, especially families.

FIELD GUIDE TIP

Dress for easy undressing. Wear something simple to take off and put back on, like a T-shirt and shorts or a sundress, so you don't draw attention.

Step 4 · Arriving and checking in

- **Registration:** Expect to fill out a form and show ID. At membership clubs, this card often doubles as a membership application if you decide to join later.
- **The tour:** Many places give first-timers a tour. Some hosts stay clothed to greet newcomers and only undress once you seem comfortable.
- **Phones:** Some resorts restrict phone cameras, and a few ask you to cover the lens with a sticker. Ask at check-in. Never photograph anyone without their permission, and keep other people out of the background.

Step 5 · The big moment: getting undressed

This is the part people worry about most, and it's usually the easiest.

- **Take your time.** No one will make you undress before you're ready.
- **Choose your spot.** You can undress wherever you feel at ease: your car, the shower room, the restroom or right on the lawn.
- **Pick your speed.** Do it all at once, like pulling off a bandage, or go gradually: top first, then the rest.
- **A sarong helps.** Loosen it as you sit down, tie it again when you stand. Many people soon find they stop bothering.
- **It feels normal faster than you'd think.** Once you're among nude people, staying dressed can make you feel like the odd one out, and undressing makes you part of the crowd. Being nude feels easier when everyone around you is relaxed and enjoying the day.

> THE ONE PLACE YOU'LL USUALLY NEED TO BE NUDE
>
> The pool and hot tub. Even at clothing-optional clubs, swimsuits are often not allowed there.

Step 6 · Common worries, honestly answered

"What if people look at me?" They might, for a moment, because you're the new person, not because you're naked.

"My body isn't 'beach ready.'" Naturists come in all shapes, sizes, ages and backgrounds, including people with scars, cellulite, mastectomies and artificial limbs. Very few people are "perfect," and many find it life-changing to be somewhere they're not judged on looks. With clothes and labels gone, people notice your friendliness, humor and attitude instead. British Naturism calls naturism a "great leveller".

"What if I have an involuntary reaction?" (a common worry for men) It's rare, and it fades quickly once you realize how non-sexual the setting is. If you ever feel exposed, your towel is right there to hold in front of you.

"What if it's cold, or I have my period?" Get dressed. Naturists cover up when it's cold, so bring something warm and easy to slip on. Women having their period should wear whatever is comfortable.

"Will I have to eat dinner naked?" It's up to you, and it depends on the venue. Nude dining is generally welcome if you sit on a towel, some diners wear something light if it's chilly, and servers usually stay dressed. Some clubs hold clothed evening socials.

Step 7 · Enjoy the day

- **Join in:** Pool time, volleyball, potlucks or a barbecue, which is usually nude when the weather's warm.
- **Remember the basics from Field Guide No. 1:** Sit on your towel, no photos, eyes up, and keep it friendly and non-sexual.
- **Sun sense:** Sunscreen on skin that rarely sees the sun, and reapply often.

Step 8 · Before you leave

- Get dressed before heading to the parking lot or leaving the clothing-optional area.
- Thank your host. If you enjoyed it, ask about membership. At many clubs, the registration card you filled out is already the first step.

FIRST-VISIT QUICK CARD

screenshot this

1. Pick a clothing-optional or first-timer-friendly place
2. Call ahead: ages, singles policy, fees, reservations
3. Pack: 2 towels, sunscreen, cover-up, sandals, ID
4. Leave the camera at home
5. Undress when *you're* ready
6. Sit on your towel. Always.
7. Smile. Everyone was new once.

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