skyclad travel

THE FIELD GUIDE No. 8

Packing for a Naturist Holiday

The Complete Checklist



The best part of a naturist holiday? You pack a lot less. The surprise? A few items matter far more than they do on a regular trip. Here's our guide for what to bring for a resort, campsite, beach or cruise, and what to leave at home.

The non-negotiables (everyone, every trip)

1. Towels, and more than you think. Sitting on your own towel is the most enforced rule in naturism. Bring **two per person**, one to sit on and one for the pool, plus a spare so you can cover shared seating without giving up your own. Even if the resort supplies towels, it's best to bring your own.

> **SIZE TIP**
>
> A beach towel often works better than a huge bath sheet, which you may have to fold so many times to fit a chair that your feet don't touch the ground.

2. Sunscreen, lots of it. Pack **SPF 50, mineral (zinc oxide or titanium dioxide), reef-safe**. Normally covered skin burns quickly, and mineral sunscreen is required by law in some destinations. A large pump bottle covers the whole body for the whole trip, and there's no cap to lose.

3. A sarong or pareo. It's lighter and more practical than a towel, and works as a wrap for your waist or your whole body. Use it for the walk in and out, restroom trips and shoulder shade. Pack it on top so it's easy to reach.

4. A wide-brim hat and sunglasses. Dark lenses also help first-timers whose eyes wander a little in the first couple of days.

5. Sandals or water shoes. Midday sand can be hot enough to blister, and the path to many nude beaches can be rocky or run over sand dunes.

6. A phone pouch. A closed dry bag or zip pouch keeps your phone safe and shows everyone nearby that you're not filming.

Yes, you still need some clothes

You'll pack less, but not nothing:

- **Travel outfits** for getting there and back
- **Easy on, easy off** clothes: a T-shirt and shorts or a sundress
- **A warm layer** for cool evenings
- **Restaurant clothes** if the dining room has a dress code. Wear what you'd wear to any restaurant
- **Day-trip outfits** for off-site sightseeing
- **Theme-night or holiday outfits** if your resort or cruise hosts parties

> REMEMBER
>
> "clothed when practical, nude when appropriate". Check your resort's dress rules (see **Field Guide No. 6**) before you pack.

Paperwork and money

- [ ] **Photo ID**
  First-time visitors often register and show ID.
- [ ] **Naturist membership card**
  AANR, INF or a national federation. Some venues require one, especially for singles. AANR members also save 20% at affiliated clubs.
- [ ] **Booking confirmations**
  Save the resort's house rules offline, too.
- [ ] **Passport and visa info**
  For international trips.
- [ ] **Travel insurance details**
  Keep a copy with your bookings.
- [ ] **Some cash**
  For chair rentals, snack carts and showers.

Skin care and comfort

- [ ] **After-sun or aloe**
  For any spots you missed.
- [ ] **Anti-chafe balm**
  Sand and salt add friction.
- [ ] **Lip balm with SPF**
- [ ] **Insect repellent**
  Especially at lakes, forests and campgrounds.
- [ ] **Toiletries**
- [ ] **A reusable water bottle**
  Bring at least two liters per person on hot beach days.

Extras by trip type

Beach days

- [ ] **Dry bag**
- [ ] **Shade**
  An umbrella or pop-up tent.
- [ ] **Cooler**
  With snacks.
- [ ] **Trash bag**
  To carry out more than you brought in.
- [ ] **Cans or plastic bottles**
  Glass is often banned.
- [ ] **Beach mat or a low folding chair**

Campsites and RV trips

- [ ] **Hiking boots and socks**
  Campgrounds aren't always level, and they're good for nude hikes.
- [ ] **A T-shirt or apron for grilling**
  Hot fat and bare skin don't mix.
- [ ] **Flashlight or headlamp**
  Plus an extra warm layer for nights.
- [ ] **A wrap for nude hikes**
  In case you meet clothed hikers.

Resorts and hotels

- [ ] **A tote**
  For your towel, sunscreen and book.
- [ ] **Restaurant outfit**
  If the dress code needs one.
- [ ] **Sports gear**
  A tennis or pickleball paddle, swim goggles.

Nude cruises

- [ ] **Evening outfits**
  Cruise restaurants and shore visits require clothing.
- [ ] **Theme-night outfits**
- [ ] **A day bag**
  For shore excursions (fully clothed).

What to leave at home

- **Your camera (suggested).** Certainly don't bring one out at a resort pool, but feel free to pack one for off-site excursions.
- **Lots of swimwear.** Many pools and hot tubs don't allow it.
- **Lingerie or suggestive outfits.** Some family resorts don't allow them.
- **Glass bottles.** No glass should be at a beach or beside a pool.
- **Valuables you'd worry about.** Few clubs have lockers.

What not to forget

Bring your **open mind**. One naturist calls it maybe the most important thing to pack.

THE SKYCLAD TRAVEL PACKING CARD

print or screenshot

Essentials

- [ ] 2–3 towels per person
- [ ] SPF 50 mineral sunscreen
- [ ] Sarong or pareo
- [ ] Hat
- [ ] Sunglasses
- [ ] Sandals or water shoes
- [ ] Phone pouch

Clothes

- [ ] Travel outfits
- [ ] Easy on/off outfit
- [ ] Warm layer
- [ ] Restaurant outfit
- [ ] Day-trip outfit

Paperwork

- [ ] Photo ID
- [ ] Naturist membership or INF card
- [ ] Bookings and house rules
- [ ] Passport and visa info
- [ ] Insurance
- [ ] Cash

Comfort

- [ ] After-sun
- [ ] Anti-chafe balm
- [ ] SPF lip balm
- [ ] Bug spray
- [ ] Toiletries
- [ ] Water bottle

Leave home

- [ ] Camera
- [ ] Extra swimwear
- [ ] Glass
- [ ] Valuables

Rules vary by venue and country. Always check your destination's house rules before you pack, and follow local laws. skyclad travel never publishes nude images.