

BODY ACCEPTANCE

Body acceptance is the norm. No one is comparing or judging you.

When you accept yourself as you are, you become more accepting of others.

Bodies come in all shapes, sizes, and colors with scars, marks or other features.

Body image is often a thought a first time nudist might have. You will discover that nudists care about who you are on the inside.

You will quickly discover you fit right in.



KNOW BEFORE YOU GO

Call ahead to the club you will be visiting to learn their rules. The more you know the more comfortable you'll feel when you arrive.



FREEDOM

Nudity is freeing. Jump right in! Clubs offer a relaxed environment where you can escape the tensions of daily life.

KNOWLEDGE

Learning about the nudist community will help you understand how to fit in.

ACCEPTANCE

Experiencing who you are on the inside is more important than what you show the world on the outside.

BRING:

- Water
- Snacks
- Sunscreen
- Butt Towel
- Shower Towel
- Identification



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DO

- Demonstrate appropriate behavior: if you wouldn't do it at a family reunion, don't do it.
- Be mindful of people's personal space.
- Be discreet and family friendly in any public display of affection.
- On the rare occasion you may become visibly aroused, simply cover yourself with your towel.
- Respect that NO means NO.
- Enjoy the fellowship and events the club has to offer.
- Make lifelong friends.

DON'T

- Take pictures. Photography is not allowed.
- Touch someone without getting permission first.
- Talk about bodies or use crude joking.
- Break the rules of the club in regard to alcohol or any legal recreational drugs.
- Use suggestive language or behavior, including dancing.
- Let your cheeks hit the chair without a towel there.

The benefits of nude recreation are based on acceptance of self and respecting the individuality and freedom of others.



Once you take the plunge, you quickly discover it's a natural, life enhancing experience. Escape the tensions of daily life in a relaxing environment.

