

— YOUR GUIDE TO — NATURISM

● DISCOVER ● UNDERSTAND ● FEEL CONFIDENT ● GET INVOLVED



KINDNESS



ACCEPTANCE



RESPECT



COMMUNITY

WELCOME

Curiosity is enough

You do not need to know the rules, have the 'right' body or feel completely confident before you begin.

“Naturism is ordinary life with fewer barriers. Nudity is not the entertainment; people are the point.”

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SECTION 01

What naturism actually is

It is much less dramatic than people imagine.

“Clothes come off;
normal social
boundaries do not.



ORDINARY LIFE

Chatting, reading,
swimming, eating, camping
or simply being at home.



YOUR REASON

Comfort, body confidence,
freedom, equality or simply
preference. There is no
single correct reason.



CONFIDENCE

You do not have to be
fearless. Confidence often
comes after the first
experience, not before it.



**The surprising part for many newcomers is how quickly
the lack of clothes stops being the most interesting thing in the room.**

SECTION 02

Why the first time feels bigger than it is

Your imagination gets there before your body does.



WHAT YOUR BRAIN IMAGINES

Everyone will look. You will feel exposed. You will not know where to put your hands. Every second will feel huge.



WHAT USUALLY HAPPENS

People carry on chatting, drinking tea, finding a seat and getting on with their day. The novelty fades quickly.



*You are allowed to go at your own pace.
Curiosity does not mean surrendering your boundaries.*

A useful thing to remember

Most first-timers are much more concerned about their own body than anybody else's. The person beside you may look completely relaxed while privately wondering exactly the same things.

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SECTION 03

Your first ten minutes

This is the bit everyone imagines – and the bit that usually passes fastest.

1

ARRIVE

Get your bearings and listen to the welcome or venue guidance.

2

SETTLE

Put your things somewhere, keep your towel with you and choose a comfortable spot.

3

DO SOMETHING ORDINARY

Make a drink, ask where the loo is or start a conversation.

4

LET IT BECOME NORMAL

Sooner than you expect, nudity stops being the event.

“*The quickest way for nudity to stop feeling extraordinary is to stop making it the event.*”



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SECTION 04

What to take

Naturism involves fewer clothes, not fewer practicalities.

T TOWEL



For sitting or lying on. Many venues expect this as basic hygiene.

W WATER



Especially important outdoors, in warm weather or at longer events.

S SUN CREAM



Areas normally covered by clothing can burn quickly.

F FOOTWEAR



Barefoot is optional. Sensible shoes still make sense.

C COVER-UP



Useful for warmth, comfort, emergencies or areas where clothing is required.

P PERSONAL ITEMS



Medication, menstrual products, mobility aids, a small bag and anything else you normally rely on.

“Leave one thing behind: the idea that you need to look a certain way. Naturism has no uniform body.”



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Etiquette without the mystery

*Most naturist etiquette is ordinary courtesy
with a towel added.*

1

**Sit on your own towel
on shared seating.**

2

Respect personal space.
Nudity is not permission
for touch.

3

Keep conversation natural.
See the whole person.

4

Do not stare.
Brief noticing is human;
prolonged scrutiny is
uncomfortable.

5

**Never photograph or
record people without
clear permission.**

6

**Keep sexual behaviour
out of ordinary social
naturist spaces.**

7

**If somebody says no or
asks for space, that is
the end of the discussion.**

8

**If you are unsure about
a rule, ask the organiser.**

**“ Treat people as people first,
bodies second.**



Bodies and the awkward questions

Bodies are not tidy. That is rather the point.



WHAT IF I DON'T LIKE MY BODY?

You do not have to suddenly love every centimetre. Neutrality is a perfectly good place to begin.

SCARS, STRETCH MARKS OR MEDICAL DIFFERENCES?

They are part of real bodies and real lives. You do not owe anybody an explanation.



DO I NEED TO SHAVE?

No. There is no naturist grooming standard.

WHAT IF I'M ON MY PERIOD?

Use the products that work for you and wear bottoms if you prefer or where rules require it.



WHAT IF I GET AN ERECTION?

It can happen without sexual intent. Stay calm, sit down, use your towel or give it a few minutes to pass.

“*Treat people as people first, bodies second.*”



SECTION 07

Going alone - or taking somebody with you

There is no correct way to make the first step.

1 GOING ALONE

You control your own pace. A well-run event should tell you who to look for, what happens on arrival and who can help if you are unsure.



2 GOING WITH SOMEONE

A trusted friend or partner can make the first visit easier - but only if both of you genuinely want to be there.



“ A good question to ask: 'I'm completely new and I'm coming on my own. What happens when I arrive?'

Agree beforehand that either of you can slow down, cover up where permitted or leave without turning it into an argument.



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SECTION 08

Consent, safeguarding and photography

Feeling safe is not an optional extra.



CONSENT

Nudity never cancels consent. Touch, photographs, filming and personal information all require boundaries.



PHOTOGRAPHY

Never assume that because somebody is comfortable being nude, they are comfortable being photographed.



SAFEGUARDING

If behaviour feels intrusive, coercive, sexualised or simply wrong, tell the organiser or safeguarding contact.



“ No means no. Silence, nervous laughter or uncertainty are not substitutes for consent.

A good organiser will take concerns seriously, explain how safeguarding works and make expectations around photography and conduct clear.



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SECTION 09

Choosing your first experience

Start with the version of naturism that feels manageable to you.

1

AT HOME

Low pressure, familiar and useful for noticing how it actually feels.

2

SMALL SOCIAL EVENT

Good for conversation and community. Ask what happens on arrival.

3

SAUNA, SWIM OR SPA

A structured environment can make the transition feel easier.

4

BEACH OR OUTDOORS

Freedom and space can feel wonderful, but weather, privacy and footfall matter.

5

NATURIST HOLIDAY

Immersive and often surprisingly normal after day one. Read the resort rules first.

“

The best first experience is not the most adventurous one; it is the one where you feel informed, respected and able to relax.



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SECTION 10

Public naturism and the law

For England and Wales, the important word is context.

“Public nudity is not, by itself, automatically a criminal offence in England and Wales.

CONTEXT CAN MATTER

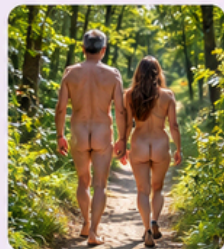
1 PLACE

Footfall, visibility and nearby facilities can all influence whether naturism is appropriate.



2 TIME

Who is likely to be present and whether an encounter is avoidable can make a difference.



3 BEHAVIOUR

Non-sexual, considerate conduct and awareness of others helps keep naturism welcoming and lawful.



4 CIRCUMSTANCES

What the person knows about the likely effect of their conduct can be relevant.



“The sensible Naturism Wales approach: choose places thoughtfully and keep lawful freedom and considerate behaviour together.

This page is general information, not legal advice.
Laws and official guidance can change.



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SECTION 11

Your first-day plan

A little preparation leaves more room to enjoy yourself.



BEFORE YOU GO

- ✓ Read the event information from start to finish.
- ✓ Check what to bring and whether you need to book.
- ✓ Know the photography policy and clothing requirements.
- ✓ Tell the organiser you are new if that would help.
- ✓ Decide your own boundaries in advance.



WHEN YOU ARRIVE

- ✓ Introduce yourself to the organiser or host.
- ✓ Ask where to put your things and where the loos are.
- ✓ Keep your towel with you.
- ✓ Give yourself ten minutes before judging the experience.
- ✓ Talk to people.



AFTERWARDS

- ✓ Notice what surprised you.
- ✓ Keep the parts you liked and leave the parts you did not.
- ✓ Choose another experience only because you are curious, not because you have something to prove.



“ *A little preparation can turn nerves into excitement.*



SECTION 12

Quick answers to common questions

The questions people think are too silly to ask usually are not.

1 WILL EVERYBODY LOOK AT ME?

People will see you. Seeing is not the same as staring. Most people are friendly and respectful, and soon you will feel at ease.



2 WHAT IF I KNOW SOMEBODY THERE?

Say hello. The awkwardness usually lasts about three seconds. Most people are welcoming and understanding.



3 DO I HAVE TO BE NAKED ALL THE TIME?

It depends on the place. Check the venue rules. You can often wear a towel or clothing in some areas if needed.



4 CAN I KEEP MY PHONE WITH ME?

Usually, yes. Follow the photography policy and never record or photograph people without clear permission. Be present and respectful.



5 IS NATURISM SEXUAL?

No. Social naturism is not a sexual invitation. It is about body acceptance, wellbeing and enjoying nature in a respectful community.



6 WHAT IF I HATE IT?

That is OK. Put your clothes back on where permitted, leave and congratulate yourself for trying. It still counts as a positive step.



7 WHAT IF I LOVE IT?

Then you may have discovered why it can feel wonderfully ordinary once the nerves disappear. Take your time and explore what feels right for you.



“Curiosity is a great companion. There are no silly questions, only new understanding.”



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YOUR NEXT STEP

You do not need to become a different person

You only need a first experience that lets you be more comfortable as the person you already are.

“ From the outside, naturism can look bold. From the inside, the meaningful difference is often quieter: less performance, less comparison and more room to breathe. **”**

W

NATURISM WALES

We are building a Welsh naturist community rooted in Acceptance, Kindness, Respect & Community.

Whether you are completely new, returning after years away or simply curious, you are welcome to learn more.



ACCEPTANCE

You are welcome as you are.



KINDNESS

A supportive and friendly community.



RESPECT

For people, places and boundaries.



COMMUNITY

Real people, real experiences, all backgrounds.

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REFERENCES

Legal sources and further reading

Legal information checked 30 September 2026.
Always check for later changes before relying on it.



COURTS AND TRIBUNALS JUDICIARY

Neil Cox v Director of Public Prosecutions [2026]
EWHC 2437 (Admin), judgment dated 23 September 2026.

 [judiciary.uk](https://www.judiciary.uk)



COLLEGE OF POLICING

Public nudity advice and decision aid.

 college.police.uk



CROWN PROSECUTION SERVICE

Public Order Offences incorporating the
Charging Standard.

 cps.gov.uk



UK LEGISLATION

Sexual Offences Act 2003, section 66 (Exposure).

 legislation.gov.uk



“ This guide is educational and community information,
not medical or legal advice. Venue rules and the law may change.

