

The First Timers' Guide To Socialized Nudity

On Being Nude

Being nude is easy - you do it in the bathroom every time you shower. All you have to do is take off your outer garments, closely followed by your undergarments and you're there. Being nude with that special other is also quite easy (and often, quite appropriate). It is accomplished in much the same method as showering, except it usually takes place in the bedroom. But taking your clothes off in front of a dozen strangers....now there's the trick. You see, this fantastically advanced society we live in says that it is shameful to remove our clothing in front of anyone who is not your spouse, your doctor or your masseuse.

Why Nudity is Wrong

The "whys" of this dictum date back to Adam and the Apple Incident and were revived during the latter reign of her majesty Queen Victoria. They are:

Nudity is inherently shameful according to the Bible of every religion - except the ones that come with a living Messiah and an FBI stakeout. Being nude incites maddened sexual passions which will inflame and destroy the fabric of our civilization. Your naked body is a forbidden temple, to be worshipped by your spouse, care-taken by your doctor, and refurbished by your masseuse. Now that we have that out of the way, there are several more practical reasons why clothes are in fact quite a useful habit:

Stinging insects rarely bite through denim jeans. Sunburn hurts, and suntan lotion aren't cheap. Most of your orifices are not sufficiently flexible to act as a safe place to carry your wallet, keys and cigarettes. So where does this leave us? With a body that will never truly know the feel of wind caressing its every hair; that will never get an all-over tan. All that glorious shame that's lurking inside of you.

Why Nudity is OK

We've gone through the assumptions that tell us why nudity is dreadfully wrong. Now, a quick glance into the matter from a somewhat different perspective.

The human body is terribly common. Believe it or not, everyone has one. And mostly, they look fairly alike: the same amount of limbs, eyes, hairy patches and moving parts. That's why you can mass produce shirts.

The naked body is not equal to sex. Thousands of African tribesman will attest to it and tens of thousands of nudists the world over will back them up.

Sometimes, it feels great to be nude. Sitting nude on a picnic blanket on a sun-dappled river bank surrounded by trees on a warm day with a cool breeze among good friends and family can be heaven.

For First Timers

For your first time, go to a nudist resort (ie: one which is set in wide, open natural surroundings) - possibly a campsite with caravan and cabin stay. The great thing about these is that they are relaxed, with plenty of privacy when required and they generally have a central area with spas and seating where you can relax, socialize, and be among like-minded people. Spend a bit of money and go somewhere nice. This trip will set the tone of all your future nudist endeavors. You only have your first time once, so make it good!

Go somewhere at least a few hours drive from where you live. There are two reasons for this. (1) It lessens the chance of your seeing anyone you know - it's much easier to strip for the first time with only strangers around (trust me - any nudist will agree). Also, (2) it lets you feel that you are away from all the daily stresses and conventions of life. This should be a vacation, and a vacation is much more fun when you actually vacate your usual haunts. Also, you'll be more inclined to follow through if you make the whole experience into an adventure.

Men, I know you will not spend your entire visit to a nudist/naturist resort with an erection. You are no more likely to be erect after you've disrobed than you are walking around in your suit-and-tie. Granted, you may very occasionally become semi-erect (or even fully erect) but no more so (and probably less) than you would in fully clothed circumstances. Stop worrying about it. It simply will not be a problem. Any experienced nudist will tell you this.

Take a "security blanket". Your "security blanket" is something non-obtrusive which you can discretely use to cover your genitals. You won't actually use it but it'll make you feel a bit better during your first five minutes of nakedness. Some forms of a "security blanket" could be a towel (not worn, but carried) a big satchel, a large cooler box, a deck chair, or a picnic blanket. I'm sure you can think of something.

Flirting/being flirted with can be uncomfortable or intimidating even when clothed. When you're nude it can be even worse. As any experienced nudist will tell you, nudism has nothing to do with sex, and flirting with strangers is frowned upon. Feel free to be affectionate with your established partner but please respect others' desire to be comfortable. If someone is flirting with you and you are feeling uncomfortable, do something about it, which makes it clear that his/her attentions are not welcome. If you feel like you are being harassed let the owners or staff know and they will deal with the problem. However, this problem will seldom be encountered in a nudist resort. It is more likely to happen on nudist beaches (which are free-to-access by all kinds of people, including gawkers - clothed individuals who like looking at nude people). That's why we only go to places which are somewhat out of the way (in terms of location), and where you have to pay to stay.

Pack at least two items of clothing: a comfy, button-up long-sleeved shirt (casual flannel is fine) and a pair of slops (or thongs, as they are sometimes called). I also usually take a jersey and a pair of sunglasses and don't forget the sun screen and insect repellent.

You are probably going to spend a fair amount of time sitting in the sun and reading. Bring several books and magazines depending on your length of stay.

Don't try to lose three inches off your buttocks/wax your pubic region into a perfect "v"/madly exfoliate your buttocks just because you will be going naked in front of strangers. Believe it or not, nobody will care how you look (except for commenting on that interesting piercing) and you will find that body shape, size or texture will cease being important in your interaction with others. Being nude makes all of these issues unimportant. However, you will not come to the full realization of this until you are nude among mixed company of like kind.