

The bare naked etiquette of nude recreation



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There are a lot of misconceptions around nudism. Isn't it a sexual thing? No. Won't everybody be staring at my body? Nope. Do I have to be totally naked all the time? Not at all.

The nudists - also known as naturists - around Oregon are dedicated to ensuring the comfort of every person who gets naked at resorts, on beaches, in hot springs or around the woods (see our [main guide](#) to getting naked in Oregon).

In other words, there's a certain nude etiquette to follow when buffing with other people.

We looked at the etiquette at Oregon's big three nude resorts - [Squaw Mountain Ranch](#), [Mountaindale Sun Resort](#) and [The Willamettans](#) - to come up with a comprehensive guide on the dos and don'ts of nude recreation. (See the video above for one resort's guide to etiquette.)

1. Bring a towel: This is the golden rule among nudists. Wherever you go, bring a towel with you to lay on chairs, benches or other surfaces before you sit down. It also comes in handy when you need to shower before getting into a pool or hot tub (see below).

2. Nothing sexual: "There are some people who are unable to separate nudity from sex, and we keep an eagle eye out for those people," Squaw Mountain board member Dave Arter said. "People who cross that line are asked to leave immediately and not come back."

3. Treat people like they're clothed: Think of interacting naked as you would while wearing clothes. Staring at somebody else's body would be considered rude either way. Touching strangers without their consent is a little too forward as well. Treat everybody with kindness and respect, just like you would anywhere else.

4. Anonymity: Many people who like to practice nudism don't necessarily want the world to know about it. Respect the anonymity of people at resorts and other private locations, and never take photos of people without their permission.

5. Pool rules: Just like at a public pool, make sure you shower before getting into a clothing-optional pool or hot tub. It's especially important for people going in without any barrier between their bodies and what might end up in the water. Resorts will also ban any clothing from pools and tubs.

6. Bring a cover-up: It won't be necessary if you're at a place where public nudity is expected, but you might want to bring a cover-up if you're going nude on public land - just in case you run into a clothed stranger who takes offense.

7. Be nude: "We don't force anybody to take their clothes off," Arter explained, but it's far more awkward to be the one person *not* naked. Take your time if you're uncomfortable with being nude, but try to make it a goal to go bare by the end of the day.

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