



Our best deal.

Subscribe now and get 6 months for 99¢.

Today is Naked Hiking Day. Here’s what you need to know

This ad will end in 16 seconds



< Caption

LIFE

By Nancy Clanton, The Atlanta Journal-Constitution

Updated June 21, 2022

Before you take off your clothes and take to the trails, make sure you’re prepared



While this article is provided as part of our public service mission, we offer much more. Support local journalism with today's incredible deal: just 99¢ for 6 months of unlimited access! [Subscribe now.](#)

By now you're aware that June 21 is the the summer solstice, meaning it's the longest day of the year and the official start of summer.

Advertisement

But did you know it's also Naked Hiking Day?

Naked (or Nude) Hiking Day is a chance for outdoor enthusiasts to get back to nature while au naturel.

Explore 5 must-hike mountain trails in Georgia

Here are a few things to keep in mind if you decide to let it all hang out while hanging out in the woods.



2. Protect your skin. Some parts of you might never have been exposed to sunlight, and a sunburn on sensitive areas could be quite painful. Insect repellent is also a necessity.

Explore 5 reasons you'll probably get bit by a mosquito

3. Approved apparel. Hats and shoes are acceptable accessories on Naked Hiking Day. A wide-brimmed hat can protect not only your head, but maybe your identity.

Advertisement

4. Bring a backpack. Throw some clothes in there, just in case you come across a group of kids or an official with no sense of humor. You should also carry extra sunscreen and repellent. Another good idea is a guide to poison ivy and poison oak, because no one wants that rash.

5. Don't hike alone. If you don't want to hike naked with friends, consider joining a group, like the [American Association for Nude Recreation](#). The organization has more than 40,000 members in North America and the Caribbean, [according to its LinkedIn profile](#).

Explore 9 picturesque hikes less than an hour from Atlanta



Nancy Clanton writes and edits stories of local interest about health, travel, events and entertainment. She also coordinates coverage and promotion of Pulse, The Atlanta Journal-Constitution's digital magazine for nurses in the Southeast. A native of Knoxville and graduate of the University of Tennessee, she has worked at the AJC for 21 years.

Editors' Picks



Gwinnett to focus on classroom behavior to start the school year

15h ago



REVIEW: Lady Ha beckons with street food, drinks on Beltline

12h ago



COVID-19 outbreak disrupts summer program for gifted Georgia students



Glide Pizza opens new location inside Inner Voice Brewing in Decatur



Glide Pizza opens new location inside Inner Voice Brewing in Decatur



Janitor with golden voice gets Journey shoutout for ‘Don’t Stop Believin’ performance
5h ago

Atlanta among best cities to celebrate July 4 this year
9h ago

Man who never missed work for 27 years receives more than \$250,000 via GoFundMe

Featured



PHOTOS: Shepherd Center creates enchanted garden prom for its teen clients
13h ago

‘Breakdown’ Season 2, Ep. 18: ‘Death in a Hot Car; Mistake or Murder?’
15h ago

Atlanta to start city ambulance service after frustrations mount with Grady EMS

CONTENT BY

EnergyBillCruncher | Sponsored

Georgia Gov Will Cover The Cost To Install Solar If You Own A Home In These Zip Codes

Daily Finance Stories | Sponsored

Chrissy Metz, 40, Shows Off Massive Weight Loss In Fierce New Photo

Mavix | Sponsored

The Best Gaming Chair Just got Better

Daily Finance Stories | Sponsored

Cher's Son Chaz Bono Is So Skinny Now And Looks Like A Model (Photos)

Finance Wealth Post | Sponsored

Tom Selleck's Daughter Is Probably The Prettiest Woman To Ever Exist

RightCapital | Sponsored

Advanced planning features for modern advisors

Today

Buzznet | Sponsored

9 Years Ago They Were Called the World's Most Beautiful Twins - Now Look at Them

Daily Finance Stories | Sponsored

Chrissy Metz: This Is How The Famous Actress Looks After Weight Loss

Harry and David | Sponsored

Signature Chocolate Truffles

RightCapital | Sponsored

Spending too much time on "one-page plans"?

HealthyGem | Sponsored

45 Hair Shapes That Make A Woman Over 60 Look 40

Harry and David | Sponsored

Grand Signature Gift Basket

Kendra Scott | Sponsored

Faceted Reid Gold Long Pendant Necklace in Sea Green Chrysocolla

Unify Health Labs | Sponsored

Randy Jackson: This 3 Minute Routine Transformed My Health

Refinance Gold | Sponsored

Remember Pauley Perrette? Take A Deep Breath Before You See What She Looks Like Now

Noteabley | Sponsored

Kirstie Alley Is So Skinny Now And Looks Like A Barbie

Online Shopping Tools | Sponsored

Amazon Left Scrambling As Shoppers Find Out About Secret Deals

YourBump | Sponsored

[Photos] Famous Faces Who Support Trump

Loan Insurance Wealth | Sponsored

How Amal Clooney Looks Without Makeup Is Tough To Handle



BleacherBreaker | Sponsored

97% Of Christians Can't Pass This Basic Bible Quiz

Post Fun | Sponsored

Here's Why Opie's Mom Was Never Mentioned On 'The Andy Griffith Show'

Rest Wow | Sponsored

Totally Fake - The 35 Most Fake Reality Shows People Actually Believed Were Real

Chaikin Analytics | Sponsored

“Move your money in 2022,” Wall St. legend warns

Definition | Sponsored

Remember Her? Take a Deep Breath Before You See What She Looks Like Now

NerdWallet | Sponsored

6 Credit Cards You Should Not Ignore If You Have Excellent Credit

Tip Parents | Sponsored

Remember Cote De Pablo? Take A Deep Breath Before You See What She Looks Like Now

dotmall | Sponsored

The Sandals for Standing All Day Without Discomfort

Articles Vally | Sponsored

Fascinating Facts About Lynda Carter's Wonder Woman Outfit

Sweetth | Sponsored

The Best Walking Shoes For Women To Wear All Day Long Without Discomfort.

News Sharper | Sponsored

Chaz Bono Is So Skinny Now And Looks Like A Model

HealthyGem | Sponsored

20 People Who Starred In My 600-Lb Life, Today

Comfy Sandals | Sponsored

The Sandals For Standing All Day Without Discomfort!

Horizontimes | Sponsored

After Centuries 2 Brothers Found The Oak Island Treasure

Post Fun | Sponsored

Worst TV Shows of All Time, #4 Might Surprise You

Finance Wealth Post | Sponsored

Try Not to Gasp When You See Finally See Who Rachel Maddow's Partner Is

The Atlanta Journal-Constitution

Subscribe Today

ABOUT

[Help Center](#)
[About the Atlanta Journal-Constitution](#)
[Newsroom Ethics Code](#)
[Careers](#)
[Archive](#)
[Press On](#)
[Donate](#)

CONTACT US

[Contact Us](#)
[Send a News Tip](#)
[Advertise](#)
[AJC Newsroom](#)

OUR PRODUCTS

[ePaper](#)
[Newsletters](#)
[All AJC Podcasts](#)
[Download iOS App](#)
[Download Android App](#)

SUBSCRIPTION

[Print Subscription](#)
[Digital Subscription](#)
[Manage Subscription](#)
[Your Profile](#)
[NIE/Newspapers in Education](#)

© 2022 The Atlanta Journal-Constitution.
All Rights Reserved.

By using this website, you accept the terms of our
[Terms of Use](#), [Privacy Policy](#), [CCPA](#), and understand your options regarding [Ad Choices](#).

