



BARE NECESSITIES  
TOUR & TRAVEL

# BIG NUDE BOAT 2025



## Norwegian Pearl

FEB 3-14, 2025

Miami,  
Florida

San Juan,  
Puerto Rico

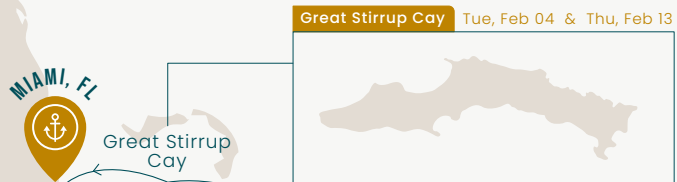
Fort-de-France,  
Martinique

Great Stirrup Cay,  
Bahamas

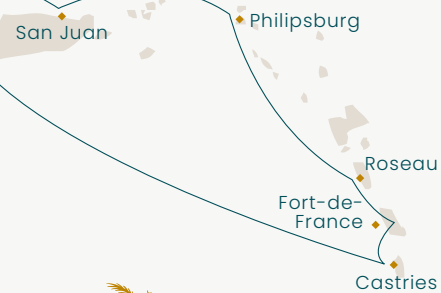
Philipsburg,  
St. Maarten

Castries,  
St. Lucia

Roseau,  
Dominica



**BARE NECESSITIES**  
TOUR & TRAVEL



# Big Nude Boat 2025

**MON, FEB 3 - FRI, FEB 14 2025**



<b>Mon, Feb 3</b>	<b>Miami, Florida</b>		4pm
<b>Tue, Feb 4</b>	Great Stirrup Cay, Bahamas*	8am	5pm
<b>Wed, Feb 5</b>	At sea		
<b>Thu, Feb 6</b>	San Juan, Puerto Rico	Noon	8:30pm
<b>Fri, Feb 7</b>	Philipsburg, St. Maarten	8am	5pm
<b>Sat, Feb 8</b>	Roseau, Dominica	8am	5pm
<b>Sun, Feb 9</b>	Fort-de-France, Martinique	8am	5pm
<b>Mon, Feb 10</b>	Castries, St. Lucia	8am	5pm
<b>Tue, Feb 11</b>	At sea		
<b>Wed, Feb 12</b>	At sea		
<b>Thu, Feb 13</b>	Great Stirrup Cay, Bahamas*	8am	5pm
<b>Fri, Feb 14</b>	Miami, Florida	7am	

\*Exclusive Bare port



## Welcome Aboard

Dear Bare Cruisers,

### Welcome Aboard Big Nude Boat 2025!

We're marking a significant milestone with our new partnership with NCL. This brings our first opportunity to sail aboard Norwegian Pearl and enjoy two visits to NCL's stunning private island, Great Stirrup Cay.

In between sunny nude beach days at the private island, we'll visit beautiful Dominica and St. Lucia, and rediscover some of our favorites from past cruises, like St. Maarten, San Juan and the French island of Martinique. Enjoy the warmth and unique cultures found on each of these tropical islands.

Beyond our exciting port visits, you'll discover well over 60 nude experiences onboard. Show off your skills at Bare Bowling, unleash your voice at Bare Karaoke, test your luck at Bare Blackjack, or join our Bare Pickleball tournament. Each day promises nude adventures and memorable moments.

Every Big Nude Boat creates its own special magic through the relationships formed onboard. Whether you're discovering nude cruising for the first time or returning to reunite with friends, you're part of making this journey unique.

*Yours naturally,*

The Bare Necessities Tour & Travel Team

# DON'T FORGET TO Share the Chair



Only your bottom can reserve a deck chair. Personal items left on deck chairs longer than 40 minutes will be removed and placed at the towel stand on the pool deck to allow other passengers the opportunity to relax. Bare Necessities staff will be enforcing this rule and are not responsible for any items left unattended. Consider your fellow passengers and don't be a deck chair hog!

## THE UN-DRESS CODE Decorum & Etiquette

To assure that cruise lines continue to support our charters and that we all enjoy a wonderful, stress-free, clothes-free experience, we ask passengers to please observe the following rules:

- While at sea, passengers may be nude aboard unless announcements are made that clothing is required. When the ship is docked in port, all passengers must be dressed throughout the vessel including outside verandahs.
- Displaying yourself nude in front of other ships in port or while port authorities are on board the vessel for clearance is strictly prohibited.
- Clothing is required for all meals in the dining room and specialty restaurants. Casual attire is fine.
- Lingerie, fetish-wear and excessive genital jewelry are not appropriate at any time, and bathrobes are not permitted in the dining room.

- Always sit on a towel while nude, in a G-string, thong, or any time you are bare bottomed. This is **STANDARD NUDIST ETIQUETTE** and is to be followed onboard as well as on any clothing optional excursion. Stacks of towels will be placed throughout the ship outside of common areas in case you arrive without one. A beach towel is provided in your stateroom which can be taken ashore while in port.
- No photographs, videos or electronic images of any person may be taken without the express consent of that individual.
- Fondling or inappropriate touching of personal body parts or those of someone else, overt sexual activity or any solicitation for sexual acts is strictly prohibited.
- Dangerous, rude as well as lewd behavior will not be tolerated at any time.



### Tips, hints & information

Bare Necessities staff will be wearing their orange ball caps and can easily be identified by their orange name tags hanging from their lanyards. Our Pool and Sales Desks are open on sea days. Exact hours and locations are specified in the Freestyle Daily.

Any cruise ship related questions or issues should be directed to the NCL Pearl Guest Services Desk on Deck 7.

### Photography

Everyone has the right to be nude without the fear of being photographed and everyone has the right to photograph their vacation. To accomplish these conflicting goals, we've adapted one basic rule: Do not photograph anyone, clothed or nude, without their express permission.

In the 'NO PHOTO ZONE' lens stickers for electronic devices are required and will be available at the BNT&T Pool Desk.

The ship's photographers are always available and will take a group photo which will be sold exclusively by the ship's photo concession. Keep an eye on the Freestyle Daily for date, time and location of the group photo.



### DID YOU KNOW

Bare Necessities staff will be wearing orange caps!

Failure to comply with any of Bare Necessities guidelines will be grounds for dismissal from the cruise. Bare Necessities also complies with the cruise line's regulations, including the right to dismiss persons from the cruise for abusing alcohol and/or drugs, not obeying all safety rules and not complying with the laws of the country we are visiting. There are no refunds for dismissal and transportation is NOT provided from the port of dismissal.

# THE UN-DRESS CODE

## Do's & Don'ts



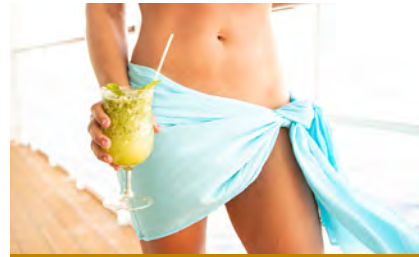
✓ DO

Arrive fully dressed when eating in the main dining room and specialty restaurants. Attire must cover nips, bits and butts.



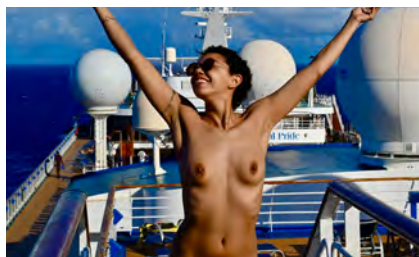
✗ DON'T

Wear bathrobes in the dining rooms or common areas of the ship. Robes are fine in the spa and outside decks at night.



✓ DO

Be considerate and wrap something around your waist while going through the buffet line; especially if you're tall.



✗ DON'T

Confuse us with sexually charged lifestyle vacations. We provide an opportunity for you to relax in your own skin. We are an AANR Travel Club! Any form of solicitation for sex or lewd behavior will be grounds for dismissal.



✗ DON'T

Bother packing a tux, formal wear is optional. Passengers are welcome to dress casually during meals.



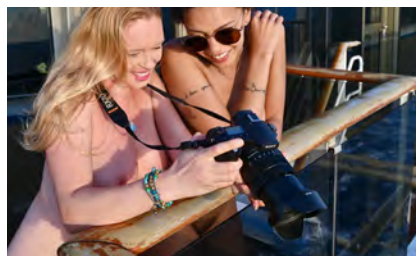
✓ DO

ALWAYS SIT ON A TOWEL when nude or wearing a thong, g-string, short skirt or shorts where any portion of your bare bottom is exposed. This is STANDARD NUDIST ETIQUETTE to be followed on board and on nude excursions.



✗ DON'T

Forget your shirt in the main dining room. Fellas, if gals can't be topless in the main dining room, neither can you.



✓ DO

Take photos of your vacation. Photographing your bare friends is fine, just asked their permission first. Remember cameras are not allowed on the pool deck and in the night club. These are designated NO PHOTO ZONES.



✗ DON'T

Take photos during the costume contest or talent show. We need to respect passenger privacy. Ask permission before taking their photo; this includes when they are nude, fully clothed or in costume. Many are happy to pose for you, just ask.



✓ DO

Leave those sharp stiletto heels behind if you're going to be dancing the night away. Protect the other dancers bare toes.



✗ DON'T

Leave your shoes in your cabin for your journey. Shoes are required everywhere onboard.



✓ DO

Avoid getting burned. Bring sunscreen, sunglasses, and a hat to protect yourself from the sun. Consider packing some aloe just in case.



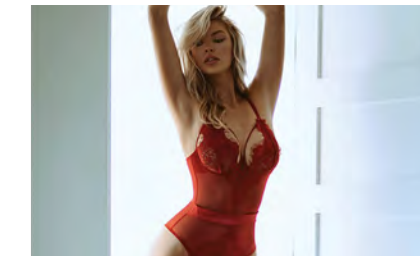
✗ DON'T

Forget to check out all the Bare Necessities workshops and lectures. Details about our photography classes and more can be found in this Welcome Aboard magazine as well as in the daily printed Fun Times.



✓ DO

Participate in our Bare Fest Event theme nights. Feel free to bring a complete costume or simply accessorize.



✗ DON'T

Wear lingerie or fetish wear anywhere aboard the ship. This attire is not appropriate outside of your cabin on our bare cruises.



✓ DO

Make sure to dress before leaving your cabin on port days. Clothing is to be worn throughout the ship including balconies prior to our arrival into port. Once the ship has departed, wait for an announcement before going bare.



✗ DON'T

Forget to pack your swimsuit. Not all excursions offered will be nude. If you've reserved a clothing optional excursion, please double check to see when nudity is permitted.



✓ DO

Follow our rules of decorum. We want you to enjoy your bare cruise to the fullest. However, to maintain our relationship with the cruise line you must adhere to our terms and conditions. We'd hate for you to end your vacation early.



AND MOST IMPORTANTLY  
Enjoy the Nakation of a lifetime!



## ORDER BNB25 CRUISE TEES & TANKS

Order your custom Big Nude Boat 2025 cruise t-shirts and tanks to be delivered to your home. Several designs, styles and colors to choose from. Pricing and shipping information available at the website. Don't miss the opportunity to purchase a stylish souvenir of your bare cruise! Prices range from \$20 and up, depending on size and style, plus \$4.69 shipping.

[CRUISEBARE.COM/SHOP](https://cruisebare.com/shop)



**BARE NECESSITIES  
TOTE BAGS, TANK  
TOPS AND “THIS  
IS THE ONLY  
SHIRT I PACKED”  
TEES AND MANY  
OTHER ITEMS ARE  
NOW AVAILABLE  
FOR PURCHASE  
ONLINE!**



Check your Freestyle Daily and don't miss the opportunities to be part of these epic Bare Group Photos! These group photos may ONLY be purchased in the Photo Gallery on Deck 7 while aboard the ship.

**1pm on Wednesday Feb. 5**

**Nude Day at Sea #1**

Pool Deck

**1pm on Tuesday Feb. 11**

**Nude Day at Sea #2**

Pool Deck

**5 - 6 PM on Tuesday Feb. 4**

**WELCOME ABOARD CHAMPAGNE TOAST**

Please join us for a ship-wide "Welcome aboard!" toast. Glasses of sparkling wine as well as a non-alcoholic option will be served at venues all around the ship for one hour, compliments of Bare Necessities and Norwegian Cruise Line.

# GROUP PHOTOS



# DELICIOUS & EXQUISITE Dining on Pearl

Bare cruisers have a wide range of complimentary dining options aboard the Norwegian Pearl, including the main dining rooms, buffet and 24-hour bar and grill.

Dinner is "FreeStyle" which means you can dine at ANY time between 5 PM – 10 PM. Hours of operation differ depending on the venue. Check your FreeStyle Daily for more details. There is no assigned seating.

To make the most out of your dining experience, we would like to share some dining option details and provide some helpful tips.

## WHAT'S INCLUDED

### Summer Palace\*

The largest of the main dining rooms that offers a wide variety of cuisine including Chef's Signature Dishes.

### Indigo\*

Balancing classic favorites with unique new dishes with an extensive menu of deliciously fresh flavors.

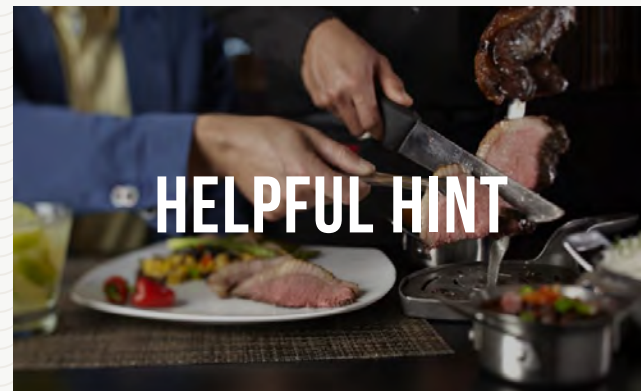
### Lotus Garden\*

Dine on Asian fusion at its finest with a selection that includes noodles, wok-fried dishes and authentic soups. Reservations are required.

### O'Sheehan's Neighborhood Bar & Grill\*

Casual dining serving guests 24 hours a day starting with a breakfast menu then later offering burgers and salads along with daily dinner specials.

\* Clothing is required in these complimentary restaurants as well as all venues in which guests are served their meals by wait staff carrying food on trays to your table. Self-serve dining venues do not require clothing. Please follow the guidelines outlined in our rules of decorum.



## Skip the wait, eat LATE!

If you don't want to wait for a table, consider eating after 7 PM. Screens located throughout the dining venues will display the best time to dine and will indicate which restaurants have a long wait time. Please consider the timing of your meal if you are looking forward to participating in any evening entertainment or event that begins at a specific time.

## SPECIALTY DINING

Passengers also have the option of dining at one of the many specialty restaurants aboard. Explore the wide range of cuisine for an additional fee. If you missed making an online reservation prior to the cruise, you may contact the Restaurant Reservation Desk aboard located on Deck 7 midship.



### Le Bistro

Sample the finest French cuisine such as escargot and coq au vin.



### La Cucina

Enjoy the freshest ingredients and dine on classes from Italy like Osso buco or seafood fettuccine.



### Cagney's Steakhouse

An authentic American steakhouse with choice cuts of Angus Beef perfectly prepared your way.



### Sushi Bar

In the mood for sushi, pull up a stool at this contemporary sushi, sashimi and yakitori bar for traditional Japanese bites.



### Teppanyaki

Sit at a lively shared table as a skillful chef prepares Japanese hibachi shrimp, steak, chicken and fried rice on a large steel grill.



### Moderno Churrascaria

A Brazilian steakhouse boasting an impressive salad bar, cured meats and cheeses. Save room for the abundance of skewers of slow-roasted meats carved tableside by our pasadores.



Clothing is required for specialty dining, but the dress code is casual. Pricing on average is \$40 - \$60 per person depending on the restaurant; a la carte options may be available. A 20% gratuity will be added. Alcoholic beverages are additional as well.

For those who enjoy specialty coffees and teas, the Norwegian Pearl has a barista onboard serving Starbucks favorites for a small fee.

## COMPLIMENTARY SELF-SERVE DINING VENUES



### Topsiders Bar & Grill

Made-to-order treats grilled just the way you like along with a salad bar.



### Garden Café

Whatever you're craving, you'll find it here. This indoor buffet-style restaurant serves breakfast, lunch and dinner as well as a wide range of desserts.



### The Great Outdoors

This spacious outdoor buffet area is an extension to the main buffet serving the same favorites items with ocean views from the Aft.

**You may dine nude at any of the self-serve venues.** Please remember standard nudist etiquette - always sit on a towel if you are nude or wearing a thong or g-string. Towel stations are situated throughout the ship if you do not have anything to place between yourself and the furnishings. As a courtesy, we ask that passengers wear something around their waist when making their selections at the buffet; this is not a rule; simply a request.

# CRUISE SNAPSHOT

## BIG NUDE BOAT 2025 Cruise Snapshot

Bare Necessities activities are in addition to those provided by NCL and are subject to change. Please check your printed Freestyle Daily to confirm date, time and location of each activity. Deck parties are weather permitting. Bare Necessities classes, lectures and activities will not appear on the mobile app.

### Day 1: Mon Feb 3 Embarkation Day Welcome Aboard!

- ✦ 11 AM – 3 PM **Crafty Cruisers Sign-up** – Splash Academy Kids Center, Deck 12 midship
- ✦ 11 AM – 3 PM **Pickleball Sign-up** – Sports Court, Deck 13 Aft

### Day 2: Tue Feb 4 Great Stirrup Cay, Bahamas 8 AM – 5 PM White Night

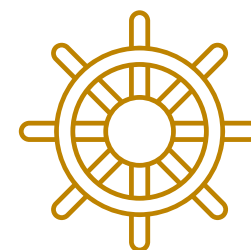
5 – 6 PM Welcome Aboard Ship-wide Champagne Toast Sparkling wine compliments of Bare Necessities & NCL.

### Day 3: Wed Feb 5 Sea Day #1 Bare Fest Event: DARE 2 BARE Dance

- ✦ 7 – 10 AM **Pickleball – Open Play** – Sports Court, Deck 13 Aft
- ✦ 8:30 AM – 5:30 PM **Crafty Cruiser Sea Glass** – Splash Academy Kids Center, Deck 12 Midship
- ✦ 10 AM **Nudism in a Nutshell** – Spinnaker Lounge, Deck 13 Forward

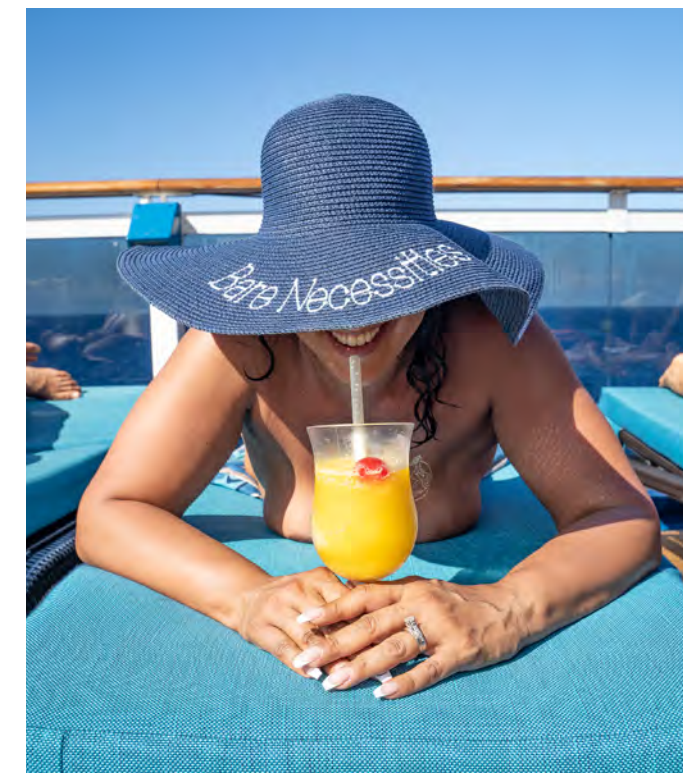
- ✦ 11 AM – 12:30 PM **Pickleball Clinic** – Barcelona/Prague Meeting Room, Deck 6 Forward, Port Side
- ✦ 11 AM **Beyond Ballroom Basics** – Spinnaker Lounge, Deck 13 Forward
- ✦ 1 PM **Group Photo** – Pool Deck
- ✦ 2 PM **Travel Photography Class** – Spinnaker Lounge, Deck 13 Forward
- ✦ 2 PM **Bridge Open Play** – Card Room, Deck 12
- ✦ 4 PM **Soothe Your Soles** – Spinnaker Lounge, Deck 13 Forward
- ✦ 9:30 PM **DARE 2 BARE Dance Party** with the Just Married Band – Pool Deck

### Day 4: Thu Feb 6 San Juan, Puerto Rico 12:30 PM – 8:30 PM



### Day 5: Fri Feb 7 Philipsburg, St. Maarten 8 AM – 5 PM Bare Fest Event: Light Up the Night

- ✦ **10 PM LIGHT UP THE NIGHT** – wear your LED Lights to the Pool Deck Dance (weather permitting).
- ✦ **IMPORTANT NOTE:** Glow sticks are not allowed due to environmental regulations.





## CRUISE SNAPSHOT (CONTINUED)

**Day 6: Sat Feb 8 Roseau,  
Dominica 8 AM – 5 PM  
Margaritaville**

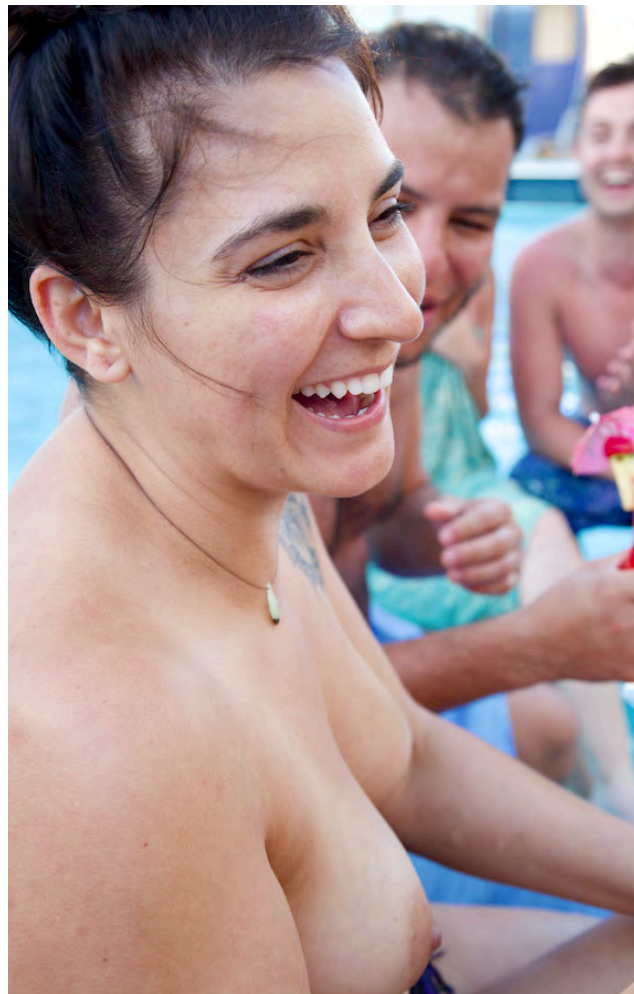
**Day 7: Sun Feb 9 Forte-de-France,  
Martinique 8 AM – 5 PM  
Super Bowl Sunday**

**Day 8: Mon Feb 10 Castries,  
St. Lucia 8 AM – 5 PM**



**Day 9: Tue Feb 11 Sea Day #2  
Bare Fest Event: A Galaxy Far, Far Away**

- ✦ 7 – 10 AM **Pickleball Open Play**  
Sports Court, Deck 13 Aft
- ✦ 8:30 AM – 5:30 PM **Crafty Cruiser Sea Glass**  
Splash Academy Kids Center, Deck 12 Midship
- ✦ 9 AM **Mindfulness**  
Spinnaker Lounge, Deck 13 Forward
- ✦ 10 AM **Nudist Destinations in Europe**  
Spinnaker Lounge, Deck 13 Forward
- ✦ 10 AM – 12 PM **Pickleball Coaching**  
Sports Court, Deck 13 Aft
- ✦ 11 AM **Beyond Ballroom Basics**  
Spinnaker Lounge, Deck 13 Forward
- ✦ 1 PM **Group Photo** – Pool Deck
- ✦ 2 PM **Smartphone Photography**  
Spinnaker Lounge, Deck 13 Forward
- ✦ 2 PM **Bridge Open Play**  
Card Room, Deck 12
- ✦ 4 PM **Massage for Travel**  
Spinnaker Lounge, Deck 13 Forward
- ✦ 5:30 PM – 7 PM **Sunset Photo Meetup**  
with Michael, Deck 14 Forward
- ✦ **A Galaxy Far, Far Away:** Check your Freestyle Daily for location and time for the Costume Contest and Deck Dance (weather permitting).



**Day 10: Wed Feb 12 Sea Day #3  
Passenger Talent Show**

- ✦ 9 AM **Pickleball Tournament**  
Sports Court, Deck 13 Aft
- ✦ 9 AM **Mindfulness**  
Spinnaker Lounge, Deck 13 Forward
- ✦ 10 AM **Where to Party On After the Cruise is Gone**  
Spinnaker Lounge, Deck 13 Forward
- ✦ 11 AM **Beyond Ballroom Basics**  
Spinnaker Lounge, Deck 13 Forward
- ✦ 2 PM **Bridge Open Play**  
Card Room, Deck 12
- ✦ 2 PM **Creative Photography**  
Spinnaker Lounge, Deck 13 Forward
- ✦ 4 PM **Passenger Talent Show**  
Main Show Lounge

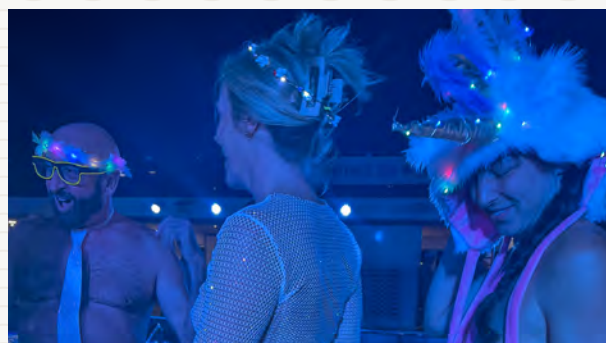
**Day 11: Thu Feb 13 Great Stirrup Cay,  
Bahamas 8 AM – 5 PM  
Rockin' 50'S Bowling Night**

**FRI FEB 14**  
**DEBARKATION DAY**  
Bare Necessities & NCL wish you a  
**Happy Valentine's Day!**



## BARE FEST EVENTS &

# Entertainment



### Light up the Night

**Fri Feb 7** The Big Nude LED light dance party is always a luminous hit! Choose from costumes that blink on and off or just wrap yourself in battery-operated lights. Be sure to use LED lights only; glow sticks are not permitted due to environmental regulations. Let's light up the night sky as we dance under the stars.

### A Galaxy Far, Far Away

**Tue Feb 11** Beam aboard costumed as your favorite Sci-Fi character or creature. The choices are as endless as your imagination. From classic Star Wars to recent hits like Guardians of the Galaxy or Dune, all known and unknown universes are welcome. Participate in our parade through the ship and compete for prizes in our costume contest. Afterwards, join us for a galactic dance party that's out of this world!



### Just Married Band Dare 2 Bare

**Wed Feb 5** Dance Party Night with the Just Married Band. Show up at the party in the most beautiful dance outfit you own - your Birthday suit! Show off all your perfect imperfections at a nude dance party on the deck with 2000 of your best nude friends accompanied by the lively cover tunes of a beautiful naturist musical duo from France - the Just Married Band! Be there and be BARE!!



### Passenger Talent Show

**Wed Feb 12** As our cruise nears its end, it's time for our passengers' star to shine! Don't miss this annual showcase of hidden talents and daring performances. From singing and joke-telling to magic and more, you won't want to miss these acts. Enjoy the show from the audience or brave the spotlight yourself; either way, this unforgettable night promises to amaze and entertain. Want to share your talent? Sign up for an audition at Guest Services and let your creativity run free!

Complementing our Bare Fest Events, we offer a variety of 'mini' theme nights. These fun occasions give guests the opportunity to express their creativity through optional dress-up or accessories.

## Mini Theme Nights

### Margaritaville: Tribute to Jimmy Buffett

**Sat Feb 8** Sail away to a paradise of laid-back vibes and tropical tunes! Channel your inner Parrothead with a grass skirt, a Hawaiian shirt, or simply your favorite flip flops. Join fellow Buffett fans at our "It's 5 O'Clock Somewhere" mixer, where the DJ will be serving up a feast of favorite hits from the master of Trop Rock. Whether you're a Cheeseburger in Paradise or searching for that Lost Shaker of Salt, this night promises a latitude adjustment for all!



### White Night

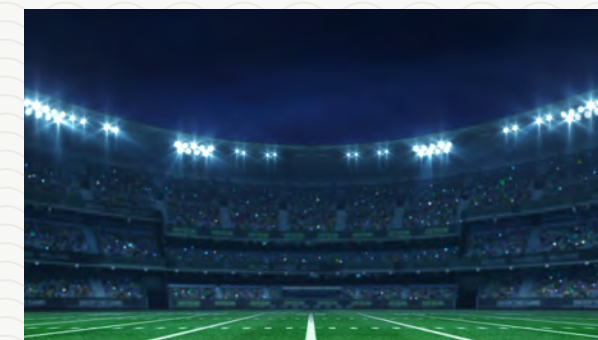
**Tue Feb 4** Illuminate the evening in dazzling white! Show off your sun-kissed glow by donning your favorite white attire for dinner. From flowing dresses to crisp shirts, or just a simple white accessory, embrace the light side for a night of elegant contrast. Join us before or after dinner for a relaxed gathering under the stars at the Sky-High Bar, overlooking the pool. This low-key environment provides the perfect setting to converse and connect with new friends. Prefer a livelier atmosphere to mingle; stop by Bar City on Deck 6 Midship.



### Rockin' '50s Bowling Night

**Thu Feb 13** Strike a pose in nothin' but your socks, or show off your bare take on '50s attire. This evening, we're rolling back to the fabulous '50s with our Bare Bowling Night. Whether you come to join the league or just want to watch the pins drop, we're bringing back the nostalgia of a 50's bowling alley.

\* Bare Fest Events are subject to change; check your printed Freestyle Daily for exact date, time, and location. Bare Necessities events do not appear on the mobile app. All themed events are optional, and dressing up is not required. Mini themes are "unhosted" events. Deck parties are weather permitting.



### Super Bowl Sunday

**Sun Feb 9** Get ready for Super Bowl LIX aboard Norwegian Pearl! Bare fans will be able to enjoy the action throughout the ship. Whether you're rooting for your favorite team or just enjoying the spectacle, we're ready for kickoff. Showing support for your favorite team with festive football flair—even if they aren't one of the two participants—can be a great conversation starter.



# ONBOARD ACTIVITIES



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## Mindfulness

**9 AM in Spinnaker Lounge Deck 13 forward on our 3 Nude Sea Days**

Meditation practice can be defined as bringing attention to our experience. These meditation classes are for both beginners and experienced meditators. During each Sea Day you'll practice specific techniques and learn tips and strategies for developing your attentional skills. You'll also learn how to apply those skills to your life goals, reduce stress and increase happiness.



## Workshop Instructor

Donna has been practicing meditation since 1980 in the Rinzi Zen tradition and Unified Mindfulness system. She's been teaching meditation on Bare Necessities Cruises for 27 years. She also teaches meditation at Fox Valley Technical College, and recently became a certified mindfulness coach. Her main goal as a mindfulness trainer and coach is to help you identify with precision what your mindfulness goals are and provide you with the specific tools you will need so that you can work towards meeting those goals efficiently, and with ease. In addition to group classes, she offers one-on-one mindfulness coaching in person, on the phone, and online.

### Student comments:

"Thank YOU! I am so appreciative of the time you took to share your knowledge of the unified mindfulness techniques. I find myself using them daily. It's been the most accessible form of mindfulness I've been exposed to to date."

"...This class taught me how to apply mindfulness to my daily life, I now have more confidence in choosing how I live my life, and each moment."

"Thank you for giving us an expanded view of meditation."



## Beyond Ballroom Basics

**11 AM in Spinnaker Lounge Deck 13 forward on our 3 Nude Sea Days**

**Wednesday Feb. 5**

### Nude Sea Day #1 – East Coast Swing

Join Sunny and Dave for this fun and flirty tribute to good ol' Rock 'n' Roll.

**Tuesday Feb. 11**

### Nude Sea Day #2 – Cha-Cha

Add a little bit of Latin flavor to your dance repertoire.

**Wednesday Feb 12 –**

### Nude Sea Day #3 – Bolero

Learn this most romantic ballroom dance just in time for Valentine's Day.



They are innovators of "Beyond Ballroom Basics", a proven dance program that provides guests a rewarding experience learning the detailed characteristics, posture, hold, steps, and presentation styling appropriate to dances such as East Coast Swing, Cha-Cha, and Bolero. Their unique teaching approach appeals to beginner and previously trained ballroom dancers alike.

They have two goals for their students: to learn something new about ballroom dance, and to have a good time doing it!

Take advantage of this unique opportunity to experience professional couples' dance instruction in a clothing optional setting. Socks or non-rubberized footwear suggested; dance shoes not required.

## ONBOARD ACTIVITIES (CONTINUED)

### Travel & Creative Photography

**2 PM on our 3 Nude Sea Days  
Spinnaker Lounge Deck 13 forward**

Join this popular series of classes and improve your photography skills and return home with great vacation photos. Both DSLR cameras and smartphone cameras are welcome. Whether a novice or an experienced photographer, you will have an opportunity to learn something new and explore new creative concepts.

#### **Wednesday Feb. 5 - Nude Sea Day #1- Class One:**

Travel & Vacation Photography  
This class will introduce easy techniques to capture memorable cruise and vacation photos.

#### **Tuesday Feb. 11 - Nude Sea Day #2 - Class Two:**

Using your Camera's Creative Tools  
Explore composition in-depth and how to put the WOW factor in all of your photography.

#### **Wednesday Feb 12 - Nude Sea Day #3 - Class Three: Creative Photos**

Discover special effects that you can do at home to create photographic art. The use of a tripod is recommended.

### Soothe your Soles with Mari

**4 PM Wednesday Feb. 5 - Nude Sea Day #1  
Spinnaker Lounge, Deck 13 Forward**

Foot massage helps revive tired feet and re-energize your entire body! Learn the Ayurveda techniques of foot reflexology and explore Marma points from ancient India. These vital points in the body help stimulate and relax your entire central nervous system. They also activate the body's ability to heal. There is a reason why so many cultures use the feet as a means to bring balance and harmony back into the body.

**NOTE:** While it is most beneficial to attend with a partner, passengers may attend solo and pair up if they would like, or may practice on their own feet.



### Therapeutic Massage Techniques for Travel

**4 PM Tuesday Feb. 11 - Nude Sea Day #2  
Spinnaker Lounge, Deck 13 Forward**

Does travel make your back and shoulders hurt? Does sitting on a plane cause you to ache? If so, this class is for you. Join Mari and learn the art of massage and discover the powerful techniques of effleurage and petrissage. With a partner or solo, you will be guided through a sequence of some of the most widely used therapeutic massage techniques. This popular class premiered in 2007 aboard a Bare Necessities cruise and is sure to be helpful after your days of sightseeing in port.

#### **Workshop Instructor:**

Mari Freitas is an expert in the application of Swedish, Sports and Craniosacral massage. She has been the instructor for the sold-out massage technique classes on past Big Nude Boats. Mari is happy to share her knowledge and passion for massage with our passengers. When not on board, she manages a thriving practice in the San Francisco Bay Area.



#### **Workshop Instructor**

For over 40 years, The Naturist Society staff Photographer Michael Cooney has been visiting and reporting on North America and the Caribbean's top naturist and nudist locations from wilderness hot springs to the leading resorts across the country. His photography is featured in "N" magazine, and he is the author of the recently published book: A Few Good Pictures, Exploring Creative and Fun Nude Photography. Michael's photo classes are engaging, fun, creative and offer photo opportunities you just won't experience anywhere else. This is his 31<sup>st</sup> year with Bare Necessities.

## ONBOARD ACTIVITIES (CONTINUED)



### **Nudism in a Nutshell** **10 AM Wednesday Feb. 5 - Nude Sea Day #1** **Spinnaker Lounge, Deck 13 Forward**

This entertaining and informative presentation explores how social nudism came to be and how it has flourished in North America. It examines the life philosophies of early nudists, and the reaction of both the public and the legal system to its existence and growth. We will also learn of famous people who enjoy spending time in the nude. If you are looking to increase your knowledge, or especially if you are new to nudism, we look forward to seeing you there.

### **Where to Party on After the Cruise is Gone** **10 AM Wednesday Feb. 12 - Nude Sea Day #3** **Spinnaker Lounge, Deck 13 Forward**

Whether you are a new or seasoned "Nakationer", discover clothes-free venues you can enjoy after the cruise. Highlights will include established nudist clubs that vary from resorts with many amenities to rustic campgrounds. Included will be public beaches and hot springs you can enjoy sans swimsuit as well. This popular presentation will share pictures and information that you can use to plan that next dream vacation or simply a weekend getaway.



Presenter Sharon McLeod is the former Vice President of the American Association for Nude Recreation (AANR) and has been a nudist for over 30 years. Bare Necessities appreciates her sharing her knowledge and enthusiasm by hosting these lectures aboard our cruises.

### **Nudist Destinations In Europe** **10 AM Tuesday Feb. 11 - Nude Sea Day #2** **Spinnaker Lounge, Deck 13 Forward**

With so many nude beaches and resorts available in Europe it is difficult to make a choice for your next vacation. Here is your opportunity to gather information to help with your decision. Join Christy-Anne Kniestedt, the owner of Internatuur, a Naturist Travel Agency located in the Netherlands, to learn more about some of the best clothes-free resorts and beaches in Europe and beyond.



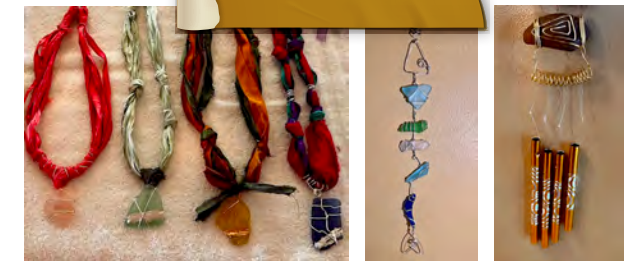
### **Crafty Cruisers**

Back by popular demand, the Crafty Cruisers are ready to help you create amazing sea glass crafts.

**Sign Up 11 AM - 3 PM on Embarkation Day**  
**Splash Academy Kids Center, Deck 12 Midship**

### **Kimono Silk Sea Glass Jewelry** **8:30 AM - 5:30 PM Wednesday Feb. 5** **- Nude Sea Day #1 - Splash Academy** **Deck 12 Midship**

Making sea glass jewelry on the Big Nude Boat has proven so popular the Crafty Cruisers are bringing it back, but this time with a twist - using kimono silk. With so many vibrant colors and designs to choose from, you'll create a one-of-a-kind piece of jewelry your friends at home will envy.



### **Sea Glass Wind Chimes & Dream Catchers** **8:30 AM - 5:30 PM Tuesday Feb. 11 -** **Nude Sea Day #2 - Splash Academy** **Deck 12 Midship**

The Crafty Cruisers are bringing back their popular sea glass art project, this time creating beautiful dream catchers and whimsical wind chimes. They have many designs and color options. Join the Crafty Cruisers and create the perfect remembrance of your adventures aboard the Pearl.



### **Forgot to sign up?**

Drop by the Splash Academy on the first Nude Sea Day; the team will do their best to work you into the schedule.

**ONBOARD ACTIVITIES (CONTINUED)**



**☀️ Outdoors: Pickleball Aboard Pride!**

**Mon Feb 3 Embarkation Day:**

11 AM – 3 PM **Pickleball Sign-up**  
Sports Court Deck 13 Aft  
Sign-up with a partner or sign-up solo and a partner will be assigned.

**Wed Feb 5 - Nude Sea Day #1:**

7 – 10 AM **Pickleball - Open Play**  
Sports Court, Deck 13 Aft

11 AM – 12:30 PM Pickleball Clinic  
Barcelona/Prague Meeting Room, Deck 6 Forward, Port Side

**Tue Feb 11 - Nude Sea Day #2:**

7 – 10 AM **Pickleball - Open Play**  
Sports Court, Deck 13 Aft

10 AM – Noon **Pickleball Coaching**  
Sports Court, Deck 13 Aft

**Wed Feb 12 - Nude Sea Day #3**

9 AM Pickleball Tournament  
Beginners to Intermediate and Advanced  
Sports Court, Deck 13 Aft



**Workshop Instructor:**

IPTPA and PPR certified Pickleball instructors Coach Matty and Coach MeiShen have taught 36,000 at over 856 clinics in 42 states including at many nudist resorts. This will be their 4th teaching cruise with Bare Necessities. The single elimination tournament hosted on the last sea day ranges from Beginners to Advanced. If you do not have a partner you will be assigned to someone of the same level if possible. The coaches will explain the tournament operation during the Indoor Clinic on the first sea day. There will be times for Open Play in the mornings and a clinic for brand new players. Paddles are limited. We encourage you to bring your own.

**COME AND SAY HELLO**  
**Hospitality Desks**

**10 AM - 12 PM AND 2 – 4 PM ON ALL 3 NUDE SEA DAYS**  
**- ATRIUM DECK 7 MIDSHIP**

This is your chance to meet with representatives from fellow nudist organizations and resorts. Learn more about other bare opportunities.



AANR – American Association of Nude Recreation  
[aanr.com](http://aanr.com)



Cypress Cove Resort  
[cypresscoveresort.com](http://cypresscoveresort.com)



Sunny Rest Resort  
[sunnyrest.com](http://sunnyrest.com)



Oaklake Trails  
[oaklaketrails.com](http://oaklaketrails.com)



Willamettans  
[willamettans.wildapricot.org](http://willamettans.wildapricot.org)



Internatuur Naturist Travel  
[internatuur.nl](http://internatuur.nl)



**Bare Necessities' Sales Desk will also be available in this location during these hours. Stop by and talk to Kat & Christie about a future cruise!**

**Take advantage of the ONBOARD SPECIAL to save up to \$1000 OFF next year's Big Nude Boat! More details in On the Horizon.**



# BARE NECESSITIES

T O U R & T R A V E L

[cruisebare.com](https://cruisebare.com)



800.743.0405 | 512.499.0405