

# Blue Ridge Outdoor School

## Outdoor Gear Guide 2025

At Blue Ridge Outdoor School, we believe in the power of immersive, sensory-rich learning experiences. Our students have the freedom to explore, get messy, and fully engage with their environment.

To keep children comfortable and warm during winter, layering is essential! This guide is designed to help you select the right winter clothing for your child. The links ([highlighted in blue](#)) provided are examples of suitable clothing items. While specific items are **required\*** only where indicated, all students must have proper base, mid, and outer layers.

We're here to assist with any questions you may have!

Check out the Outdoor School Shop for their Layering Guide:

<https://outdoorschoolshop.com/layering-guide/>

### **Layering Basics**

- 1. Base Layer**
- 2. Mid Layer**
- 3. Outer Layer**

### **Base Layer**

Purpose: Regulate body temperature & wick moisture

Material: Merino wool, polyester (NO COTTON)

Required Clothing Items :

- [base layer shirt](#)
- [Base layer pants](#)
- [Merino Wool Socks](#) (no cotton)
- [Wool Tights](#) (these can serve as a warm but lightweight base layer or as an extra base layer during very cold days)

### **Mid Layer**

Purpose: Trap heat, breathable

Material: Fleece, merino, polyester

Required Clothing Items:

- Mid layer [Sweater](#) & [Pants](#)

## Outer Layer

Purpose: Windproof, waterproof

Required Clothing Items:

- [Insulated hooded jacket](#) (these are typically not waterproof, although the one linked is, so keep that in mind when dressing for rainy or snowy days. A waterproof outer layer may still be required or get a snow jacket as well)
- [Reima Waterproof Rain pants \(required\\*\)](#)
- [Reima Waterproof Rain Jacket \(required\\*\)](#) (size up if you wish to use this as a waterproof layer on top of an insulated puffy jacket, which typically are not waterproof)
- [Snow Pants](#) (recommended during winter)
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- [Snow Jacket](#) (recommended during winter if your insulated jacket is not waterproof)

## Accessories

- [Waterproof Winter mittens \(required\\*\)](#)
- [Winter Hat](#)
- [Trapper Style Hat](#) (*highly recommended*)
- [Waterproof Shell Mittens](#) (these mittens are a good waterproof shell to go over a wool mitten.)
- [Balaclava / Fleece Neck Gator](#)

\*We discourage getting gloves unless your child is able to put them on themselves!

## Footwear

Warm weather:

- Sneakers/[hiking boots](#) that are comfortable, fit properly and *easy to put on*.
- Water shoes such as tevas, chacos, keens . If your child has sensory issues (doesn't like sand in their shoes) then I recommend these [swimming shoes](#).

Cold weather:

- [Bogs Boots \(required\\*\)](#) (with thick wool socks these boots can serve as snow boots as long as they are rated for freezing temperatures. Their regular rain boot will not be warm enough)
- [Snow boots](#)

**Recommended Stores:**

Once Upon A Child (Roanoke & Harrisonburg)

Goodwill

[Outdoor School Shop](#)

[REI](#)

[Walkabout Outfitter \(Lexington\)](#)

[Backcountry](#)

[Sierra Trading Post](#)