



Cullowhee Mountain Arts

Painting the Figure: Observation, Abstraction & Invention

Nancy Gruskin

September 15, 16 & 17, 2017

MATERIALS LIST

This workshop is open to painters working in all media. If you're looking to try something new, I highly recommend acrylic gouache. It is an affordable, opaque, water-based paint much like traditional gouache, except that it has an added acrylic binder. The acrylic binder makes the paint dry to a water-resistant finish—as a result, you can layer over existing layers of paint without rewetting them and muddying the color. Information on my preferred brands of acrylic gouache is listed below.

Paint:

Oil and Acrylic Paint: Small tubes of good quality paint (Williamsburg, Windsor Newton and Gamblin make great oil paint; Golden and Lascaux make great heavy body acrylics).

- a cool red (Alizarin Crimson or Quinacridone Crimson)
- a warm red (Cadmium Red Light)
- a cool yellow (Cadmium Lemon Yellow)
- a warm yellow (Cadmium Yellow Deep)
- a cool blue (Ultramarine Blue)
- a warm blue (Cerulean Blue, preferably not a Cerulean Blue Hue)
- a green for mixing neutrals and skin tones (Cadmium Green Yellow and Cadmium Green Deep)
- a purple for mixing neutrals (Dioxazine Violet)
- an orange for mixing neutrals (Cadmium Orange)
- Titanium White

Acrylic Gouache: There are two readily available brands of acrylic gouache paint. My preferred brand is Holbein Acryla Gouache, which comes in 20 ml and 40 ml tubes. Holbein can be purchased online from Blick, Artist & Craftsman Supply, and Vermont Art Supply. Vermont Art Supply is the only source I know of that sells all of the colors in 40 ml tubes. The other common brand is Turner Acryl Gouache, which is available online from Jerry's Artarama. Turner has the advantage of coming in 100 ml tubes, as well as 20 ml and 40 ml tubes.

- a cool red (Crimson)
- a warm red (Scarlet)
- a cool yellow (Lemon Yellow)
- a warm yellow (Deep Yellow)
- a cool blue (Ultramarine Deep)
- a warm blue (Cerulean Blue)
- a green for mixing neutrals and skin tones (Deep Green or Viridian and Leaf Green)

- a purple for mixing neutrals (Deep Violet)
- an orange for mixing neutrals (Orange)
- Titanium White

Brushes:

I recommend flats, filberts and/or brights, as well as one round (use watercolor brushes, if working in acrylic gouache). For all media, bring large size brushes—#10s, #12s, and #16s. Large brushes (perhaps larger than you think appropriate for the size of the painting surface) force you to simplify forms and shapes—a good thing!

Painting Surfaces: 15 - 20 painting surfaces. Try varying the size and shape of your painting surfaces—some small surfaces (e.g., 5 x 7, 8 x 8, 8 x 10); some large surfaces (e.g., 18 x 24 watercolor paper or a 22 x 30 sheet of watercolor paper); some square formats; some rectangular formats. Please bring at least one large sheet of watercolor paper (pre-primed if using oils)—this can be used to make numerous “thumbnail” paintings all on one surface. For the other painting surfaces, you have several choices:

- Watercolor paper. You should use a good quality, heavyweight (150 lb), cold press or hot press paper (150 lb). Arches and Fabriano are quality brands. If you are using oils on watercolor paper, you will have to pre-prime it with gesso. Alternatively, Arches makes a pre-primed oil paper, available in sheets and pads.
- Birch or Masonite panels (3/8” thick) [if working in oils or acrylics]. A lumber yard, specialty wood supply shop, or hardware store like Home Depot will cut the panels for you from a sheet of either 3/8” birch or Masonite in a variety of sizes. If you go this route, you will need to gesso or prepare the panels yourself ahead of time at home with at least three to four coats of gesso, sanding in-between the layers of gesso. Another option is to purchase pre-gessoed Masonite and birch panels from any art supplies store.
- Good quality, stretched cotton or linen canvas [if working in oils or acrylics]. Pre-primed with either gesso or oil primer.

Other Items:

- **A palette knife** (if part of your current painting method (I prefer brushes)).
- **Painter’s tape/drafting tape** (Blick carries ½” drafting tape that can hold your paper to your drawing board, but removes easily without tearing up the paper).
- **All-purpose masking tape**

- **Drawing board or piece of foam core (much lighter than a drawing board) that is large enough to hold your largest piece of paper**
- **A pad of disposable palette paper** (another, cheaper option, is Reynolds freezer paper; you can tape the paper to a wooden palette or butcher tray palette).
- **Spray bottle for water** (if using acrylics or acrylic gouache; another option is a stay-wet palette—you can make your own by putting a damp microfiber cloth between your wood palette/butcher tray and the disposable paper palette/freezer paper on top).
- **Drawing supplies:** Bring a small sketchbook, and your preferred drawing supplies (I like soft pencils, but also permanent ink markers and china pencils).
- **Camera:** an iPhone or other smartphone is perfect.
- **Personal photographs:** please bring an assortment of photographs of people; we will use these in some of the exercises; they need not be formal photographs—candid photographs often contain more interesting poses; you can bring actual prints or just have them accessible on your phone or iPad
- **For oil painters:** Please bring a small thin jar that capers come in for your odorless Turpenoid and a small mustard or mayo jar with a lid (you can pour your used Turpenoid into this jar at the end of each session; the sediment will settle and it can be poured off and used again in a few days). For mediums, please use walnut or linseed oil. You may also want to bring a brush cup for cleaning the brushes and gloves (vinyl gloves or an invisible glove cream like “Artguard”). Please bring cotton rags, paper towels and/or scentless baby wipes for cleaning brushes. You will likely also want to bring something for transporting wet paintings—flat pizza boxes work well for this or you can purchase wet painting carriers from an art supply store. *All cleaning and contaminated liquids, paint water, solvents, etc. need to go home with you.*
- **For acrylic & acrylic gouache painters:** Please bring a large plastic container for holding water. You will not need any other mediums. Please bring cotton rags, paper towels and/or scentless baby wipes for cleaning brushes.
- **Plastic bags** for disposing of any trash, baby wipes or used towels.
- **Scissors**
- **White glue or a glue stick**