

Supply list for 3 day still life workshop- Ingrid Christensen

Pigments: Artist quality pigments only, please, as they give pure, clean mixes. The label will state say "artist quality" or "professional quality". Every brand of paint has both a student and professional line. Some common student brands in oil include: Winton, Academy and 1980. Student grade acrylics include: Galleria, and Basics.

These will not work for a colour workshop as student paint has a far lower pigment load and many fillers to bulk it up. This results in weak and muddy colour mixtures.

You will need a **warm** and a **cool** of each primary colour.

Below is my list but, if you don't use cadmiums because of their toxicity and price, feel free to bring appropriate substitutes. Your reds and yellows will need some opacity, so choose the ones that show "semi transparent" or "semi-opaque" on the label. Pure transparents such as Indian yellow will not be useful. I suggest you look at product colour charts online or in store.

My palette:

Cad red light (some possible substitutes: scarlet lake, Winsor red, naphthol scarlet, vermillion)

Alizarin permanent

Cad yellow or Cad yellow Medium/Pale (possible substitutes: Winsor yellow or Gamblin's hansa yellow deep)

Cad yellow light or lemon (possible substitutes: Winsor lemon or hansa yellow light)

Ultramarine Blue

Cerulean blue hue or pthalo blue

Titanium white

Brushes: I use mainly hog's bristle and some synthetic filberts, flats and rounds in a variety of sizes. Please bring a large selection of your own brushes ranging in size from large (#12) to medium (#8 or #6) to small (# 4). You will also need a large synthetic flat approximately 2" wide for washes.

Bring more brushes than you think you'll need - oil painters won't be cleaning their brushes during the day, and acrylic painters will be limiting the amount of liquid in their brushes at all times. Ensure that your brushes are in good condition. If they're stiff, splayed, loose in the ferrule, or worn out, please replace them. Having useable tools will make all the difference to your workshop experience.

Canvases/supports:

-appropriate supports include: canvas (stretched or cut from primed roll and taped to a board, canvas boards, gessoed watercolour paper, gessoed wooden panels. No canvas paper pads, please.

day 1:

- 2 @ large (16 x 20 or 18 x 24) for colour experiments.
- 2 @ mid (12 x 16 or 14 x 18)

day 2:

- 3 @ small (8 x 10)
- 2 @ mid

day 3:

- 1 @ small
- 1 @ large (min 16 x 20, max 30 x 40. If you normally paint fast and large, choose the larger canvas size). This is for a full-day still life set up.

Other supplies:

- Portable easel and small table for your palette and brushes (TV table size)
- Hand mirror (compact size)
- sketchbook and charcoal/fat felt tip pen
- Flexible, triangular palette knife – paint free, approximately 1.5" - 2" long. You will use it for both mixing and applying paint
- Palette – 12 x 16" minimum. Please don't bring smaller palettes, plates etc. as these don't allow enough space to mix the many piles of paint that you will create during the day.

****Acrylic painters:** please bring a Stay Wet palette (with moist foam under the palette paper) so that you can work wet-in-wet.

Oil mediums:

- 1 small lidded container with a 50/50 mixture of oil and odourless mineral spirits such as Gamsol or Eco House
- 1 small lidded container of pure oil such as linseed or walnut. *No alkyd oils, Liquin, Galkyd etc.

Acrylic mediums:

-acrylic heavy gel medium **only**. *No retarders, glazing mediums or other mediums; these will not work.

-Paper towels or rags (cotton t-shirts or old flannel sheets are the best)

Still life objects:

- A selection of objects that appeal to you: fruit, veg, crockery, cutlery, trinkets, etc. Any simple household object can be the subject for a painting. Think about variety in size, colour, shape and surface quality (matte, shiny, rough, smooth.)
- small linear items: sticks/branches, chopsticks, ribbons, etc.

- 1 type of compact item: cherry tomatoes, pearl onions, lychee, marbles, spools of thread, etc. Bring 6- 8 of whichever small item you choose.
- high and low chroma cloths or coloured papers to place under still life objects and to act as sculptural shapes through folding and creasing.
- A medium sized box to use as raised platform. You will set up your own objects on the box on tables in front of your easels.

****Extension cords and power bars. The FCA is providing flood lights, but does not have enough power bars and long extension cords (3 prong) for the entire room. If you can bring either or both, please let Alyssa at the FCA office know. Thanks!**