

Materials List for Painting as a Path of Awareness: A 5-Week Intensive

Drawing Pencils, HB, B, 2B

Mars White Plastic Eraser

Pencil Sharpener

Drawing Paper, Strathmore 400 Series, 18"x24" pad

Charcoal Paper, Rives BFK, Stonehenge or Arches Cover (one or two sheets) 22x30 inches

Masking Tape

Vine Charcoal, medium, soft and different sizes, small to jumbo if possible

Drawing Board (large enough for 18"x24" paper)

Chamois (deer skin) from an art supplies store (not an automotive store)

Kneaded Eraser

Palette (at least 11"x14") (non-disposable is better, like wood or plexiglass)

Tall can for holding brushes that are in use (like large tomato juice can)

Gamsol (a good non-toxic solvent)

Linseed Oil

Baby food jar or similar with lid

Palette knife for mixing (with blade long like a finger)

Palette cup (metal with a clip on the bottom)

Cotton rags (Important!)

A variety of brushes. I recommend natural hog bristle by Robert Simmons/Signet (Try different shapes, there are four basic kinds: rounds, flats, brights and filberts. I suggest at least two brights that are a number 10, three brights that are a number 6 and three brights that are a number 4.)

Oil Paint:

Titanium White

Ivory black or Mars black

Indian Red

Yellow Ochre

A few canvases of smaller dimensions, approximately 9"x12" to 12"x16". Linen pads by Centurion are a good deal and you can find them on Jerry's Artarama online.

One canvas somewhat larger, approximately 24x18 inches, but it can be larger as well.