

Materials for PAINTING WITH STILLNESS: Foundations & Presence

Drawing:

- Drawing Pencils, HB, B, 2B
- Mars White Plastic Eraser
- Pencil Sharpener (important!)
- Drawing Paper (**not** Sketching), Strathmore 400 Series, 18"x24" pad, **80 or 90 lb.**
- Masking Tape
- **Drawing Board** (large enough for 18"x24" paper)

Materials List for Oil Painting:

- Palette (at least 11"x14") (this [palette box by Masterson](#) is very handy.)
- Tall metal can for holding brushes that are in use (like a large tomato juice can)
- Gamsol (a good non-toxic solvent)
- Refined Linseed Oil
- Baby food jar or similar with lid
- Palette knife for mixing (I recommend the [Cheson 865](#))
- [Palette cup](#) (metal with a clip on the bottom)
- Cotton rags (Important!)
- A variety of brushes, I recommend hog bristle by [Robert Simmons/Signet](#) (try different shapes, there are four basic kinds: rounds, flats, brights and filberts. You'll need at least two brights that are a number 10, two brights that are a number 8, three brights that are a number 6 and three brights that are a number 4.

Oil Paint:

If you are just beginning to paint I suggest using Gamblin 1980 (student grade) for most of the paint other than the cadmium colors. It's best to use high quality for the cadmium colors.)

- Titanium White (large tube)
- Ivory black or Mars black
- Terre Verte (Green Earth)
- Venetian Red
- Yellow Ochre
- Ultramarine Blue
- Cadmium Red Light (real cadmium – I recommend professional grade Gamblin)
- Cadmium Yellow Medium (real cadmium – I recommend professional grade Gamblin)

As you develop your skill in mixing color you may want to include these:

- Alizarin Crimson
- Quinacridone Red
- Cadmium Red Medium (real cadmium – I recommend professional grade Gamblin)
- Cadmium Yellow Light (real cadmium – I recommend professional grade Gamblin)
- Indian Yellow
- Prussian Blue

Try using canvases or canvas boards of varying dimensions; approximately 12"x16" to 16"x20". [Linen pads by Centurion](#) are very good and you can find them at Jerry's Artarama online or on Amazon. You can also consider going to a local art supplies store and buying a yard of primed cotton canvas and cutting it into smaller rectangles as you go. Other cheaper canvas boards by Frederik or canvas pads by Canson can be difficult to use. Also the Arches paper for oil paint can be hard to use – it's hard to change the direction of the color once it's down on the paper.

- Cellphone [Tripod Mount Adapter](#)
- [Tripod](#)