

**Materials List 4-days**  
**Contemporary Approaches to**  
**Self Expression**

with Joan Fullerton

**Brushes:** Inexpensive 2" hardware brush and a 1" synthetic flat brush, no need for good brushes

**Brayer, hard rubber one any size**

**Acrylic Paint: a handful of colors plus black and white.** I use gesso for white, and my most used colors are Golden **Quinacridone Nickel Azo Gold, Turquoise (Phthalo), Quinacridone Crimson**, in fluid acrylics in 1 oz bottles. Other colors often used are: Cobalt Blue, Green Gold, Yellow Ochre, Hansa Yellow Light, Titan Buff, Pyrrole Orange, Oxide Green, Naphthol Red, Red Oxide and Raw Umber; but feel free to bring YOUR favorites! (Heavy Body paint is okay too.)

**6 or more large substrates.** Your choice: **140 lb. or 300 lb. watercolor paper and/or stretched canvas and/or cradled wood panels.**

(I will use w/c paper and Cheap Joe's ¾" unprimed cradled panels, usually 24x24)

**2 small substrates: 8x10 or 10x10, etc.** paper, canvas, or board. etc. Gessoed-over paintings are fine.

**Soft lead pencil**

**Small travel-size spray bottle (from Target, Walmart, Dollar Store)**

**At least one water-soluble colored pencil, I like Intense Pencils by Derwent**

**Vine Charcoal:** one stick

**Small amount of Rubbing Alcohol for lifting and blooms.**

**Small piece of sandpaper**

**Xerox copies (not inkjet)**-I use black and white images of metaphorical textures, seed pods, flowers, raindrops, cracked asphalt, trees, etc. Email me if you want me to send images you can have copied.

**Alternative papers:** If you wish (optional), you can bring a very small amount of printed pages from books, textured rice papers or sewing patterns.

**A Newspaper**

**Adhesive: 16 oz (or larger) of regular gel medium or soft gel, either gloss or matte.** This will be used for collage and texture

**Palette:** Anything to mix paint on. I use newspaper.

**Plastic bag for garbage**

**Water container for brushes**

**Paper towels**

**Hand Protection:** latex gloves or barrier cream

**Apron or a smock**

**Journal/Notebook:** for notes, ideas, drawing, etc.

The most important thing to bring is an attitude of play!