

# INFORMATION AND SUPPLY LIST FOR PLEIN AIR WORKSHOP

WITH LORRAINE MCFARLAND

CALL OR EMAIL IF YOU HAVE QUESTIONS!

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**Wear layers** so you can add or shed as you need. Clothing should be neutral-colored because bright color or white reflects onto your canvas, influencing colors in your painting. A long-sleeved paint shirt to protect arms and long pants are sometimes necessary. Wear comfortable hiking or jogging type shoes.

**If it is cold, you will want some fingerless gloves** - you can cut the fingers off some old ones.

**Sun and Heat Protection:** Bring a brimmed hat or visor and sun block to protect yourself from the sun. A brimmed hat or visor is also a necessity to protect from glare while you're painting. Bring plenty of water to keep hydrated.

**Bug Spray:** Typically needed, depending on season/location.

**Field Easel:** A standing easel of some kind or a French easel will work well. Make sure it is sturdy in windy conditions or that you can weigh it down with a bag of rocks or something heavy.

**If your easel does not hold a pastel box, bring a small, sturdy table** to place your pastels on – Non-slip rubbery shelf liner is good to keep your boxes from sliding around if you can't get your table perfectly level.

**Backpack or cart:** A sturdy backpack with good shoulder straps or a suitable cart large enough for carrying water bottles, sunscreen, jacket, hat, brushes, paints or pastels, sketchbook, etc. Ideally, you should be able to carry everything you need in one trip to your location.

**Paper towels,** cotton rags, or baby wipes to clean brushes, pastels, and hands. **An old sock** with the toe and heel cut out on your non-painting hand is very helpful to wipe your pastels on when they need it. I will show you how to cut it if you bring one.

**Several plastic grocery bags** for trash so you leave your location as you found it.

**Viewfinder:** Used to isolate a desired scene for painting. You can use two L-shaped pieces of mat board paper clipped together to form a rectangular opening. The ViewCatcher is a sturdy, gray, plastic viewfinder and can be found at art supply stores, or online from [www.aswexpress.com](http://www.aswexpress.com) or amazon. You can use a camera or your phone camera in a pinch.

**Sketchbook**

**Kneaded eraser-** none other

**#2 pencil**

**Notebook for taking notes**

**Photos to work from in case it rains**

These should not be too complicated and should have a good range of values. They should be technically decent photos, and should be as close to the size you want to paint them as possible. As long as you get decent color and a range of values, you can print them on regular paper. You can copy and blow up photos at a copy center pretty inexpensively on **regular paper - no need to pay for photo paper**. A black and white copy in addition to the color copy is helpful.

**TAPE** - (drafting, artists, or painter's tape) **NOT** masking tape. **NOT** Scotch brand low tack artists tape.

**A BOARD** to tape your paper to. It should be at least a few inches bigger than your paper. A piece of foam core will do if you don't have a drawing board.

### **ABOUT PASTELS**

Bring all that you have, **but pack a smaller amount to trek to your painting spot with in a smaller transportable box that will fit in your backpack or cart!**

If you are an experienced pastelist, bring your usual palette. Ideally, you should have at least 60 pastels in your palette and have at least 3 values of each color family (light, medium, dark).

Soft pastels come in hard, medium and soft. You should have some hard and medium for sure.

**Hard Pastels:** NuPastels, Faber-Castell, Holbein, Rembrandts. **Mungyo Gallery Semihard pastels from [aswexpress.com](http://aswexpress.com) are a very good value.**

**Medium Pastels:** Unison, Art Spectrum, Daler-Rowney. **Mungyo Gallery Handmade Soft from [aswexpress.com](http://aswexpress.com) are a very good value.**

**Soft Pastels:** Great American, Sennelier, Diane Townsend, Terry Ludwig.

### **PASTEL PAPER**

One to three sheets. It does not have to be white, but stay away from very dark colors. No larger than 11x14, no smaller than 8x10.

You will not find good pastel paper or a very good selection of pastels in any local stores or even at Dick Blick or Artmart in St. Louis.

Some good papers:

Uart, Art Spectrum Colourfix.

**I don't recommend** Canson Mi-Tientes or Strathmore pastel paper. They will not take many layers of pastel. The other papers have more tooth.

### **OPTIONAL ITEMS**

**PROTECTIVE GLOVES OR BARRIER CREAM** (Gloves in a Bottle, Liquid Glove, or a barrier cream from the drugstore - ask the pharmacist about barrier cream if you don't know what to look for)

**COLOR WHEEL** I like the ones from The Color Wheel Company

**TOMBOW PENS (or something similar)** in black, grey and lighter grey, for doing 4-value thumbnail sketches (the white of the paper will be your lightest value)

**PICTURE PERFECT VIEWFINDER** - This is one of my favorite tools. It is a little pricey, but VERY, VERY helpful for many reasons! From [PicturePerfectViewfinder.com](http://PicturePerfectViewfinder.com) or Amazon.

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