

## Embrace the Practice/Daily Painting /Lisa Daria Kennedy Materials List and Vendors

**PAINT** - Liquitex Heavy Body Acrylic/my favorite - but if you have other artist grade brand on hand, those are fine too.  
**Required Colors (4)** - Cadmium (or Cad free) red medium, Cadmium (or Cad free) yellow medium, Ultramarine blue, white.

**Optional Colors:** (4) Alizarin Crimson Hue Permanent, Cadmium (or Cad Free) Yellow light, Pthalo blue (blue-green shade) Quinacridone Magenta

**PAINTING SURFACES** two Masonite and 2 sheets of Dura-Lar will be provided. Recommendations for your personal supplies below  
Masonite/Hardboard Panels, qty as many as you need to not interrupt the daily painting process - 6"x6" masonite boards/hardboard (I recommend 10 so you can continue the daily practice).

Dura-Lar - **Matte Film** - 1 25 sheet 9x12" pad - make sure the cover states **matte\*** - this is tricky sometimes, so here's a link  
<https://www.dickblick.com/products/grafix-dura-lar-matte/>

**BRUSHES** - Required: Winsor Newton #8 brush - may replace it with another brand of the same size

Winsor and Newton University BRIGHT #8 and Bright #12 Series 237

<https://www.dickblick.com/products/winsor-newton-university-brushes/>

Brush sizes change depending on brand, these are a good size for loose, expressive marks.

They are also economical brushes that have a good shelf life and work well with acrylic and oil.

### MISC

#### **Paper towels**

**Spray bottle** for water - a fine mist is best

**Disposable palette** (I like disposable, but you can use whatever you like, paper plates for instance)

**OBJECTS TO PAINT** - flowers, fruit, vegetables, vessels, fabric - we are painting small panels so make sure objects/vases are on the smaller and shorter size - honey or mustard jars are perfect.

Only if painting in oil; (all demos are done in acrylic) but oil painters are welcome - all supplies above/colors/surfaces/brushes transfer to oil. Gamsol by Gamblin - Odorless Mineral Spirits\* - Oil Medium, allows to layer paint - 1/3 Linseed, 1/3 OMS, 1/3 Stand

### Optional

**View Catcher** - Dick Blick/ <https://www.dickblick.com/products/viewcatcher/>

**Gray Scale Finder** - <https://www.dickblick.com/products/gray-scale-value-finder/>

**Spot light for home use** (I like this one from Amazon, CeSunlight Clamp Desk Lamp, Clip on Reading Light, 3000-6500K Adjustable Color Temperature, 6 Illumination Modes [https://www.amazon.com/dp/B083LRN2GM/ref=vp\\_d\\_fuw\\_pd?\\_encoding=UTF8&pf\\_rd\\_p=95590a51-8b9e-49a7-bb36-7db49ee510df&pf\\_rd\\_r=921PZXS7Y3PJFYA7NME9&pd\\_rd\\_wg=eKVvy&pd\\_rd\\_i=B083LRN2GM&pd\\_rd\\_w=b4XWk&content-id=amzn1.sym.95590a51-8b9e-49a7-bb36-7db49ee510df&pd\\_rd\\_r=2364e193-7d46-4dcf-aba7-3d9233318f0e&th=1](https://www.amazon.com/dp/B083LRN2GM/ref=vp_d_fuw_pd?_encoding=UTF8&pf_rd_p=95590a51-8b9e-49a7-bb36-7db49ee510df&pf_rd_r=921PZXS7Y3PJFYA7NME9&pd_rd_wg=eKVvy&pd_rd_i=B083LRN2GM&pd_rd_w=b4XWk&content-id=amzn1.sym.95590a51-8b9e-49a7-bb36-7db49ee510df&pd_rd_r=2364e193-7d46-4dcf-aba7-3d9233318f0e&th=1))

But anything that makes bright, clean light is fine - it is very important to have a strong light source.

Empty container for water to wash brushes in - anything will do.

**EASEL** (optional, see attached) tabletop or freestanding, my compact Painting Panel Holder (the wood stick that attaches to my tripod) is from [artboxandpanel.com](http://artboxandpanel.com) and my mini tripod by Mefoto, backpacker size, small and lightweight

Panel Holder (optional) - <http://www.krikegallery.com/CarolMarinepanelholder.html>

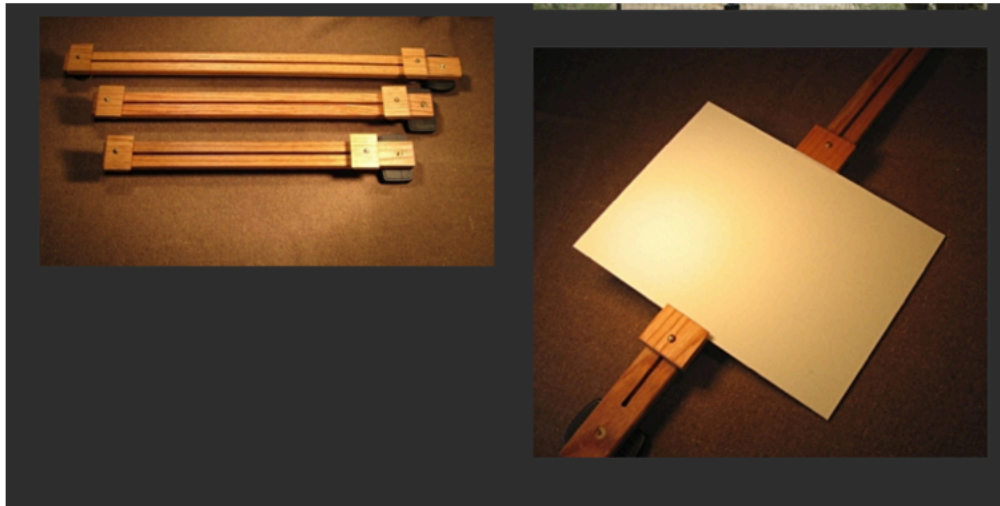
\*If you do not have or want to purchase an easel, bring an **additional full roll of paper towels** and we can modify this into a makeshift easel - this is what I use every day as an easel on top of a desk.

## MY EASEL SETUP Not Necessary - but in case you are curious

1. Panel Holder from Art Box and Panel and Panel Clips - <https://artboxandpanel.com/works>  
Also purchase canvas adapter clips, existing clips only hold a flat 1/8" panel.

The image on the left shows three different sizes, each hold different heights, I have the smallest, because when I paint big, I mount my painting to the wall of my studio

The image on the far right is the canvas adapter clips - available at an additional cost.



The wood palette stays in place on the easel, I have this but seldom use it, as I prefer a hand held palette, less cumbersome to travel with.



2. Tripod - my tripod is from Amazon, it's the backpacker, MeFOTO brand - MeFOTO Backpacker Classic Lightweight 51.2" Aluminum Travel Tripod Kit w/Case, Twist Locks, Double Action Ballhead [link to tripod on Amazon](#)

There is a tripod for sale on the same site as the panel and panel holder and palette, however the MeFoto one folds down to a very small size, making it much more compact .