



Loosening Up with Confidence

Instructor: Tatianna O'Donnell

Required Supplies

Acrylic Paint Tubes:

- please no craft acrylic jars as these hues are tinted differently. Tri-Art is a brand that is inexpensive and good quality. Available at Inglewood art supplies in Calgary.
 - Alizarin crimson
 - Burnt sienna
 - Burnt umber
 - Cadmium red medium
 - Cadmium yellow medium
 - Cobalt blue
 - Sap green
 - Yellow ochre
 - Titanium white
 - Transparent Red Oxide
 - Ultramarine blue

Please bring any other colours you normally use or would like to try.

Suggestions: Naples Yellow Light; Please do NOT bring any black paint.

- Acrylic gloss gel (small jar)
- Acrylic gesso – small jar
- Brushes...any size really...I prefer larger brushes...these are just a guideline
 - # 4, and ,10 filbert
 - 8 and 12 flat
- 1 Drawing pencil – or conte or charcoal to draw with and drawing paper.
- Paper: choices – thin watercolour paper



Painting supports:

- 6 canvas boards – 8 x 10
- 5 canvases 16 x 20
- 2 canvas 18 x 24
- If you are a fast painter, I would bring 2 more or even 3 that are 11 x 14.

Palettes:

- I recommend waxed paper pads. Once your painting day is over, you simply tear off the sheet you've been using, and a fresh sheet is exposed, or use the less expensive home-made variety such as old muffin tins; plastic trays of all sorts; micro-wave dinner containers. Sta-wet Palette helps your acrylic paint stay wet until the next class.

Miscellaneous:

- Water containers such as large yogurt containers;
- Aprons or painting shirts; Rags – paper towels;
- Spray bottle for water to mist the canvas.
- Brush cleaner or bar of sunlight soap.
- I highly recommend shop cloths.
- And only your own photographs to paint from.
- Also 1 8 x 11 sheet watercolour paper