

# ZEN PAINTING—SUPPLY LIST

**Substrates:** 4 6x6 Ampersand Gessobords, 2-3 12 x 12 Ampersand Gessobords, 1-2 16 x 16 Ampersand Gessobords. \*Note, you can buy flat boards which are less expensive but you will have to frame your work. PLEASE also note, this process can not be done on other surfaces and get the same effect. You must buy gessobords for this class. While we recommend Ampersand products, you may find other non name brand gessobords from major retailers that are less expensive. They are not of the same quality however.

**Paper:** A few sheets of water color paper and sketching paper

**Camera:** phone or other camera to take inspirational pictures

**Drawing Media:** Pencils: Stabilo Marks all pencil in graphite and black; Tombow pencil #2b, Jerry's Jumbo Jet Pencil in black, optional water soluble graphite pencils

Pens: Faber Castell Pitt Pens 4 pack is fine the 8 pack is better; White Gel Pen (Signo recommended) White Paint Pen fine tip (painters brand or Molotov)

**Brushes:** Assorted water color brushes mostly round: 2, 4, 6, 8, 10 Optional: Water Brushes (those with wells) also work very well for these paintings. I usually use both traditional and waterbrushes

**Ink:** Acrylic Ink in Black You can also use other colors however I typically just use the black and the rest of my colors are Golden's high Flow paint

**Paint:** Golden's High Flow paint-must have colors: Black (or you can use acrylic ink), White, Titan Buff, Quinacridone Nickel Azo Gold, Shading Gray, Neutral Gray (1 oz bottles are fine); Other colors that we will be using will be discussed in future chapters and will depend on your personal preference.

Fluid Paint: Small bottle of Payne's gray (Golden). Soft Body white (small amount)

**Watercolors:** a small selection of your favorite watercolors (Twinkliling H2O's work well, and my other favorite brands are Golden QOR or Daniel Smith. NOTE, using watercolors is optional. You may want to watch the Flow chapter video first before investing in a set.

**Gel Mediums:** Clear Crackle Medium. I like Decoart Media Crackle Glaze

**Finishing Spray:** Workable Fixative and Matte Varnish (Krylon is a fairly easy to find finishing spray)

Other supplies: Rubbing alcohol, mister spray bottle, water container, palette paper, water color palette (if you will be using water colors), paper towels, tissues, sponge, baby wipes, several portion cups with lids (available in most stores where paper products are sold, party supplies, baking supplies.

Note-I will provide a PDF with links to my favorite supplies when Zen Painting opens

# ZEN Painting—SUPPLY LIST TIPS and FAQ

Tips for choosing paint colors: I try to be very open with my students when choosing paint colors for your projects in all of my classes. Please see the previous page for the must have paint colors. Those will be used in every project and are highly recommended.

Other paint colors—Golden sells a variety pack of high flow paint that is fairly reasonable. You may want to invest in those multi packs to save a little money, or buy the paints ala carte. If you like a color in their fluid or heavy body line, chances are you will like the color in the flow formula as well.

Here are some of my favorite color combinations not including the must haves of (carbon black, titanium white, titan buff, shading gray, quin gold, and neutral gray).

Because we have such a diverse class, I suggest taking a look at this list and seeing if there are any color combinations you like. You may want to create projects in a variety of palette combinations or stick with the same color palette for the whole class. Purchasing 1 oz bottles of Highflow is more than enough paint for this class.

- Naphthol red, ultramarine blue, sepia, diarylide yellow, green gold, indigo blue.
- Violet, green gold, yellow,
- Teal, green gold magenta
- Permanent Violet Dark, sepia,
- Diarylide Yellow, teal, naphthol red, green gold
- Indigo, teal, sepia
- Magenta, quin gold, titan buff, white, neutral gray (this combo has mostly all of the must haves).
- Green Gold, Teal, indigo blue

\*\*The color palette will not make or break your project so don't worry if you do not have the same exact colors as I do other than the must haves ☺

FAQ—I've been asked if you can thin out fluid paint with airbrush medium for the same effect as high flow paint. The answer is yes in theory, I say go ahead and try it—however, I won't be doing that in my exercises so I will be unable to advise you on formulations or ratios to make the paint work in the same way as GHF. The same applies to making your own gesso board—you could in effect make your own, however it may not react the same way Ampersand board reacts with the application of paints and inks. Because we have such a large class, I'm really going to try to stick with the products and materials I know work best so we have a consistent result with as many students as possible. Again, I'm all for experimenting and encourage you to try new things, but I do think it would be best for you to at least try one project with the suggested materials so you can gauge for yourself what works best or what you can do differently after the lessons have been viewed.