

Lorraine Goddard – Gain Confidence with Plein Air

Materials List

- A backpack or rolling crate for your supplies.
- A plein air easel or pochade box with tripod. My favorites brands are Strada and U.Go Plein Air. If you're new to plein air, please practice setting up your easel before class. Make sure your easel setup has a palette for your paints, or bring a separate handheld palette.
- A 5x8 or larger sketchbook and a pencil or other drawing materials
- A 12- or 18-inch wood or metal ruler. I use my ruler for drawing and as my mahlstick.
- Paint (see below for details)
- Any desired mediums, such as Galkyd/Liquin for oils or drying retarder for acrylics.
- A solvent or water container as appropriate. If you are painting in oils, please use Gamsol and do not bring any mediums that contain turpentine, due to allergies.
- Brushes and a brush carrier. When painting in plein air, I use short-handled flat and bright Rosemary Ivory and Evergreen brushes ranging in size from 4 to 12, as well as a size 2 rigger for fine detail. I strongly recommend the Rosemary brand for all types of brushes. They are both the best and the least expensive fine art brushes, which is pretty remarkable. If you are new to painting, Rosemary sells sets selected by artists.
- 4-6 painting panels or surfaces in 6x8, 8x10, 9x12 or larger if desired, along with a way to transport them. For wet oil painting panels, I use Raymar carriers.
- Paper towels. I use blue shop towels from Costco.
- Gloves. Many use nitrile gloves. I use breathable knit gloves with coated fingertips that are made for computer repair or quilting.
- Wet wipes (the plein air painter's best friend)
- A water bottle, hat and jacket—be prepared to be outdoors for an extended time.
- A stool if you prefer to paint sitting down
- Lunch for each day

A word about paints: No piece of equipment will impact the quality of your work as much as your paint. If you can afford to buy professional-grade paint, it will make you a happier painter. Professional-grade paint handles better and goes farther than student grade paint, due to a higher pigment load.

I use a fairly limited palette, adding colors as necessary. For oils or gouache, my go-to palette is:

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| ○ Titanium White | ○ Ultramarine Blue |
| ○ Cadmium Yellow Light | ○ Cerulean Blue Hue (phthalo + white) |
| ○ Yellow Ochre | ○ Viridian |
| ○ Cadmium Orange | ○ Transparent Red Oxide |
| ○ Quinacridone Rose | |

With these colors, I can paint almost anything. But for convenience, when painting the landscape, I often add India Yellow, Cobalt Blue, Cadmium Red and Cool Grey.

For traditional oil paint, I recommend the brands Utrecht, M Graham, Gamblin or Winsor & Newton Artist Oils. If price is a concern and you'd rather buy student-grade paints, please choose Gamblin 1980 oils. Please do not bring the kinds of paints that come in a big pack of little tubes like Reeves or Artist Loft—you will never be happy with the results.

For water-mixable oils, I recommend Cobra or Artisan Oils.

For acrylic, I recommend Golden or Liquitex Heavy Body. Be sure to bring a spray bottle if you will be painting in acrylics.

For gouache, I recommend M Graham, Holbein or Schmincke. Gouache can seem very expensive per ml, but it goes much farther than oil paint, so a 15ml tube of gouache takes me about the same amount of time as a 37ml tube of oil to get through. Don't try to use the jelly gouache that comes in cups—it's not suitable for fine art.

For watercolor, I recommend Daniel Smith or Da Vinci, but I also enjoy Roman Szmal Aquarius half pans (purchased from Jackson's USA store). I use dried pan watercolors for urban sketching and to start my gouache paintings. Rosa watercolor pans are a good budget alternative.

If you can't afford many tubes of paint, an excellent 5-tube palette is Gamblin 1980 Cadmium Yellow Light, Alizarin Crimson Permanent, Ultramarine Blue, Transparent Red Oxide and Titanium White. If you can add one more, make it Yellow Ochre. This palette will also work well in gouache or acrylics. For watercolor, subtract the titanium white and add a sky blue color such as cerulean.