

## **Discovering the Natural World with Watercolor with Mary Ann McArdle**

The first guideline is not to stress about supplies, purchase whatever your budget will allow! This is a class about relaxing and finding joy in the creative process as well as connecting with the natural world.

At least four 5ml tubes of watercolor paint as listed below. Grumbacher Academy or similar (Cotman and Reeves don't work as well. ) You are welcome to bring other colors if you have them.

- Red: A cool red that has a little blue in it like red rose deep
- Yellow: A warm yellow such as cadmium yellow light or aureolin or a cool one such as lemon yellow or hansa yellow
- Blue: French ultramarine, phthalo blue or Winsor blue
- Brown: sepia or Vandyke brown

At least 5 watercolor brushes in different shapes and sizes: recommended are 1" flat, #8 round, #12 round, #2 or #3 rigger (which is a long thin brush or liner) and a short old stubby brush that can be used to remove or lighten an area of paint or soften a hard-edged area (stencil brushes work great for this). Synthetic is fine, natural bristles are better but can be very expensive.

I recommend 100% rag, 140 lb cold-press watercolor paper. Arches and Windsor Newton are good brands but can be expensive. Canson makes a nice inexpensive watercolor paper. Buy the best your budget can provide. Very inexpensive paper may be frustrating. Size should be at least 9x12" or larger. Buying large sheets that are 22x30" is good, you can always cut or tear them into smaller sizes. A sketch pad for drawing is helpful to make studies before painting.

Other items:

A pencil (doesn't have to be drawing pencil) HB and 2B pencil (hard and soft)

Eraser (kneaded erasers work best) for pencil

Hand sharpener

White Plastic palette or plate with plastic bag

Water container such as a yogurt container

Masking tape

Spray bottle

Masking fluid (optional) such as liquid frisket

Smock or old shirt

Sponges – natural and artificial

Mr. Clean magic eraser – generic are fine

Viva paper towels (these are the best and you can find them in small quantities in Market Basket)

Smartphone with camera or small camera

Sunscreen/bug spray/hat for possible work outside – weather permitting