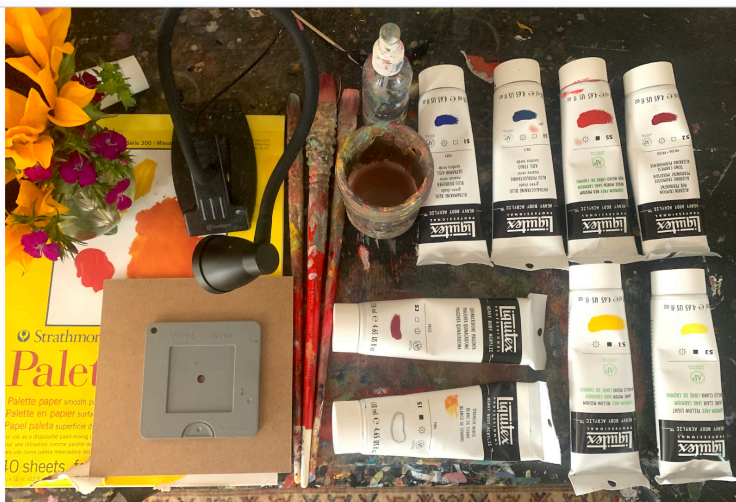


Lisa Daria Embrace the Practice/Daily Painting • Materials List

Email me to discuss other options, really anything will do!



Anything will do, this is where and what I paint on every day, no easel!

PAINT - Liquitex Heavy Body Acrylic/
4.65 oz tubes will last one month (at least) [click here](#)

PAINT COLORS - 3 cools, 3 warm, plus white and magenta/
scroll down below sets on above link for individual tubes

1. Alizarin Crimson Hue Permanent
2. Cadmium (or Cad Free) Red Medium
3. Cadmium (or Cad Free) Yellow Light
4. Cadmium Yellow (or Cad Free) Medium
5. Phthalo blue (green shade)
6. Ultramarine Blue (green shade)
7. Titanium White
8. Quinacridone Magenta
9. Black - any black, the cheaper the better

PAINTING SURFACES (2 kinds)*
1. [6x6" Masonite/Hardboard Panels, qty enough to last - 30 days to start a habit](#)
2. [Dura-Lar - Matte Film - 1 25 sheet 9x12" pad - make sure the cover states matte](#)

*no need to gesso panel if working in acrylic
BRUSHES - Windsor Newton University BRIGHT Series 237
[#8 BRIGHT Series 237 - buy 2, one for lights, one for darks](#)
[#12 BRIGHT Series 237](#)

MISC

Paper towels

Spray bottle for water - a fine mist is best

Palette - I like disposable

[Gray Scale Value Finder](#)

[View Catcher](#)

Spot light Any bright, clean light is fine (I like this from Amazon, CeSunlight Clamp Desk Lamp, Clip on Reading Light, 3000-6500K Adjustable Color Temperature, 6 Illumination Modes)

Empty container for water to wash brushes.

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

If you do not have or want to purchase an easel, use an **additional full roll of paper towels - I modify this into a makeshift easel every single day, image above right*

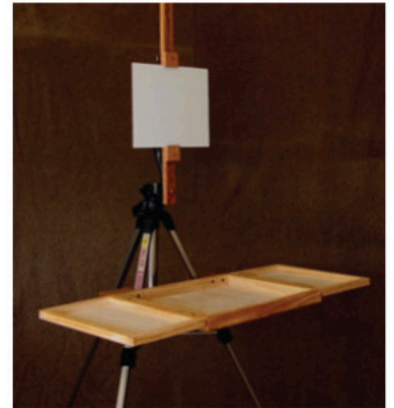
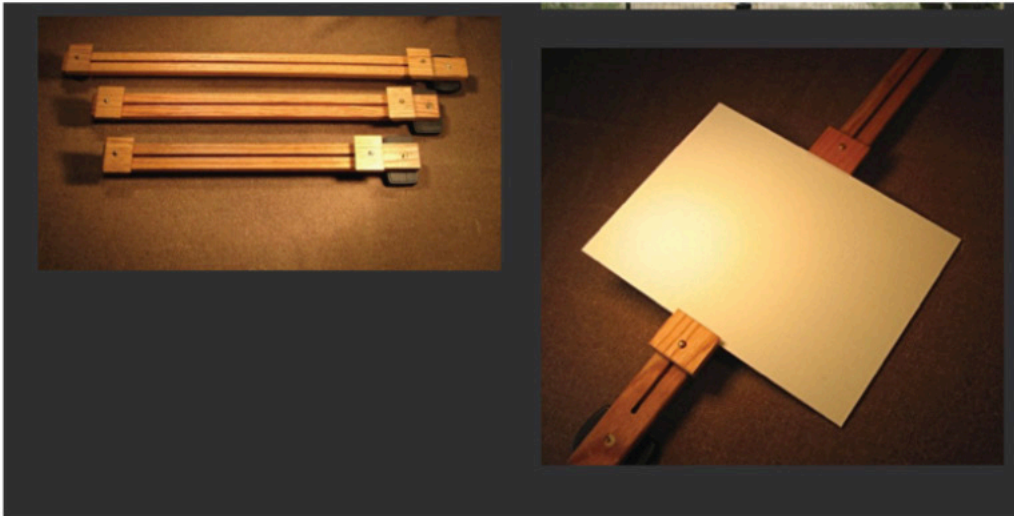
OBJECTS TO PAINT - flowers, fruit, vegetables, vessels, fabric - we are painting small panels so objects/vases are on the smaller and shorter size - honey or mustard jars are perfect.

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 .

