



## The Supply List

### ART JOURNALING SUPPLIES:

This list is for the first month of Vision Quest: Meet Your Artist Within.

Writing Journal

Art Journal with blank pages.

- At least 9"x 12", I love the Visual Art Journals by Strathmore or the Moleskine A4 series art journal.
- Markers
- soft pastels & oil pastels optional but fun to have
- Watercolors (this is my favorite, 24 color opaque Pelikan: <http://www.amazon.com/Pelikan-Color-Opaque-Watercolor-Set/dp/B00170ZSLS>)
- Permanent markers, black.
- Old magazines
- Glue to adhere magazines to journal pages, modge podge or good glue stick
- Scissors

## PAINTS:

The rest of the page is what you will want to have on hand for the Painting Made Easy and the Paint Marathon, months 2-4 in Vision Quest, The Creatively Fit Program.

I only use acrylic paints. I use "studio series" economy paint, myself. I buy this brand online myself: <http://www.plazaart.com/paint/acrylic-paint/student-acrylics/plaza-studio-acrylics.html?size=241>

- white, black, red (cadmium red medium), yellow (cadmium yellow medium), blue (cobalt), cerulean blue, and magenta.
- Optional colors that I always use are burnt umber, red oxide, and metallic gold.
- This paint from Blick is one I use often too:  
<http://www.dickblick.com/products/blick-studio-acrylic-sets/>

## BRUSHES:

Again, I use cheap, economy, long-handled bristle brushes.

- This is the set I have used for years, Artist's Loft Necessities (Item no. 10335746) on this page:  
<http://www.michaels.com/search?q=paint%20brush%20sets>

## OTHER SUPPLIES:

### CANVAS:

- You can get a minimum of four canvases—two for PME, and for Paint Marathon.
- Many people use canvas boards—very thin and great for travel AND cheap!
- I recommend 12"x 16" up to 18 x 24" (if you are not sure get two smaller and two bigger)

PALETTE: I use clean foam meat trays, or paper plates.

Have fun art supply shopping!

