



# Plein Air Painting by the Sea with Jill Nichols

**Wednesday May 18, 2022, 10 A.M. – 3 P.M.**

## **SCHEDULE**

- 10 A.M. Arrival, walk the premises to get acclimated
- 10:30 A.M. Walking meditation, Sketch, find your spot in by the sea and set-up your easel.
- 11:00 A.M. Jill will do a quick demo then visit with each painter
- 12 P.M. Lunch provided
- 1:00 P.M. Paint! Jill will instruct painters individually
- 3 P.M. Departure

**Painters, please bring your own equipment: easels, folding chair, paints, brushes, etc.**

**See full materials list that follows.**

## **Plein Air Painting**

This workshop has been created for your pure enjoyment and fulfillment. The goal is to allow for an individually customized and gratifying painting experience. When you first arrive, you are welcome to walk the grounds and take it all in. Try not to think of where you want to paint at first, just get acclimated. We will have a short walking meditation at 10:30 to get in touch with our surroundings. After the walking meditation I suggest walking around with a sketch pad and black sharpie or 2B pencil and make a few quick sketches, (one-minute sketches). I will give you a quick demonstration on this... the idea is to find the best composition first, the bones of any painting. Nothing else will succeed without the right composition. Then, after choosing the composition you are encouraged to set up in your perfect spot. While everyone is setting up, I will be setting up as well and then doing a quick demo for anyone that is interested...otherwise please start painting. I will be working individually with each painter in achieving individual goals. We will investigate as appropriate: Dynamic Composition, Visual Perception, Form/Shapes, Edges, Creating Space through Overlap/Perspective, Ambiguity, Abstraction, Simplifying the Complex, Subtleties, Ground/Under-painting, Value, Contrast, Light and Color, Getting at the Root - Emotion, Translation and Connection.



*Layout supplies before travel*

Less is more when painting the landscape from observation. The simpler the palette the better-you can always augment with other colors as needed. The basic landscape palette is a warm and cool tone of each primary plus the earth colors yellow ochre, burnt sienna and white. Please feel free to bring any colors that you so choose, and to include at least one of your favorite painting colors.

Oil paint will be used for my demo; other mediums are encouraged, including watercolors, acrylics, and pastels. The colors listed below are the essentials for basic color mixing. Lay out and review all your supplies and remove any extraneous items. Please note that you can substitute the colors below with similar colors if you already have them- no need to buy new paints.

## TRAVEL TIPS:



Air Travel: Best to check oil paints, be sure not to travel with solvent. Pack 1.25 oz/37ml tubes or smaller. Double bag everything in clear baggies. Put the double bags into larger plastic bags. (Put some bubble pack around the bundle.)

For your trip home, you will want a few extra baggies and waxed paper. You can either layer your paintings between waxed paper, or just lay them on your car floor on the wax paper (or old newspaper)



Watercolor/Oil brushes, carrier with divider

Review all materials, removing all extraneous items

## MATERIALS LIST

Painting supplies- see detailed list below for applicable medium – your choice oil, acrylic or watercolor.

For your convenience you will find most items on lists below for purchased at [Dick Blick online](https://www.dickblick.com/):

<https://tinyurl.com/2p8c9t6x> or

Go to [www.DickBlick.com](https://www.dickblick.com/), find Blick U

Under 'State' choose 'Online' find 'Jill Nichols Art Lessons'

## Oil/Acrylic/Casein Painters

You will want a portable easel. The basic palette is a warm and cool tone of each primary plus the earth colors yellow ochre, burnt sienna and white. Please feel free to bring any colors that you so choose, and to include at least one of your favorite painting colors. Please do not use Winton, Reeves, or any student grade of paint - you will be working harder to get the colors that you want- or you may never get there. The colors listed below are the essentials for basic color mixing. If you already have paints then please bring what you have, we may be able to substitute the colors listed below.

**Paint Brands:** Budget: Daler-Rowney Georgian, Lukas  
Good Quality: Gamblin, Utrecht, Grumbacher  
Best Quality with intense pigments: Old Holland, Williamsburg

**Basic Colors:** You can mix all the colors you need from the colors listed below:

- Yellows: Cadmium yellow pale (light or lemon yellow) and cadmium yellow deep, (or cadmium yellow medium, hansa yellow)
  - Reds: Alizarin Crimson, Cadmium red light, (or cadmium red)
  - Blues: Ultramarine Blue, Cerulean blue, (or Cobalt Blue, Phthalo)
  - Earth Tones: Yellow Ochre, Burnt Sienna, (or Transparent Red Oxide)
  - White: Titanium, opaque and/or Titanium/Zinc mix-more transparent
- OPTIONAL COLORS – +Secondaries that can be made with primaries  
+GREEN Sap green, Viridian +ORANGE-Cadmium Orange +PURPLE – Dioxazine Purple  
\*BLACK- Ivory and Payne's Grey \*BURNT UMBER

\*These blacks and browns offer a quick way to get to some darks, however they can also make colors muddy. There are other ways to get to some deep, rich, and beautiful darks. Please note that black needs to be used judiciously because it kills color. The Impressionist painters did not have black on their palettes, their predecessors the Barbizon painters did-please consider the two groups and decide which palette you prefer.

**Brushes:** Please think of these as an investment. Good brushes are essential to getting optimum results. These suggested brushes are the minimum of what you will want; feel free to bring any other brushes of your choice.

Round sable, #2 #4

Boars' bristles for oil painters. [Rosemary](#) brushes are versatile and work for all paint mediums

Flat #2, #6, #10, #12

Filbert #8, #10, #12

1" and 2" flat (house painting brush)

### **Other Essentials:**

- Canvas or Ampersand board for oil painters – 5 x 7, 6 x 8, 8 x 10, 9 x 12, or 11 x 14 are good dimensions.
- Palette Knife
- Palette, wood or disposable paper pad
- Solvent: recommended: Gambsol mineral spirits or Renaissance formula non-toxic Chelsea Classical Studio Oil Painting Mediums- (there is a Sample Set) made from lavender oil, these are safer, better for the environment
- Container for solvent-metal with closable lid works well [Newton Air-Tight Deluxe Brush Cleaner](#)
- 9 x 12" (or similar size) sketchbook or notepad with blank paper for compiling and executing preliminary work (does not need to be high quality and can be a continuation of an existing sketchbook if desired). You can also choose a sketchbook that can be used with wet media.
- Black sharpie, 2B pencil
- Rags, Viva or Blue Shop paper towels
- Gloves and/or barrier cream to protect hands
- Portable Easel: There are many painting easels and pochade boxes. Keep the weight in mind- if you choose a French easel then go with the half box. Popular options include the "M Box" pochade with a tripod-you will be more limited with the maximum size of the painting with this option. Strada and Guerilla easels are popular as well. There are inexpensive metal ones that are quick to set up, however they don't provide a working area to set up. You may want to also consider an umbrella, or you can set up in the shade. The bright sun will throw your values and colors.
- Garbage bag(s)
- Sunscreen
- Drinking water (Plastic bottles not allowed)

### **OPTIONAL materials:**

- Wet – wipes
- Hand lotion
- Waxed paper for transport
- Roll of Masking Tape
- A value scale and composition finder, [Guerilla Painter Composition](#)
- Toned paper and black and white charcoal pencils for value studies Pencils HB, 2B
- Sharpener, Erasers, Gum eraser
- Painting medium-optional Gamblin non-toxic gel tube. Note that Alkyd based solvents will dry the paint more quickly
- Red Tinted Value Finder
- Small scissors
- Palette Scraper – to clean palettes
- Nutcracker- to open stubborn tubes
- Panels (9x12, 8x10, 11x14) primed. Sourcedek, Raymar and Centurian are good brands
- Toned paper and black and white charcoal pencils for value studies
- Paint clothes or paint shirt for over your clothes, apron
- Painting carrier-[Raymar Wet Panel painting carrier](#)
- Gamblin Portland Greys- cold and warm may help you with subtle temperature/value shifts, Radiant Blue
- "Green" options are encouraged. Acrylics -Golden is a good brand or casein paints.

## Watercolor Painters:

You will want to set up with a chair with your paper taped to a board.

Painting supplies- see detailed list below for applicable medium – your choice oil, acrylic or watercolor.

For your convenience you will find most items on lists below for purchased at [Dick Blick online](#):

<https://tinyurl.com/2p8c9t6x> or

Go to [www.DickBlick.com](http://www.DickBlick.com), find Blick U

Under 'State' choose 'Online' find 'Jill Nichols Art Lessons'

**Paints:** The old-fashioned solid watercolor tray with colors, (like you had in school) is sufficient to get started. Winsor Newton and Turner are good choices for tubes of watercolor paints. *Please note that you if you already have paints, colors may be substituted, there is no need to purchase new paints.*

If you prefer to purchase separate tube paints, please note the following basic palette:

- YELLOW- New Gamboge or Cadmium pale and Cadmium Deep
- RED - Alizarin crimson, Cadmium red light
- BLUE - Ultramarine blue, Cerulean blue,
- EARTH TONES - Yellow Ochre, Burnt Sienna, Burnt Umber
- BLACK- Ivory or Payne's Grey

### OPTIONAL:

GREEN Sap green, Viridian

ORANGE-Cadmium Orange

PURPLE/VIOLET

WHITE - will be the paper - optional China White or Gouache which will be opaque

**Brushes:** While you can get away with lower grade paints and paper at first, good brushes are a must; otherwise, painting can be a very frustrating process. Think of it as a good investment, as decent brushes will provide enjoyment for many years to come. Sables are the best and most expensive option, Oxhair or soft nylon or a blend of natural and synthetic hairs will also work. Brushes to start: Big no. 12 round, 7 round, 00,0 or 1 round, 1", 8 filbert (25mm) flat and a 1/2" or so flat. Dugato brand sets (available online) are an inexpensive and good quality brush. Other brush recommendations at [Dick Blick](#) (<https://tinyurl.com/2p8ewt9z>)

**Paper:** Paper is a large part of the outcome of a watercolor painting and there are several types to choose from including cold or hot press. If you want to use a lot of water, you will want to use a thick cold press paper (300 lb) and if you use very little water and like to draw with the paint then a hot press paper works best. A high-quality paper will limit frustration and allow better end results. A pad of inexpensive paper is sufficient for exercise and learning, however once you gain mastery over the skills you will want to graduate to a quality paper.

**Odds and Ends:** Palette-larger the better for color mixing (a large deep plate could work, white enamel tray, plastic), rags/towels, sponge, 2 containers for water (one for mixing and other for washing), watercolor paper, drawing board and tape, pencil, kneaded rubber eraser. Reference photos for painting.

**Optional:** Watercolor masking medium.