



MISSA 2023 WEEKEND ONE (2-day) July 15-16

CARA BAIN: Painting Expressive Portraits in Oils

Student Supply List:

Please bring ALL the supplies in this category.

- **PAINT**

Please bring artist grade paints like Gamlin, Winsor Newton, or Holbein

Titanium White | Yellow Ochre | Cadmium Red Light (or any bright red) | Alizarin Crimson (or

Permanent Alizarin) | Ultramarine Blue | Burnt Sienna (Winsor Newton brand is best) | Burnt Umber

Optional Paints – Ivory Black | Cadmium Yellow Lemon (or Cadmium Yellow Light) | Naples Yellow |

Any other colours you like

- **MEDIUM**

Refined Linseed Oil: bring one small bottle (any brand).

Mineral Spirits: Gamblin 'Gamsol' odourless mineral spirits (one small bottle). Please do not bring turpentine.

- **SURFACES**

1 small surface for painting exercise – Canva paper, canvas or board no bigger than 5x7" (or tape of an area on a larger surface)

1 surface (for main painting): any size between 8" x 10" to 12" x 16". Canvas, canvas board or panel. Please make sure surfaces have 3 layers of gesso before class (most store-bought canvases come with one layer).

Gesso – to prepare surfaces before the workshop. Apply 2-3 layers of gesso. Sand after drying if there are coarse textured brush marks.

- **BRUSHES**

Bring a range of brushes you like. I recommend: 1 or more Synthetic Round: between size 0 and 4, Synthetic Flat or Angled: sizes 4, 6, and 8 (1 of each), 2 Bristle Flats or Filberts: any size between 10 and 12

- **PALETTE**

Glass, plexiglass, or disposable palette. Approximately 11x14" or 12x16"

- **OTHER (Please bring all)**

Masking tape

Palette knife (metal, not plastic)

Roll of paper towel – I recommend 'Scott's Shop Towels' (blue)

Sealable jar + lid to store mineral spirits.

Small jar/container/dish for medium.



OPTIONAL items to bring:

- **PHOTO REFERENCE**

Instructor will provide high quality reference photos, but students may bring their own. They must be printed to mostly fill an 8.5x11 paper. The instructor may advise you against using your own reference as some photos are difficult to translate into paintings.

- Notebook and pencil for notes
- Painting gloves
- Another jar to hold brushes

****Please put your name on all your supplies and equipment****

Students, please contact your instructor directly if you have any questions about the supplies listed.

Instructor Name: **Cara Bain** Email: hello@carabain.ca

For all other inquiries, please contact the MISSA Office, missa@missa.ca