



Backpack and Paint Retreat with Nikki Frumkin

Please bring all the supplies you'll need with you to the park. This retreat is in the high country and there is no access to an art supply store.

ART SUPPLIES TO BRING

SKETCHBOOK and PAPER

Sketchbook or paper of your choice. Select a watercolor sketchbook with paper suitable for pen ink and thick enough for watercolor (140lb strongly recommended). Any format is okay: portrait, landscape or square; Size 8.5" x 11" or smaller. Brand suggestion: Stillman & Birn Beta Series

WATERCOLOR

Tube paint that's been squeezed and dried in a palette is great for saving space outside! I love Art Toolkit's palettes in any size. If you already own a set you love using, please bring that. If you are buying colors, here are a few of my favorites by Schmincke. Daniel Smith also makes great paint. Indigo, Cerulean Blue, a warm yellow, Magenta, Payne's Grey, Viridian Green and Violet.

PALETTE:

Nikki uses the art toolkit [Folio Palette](#) that is lightweight and has lots of space for colors and mixing. Other suggestions are the [Mijello Palette](#), recommended by artist Lora Spielman, that is lightweight and leak-proof. If you prefer a small palette, you can bring an additional mixing tray. There are many travel-size palettes available for purchase, but you can also use a small container like an Altoids tin and purchase some half pans to make your own paint set. If you decide to go with a smaller, more compact palette you can bring a Ziploc bag to waterproof it when you put it away. Whichever palette you choose, make sure to pre-squeeze your paints before our retreat! [This video](#) gives some helpful tips if you are setting up a palette for the first time.

BRUSHES:

- If you are bringing large paper, bring the biggest brushes you have. I love a huge brush for my small paintings too. Look for a round brush the size of your thumb. I also like a flat 2-inch brush for covering large areas of sky.
- Water brushes work great for traveling since you can fill the plastic barrel of the brush with water and paint anywhere. Recommended brands: [Faber Castell](#), [Niji](#), [Pentel](#), or any brand you can find on amazon.

PENS:

- Waterproof black ink pen with waterproof or water-resistant ink. Suggested brands: [Sakura Fudenosuke](#) (soft and hard tipped) brush pens.

- White Gel pens are great for highlighting

PENCIL: Regular or mechanical. Mechanical is a good idea for backpacking because it doesn't require sharpening; just make sure to bring extra lead. If you bring a regular pencil, don't forget a pencil sharpener!

ERASER: kneaded or white plastic

WATER CONTAINER: Two sealable water containers. I like using empty Talenti Ice Cream containers because they don't leak. Make sure you have two, one for clean water and one for dirty water.

WATER BOTTLE: Bring a full water bottle to fill your water cup and an empty bottle to carry out used paint water – we will be following Leave No Trace ethics in this workshop! I like using these [Platypus Soft Bottles](#) because they are lightweight and reusable.

PAPER TOWELS, a sponge, or fabric to help clean your brush between colors. Blue shop towels work great, and can be rinsed, dried and reused.

ZIPLOC BAG: to capture any micro trash. Since we are painting as part of a backpacking trip, we need to be sure to pack out any trash we might have!

MASKING FLUID: I love [Fineline Masking Fluid](#) because of its easy to use applicator. This item is OPTIONAL.

OPTIONAL SUPPLIES (keep in mind you have to carry what you bring)

- A portable stool, sitting pad ([inflatable](#) or [foam](#) versions work great), or plastic trash bag to sit on. It is possible the ground will be damp as weather is unpredictable. I also like sitting on my empty backpack.
- WATER SPRAY BOTTLE to spritz your watercolors
- PENCIL SHARPENER and/or LEAD depending on which kind of pencil you bring.
- Plastic baggie to catch pencil shavings and other art related trash.
- BINDER CLIPS for holding your sketchbook pages down
- Large RUBBER BANDS for holding your sketchbook open or holding paper towels around your wrist.
- Please bring any favorite tools or colors that have proven “tried-and-true” for you. Although we will be focusing on pen and watercolor you can bring other materials like colored pencils, markers, or gouache to explore with

EQUIPMENT & GEAR TO BRING

See suggested backpacking supplies list