



YOSEMITE
CONSERVANCY

Backpack and Paint with Nikki Frumkin

ART SUPPLIES TO BRING (Suggested by Nikki)

SKETCHBOOK 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! Nikki loves [Art Toolkit's palettes](#) in any size. If you already own a set that 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: I use 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.

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

BRUSHES:

- If you are bringing large paper, bring the biggest brushes you have. Nikki loves a huge brush for small paintings too. Look for a round brush the size of your thumb. she also likes 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.

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. Nikki likes 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! Nikki likes 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(s): 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 (optional): Nikki loves [Fineline Masking Fluid](#) because of its easy-to-use applicator.

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.

THINGS TO CONSIDER AS YOU PACK FOR BACKPACKING

If you are a first-time backpacker, we suggest you refer to [REI'S Expert Advice](#) backpacking articles and watch a few instructional videos. They also have a great [Backpacking for Beginners article](#) that's worth a read. Go into an outdoor store to talk to knowledgeable staff or search for books at your local library.

Pack Weight: Learn to scrutinize each item you want to bring and ask if it's necessary or if there is a lighter alternative. The average pack weight for a three-day trip is 30-40 lbs.

Clothing: Bring layers as the temperature in the Sierra varies throughout the day. Avoid all cotton if possible: synthetic clothing is best since it wicks moisture away from the skin. Rain gear is a must. And make sure your hiking boots or shoes are well broken in! If they're new, wear them around at home or work for a few days.

Food: Pack light, but pack enough to satisfy your appetite. Strenuous activity and high elevation can enhance or depress your normal appetite. Bear boxes are available each night of your backpacking trip; you are not required to store and carry your food in a bear-proof container.

Water: It is very important to stay adequately hydrated when backpacking; you should have a bottle or water bladder capacity for two to three liters. A water filter is the easiest way to purify your drinking water. Other methods include boiling, UV light, and water purification tablets (iodine).

The packing list on the next page is intended as a guide. You will have a pleasant experience if you take the time to plan what you bring.

BACKPACKING CHECKLIST

Tips:

- Focus on a balance between **preparedness, comfort, and weight.**
- Pack heavier gear in the middle or bottom of your pack.
- Check the weather prior to your arrival.

Essential Gear

- Backpack with padded hip belt and rain cover. Almost all of the weight should rest on your hips, not your shoulders. Make sure your pack fits properly.
- Daypack (or you can detach the “hood” of your backpack and use it as a waist/hip pack - We will leave large packs behind for day hikes.
- Tent with waterproof rainfly and stakes (Set it up at home before arrival to the park)
- Sleeping Bag (warm, lightweight, and down or synthetic filled) and Sleeping Pad
- Flashlight/headlamp: Consider bringing extra batteries.
- Water Filter System and/or purification tablets
- Water bottles and/or water bladder: (2-liter capacity minimum)
- Portable, lightweight camp stove, fuel, and cookware (+biodegradable soap)
- Eating Utensils
- Backpack-friendly meals Pack an extra day worth (no cans or glass)
- Bear-proof canister: Your registration fee includes a canister rental that you need to pick up from Wilderness Center.

Essential Items

- Face coverings/masks
- Sun hat, warm hat (beanie), and sunglasses (UV rated)
- Bathroom Kit: digging trowel, two sealable bags, toilet paper
- Waterproof matches/lighter and pocket knife (small and light)
- Personal Toiletries (travel size is best. must fit in bear-canister): sunscreen (strong), hand sanitizer, lip balm with SPF, insect repellent, prescriptions, and small first-aid kit!

Essential Clothing (Avoid cotton fabrics and dress in layers)

- Hiking shirts and pants/shorts (No jeans)
- Warm layers: long underwear (top & bottom), mittens/gloves, and socks (synthetic or wool)
- Insulated Jacket (fleece, down or synthetic)
- Waterproof layers: rain jacket and pants
- Moisture-wicking underwear
- Bandanna
- Shoes: broken-in hiking shoes and sandals (for camp shoes)

Optional

- Trekking Poles
- Small Travel Pillow
- Mosquito net (season dependent)
- Hand Warmers
- Field Guide