



YOSEMITE
CONSERVANCY

Backpack & Paint Retreat with Cheyenne Sukalski

Please bring all the supplies you'll need for this workshop with you to the park. Happy Isles Art & Nature Center only carries a limited supply of student grade materials and may not have everything listed on this packing list.

ART SUPPLIES TO BRING (suggested by Cheyenne)

There are many choices of sketchbooks and paints! Those listed are suggestions only. If you have a sketchbook you enjoy, bring it! Your watercolor paint should be a simple travel set with some of the colors (or similar) listed below.

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 Delta Series](#)

WATERCOLOR TUBE PAINT that's been squeezed and dried in a palette is great for saving space outside! If you are buying colors, here are a few of Cheyenne's favorites: Ultramarine Blue, Monte Amiata Natural Sienna, Sap Green, Magenta, Cadmium Yellow, and Van Dyke Brown, Moonglow, Phthalo Blue.

PALETTE: There are many [travel-size palettes](#) available for purchase, I use [this palette](#) from Amazon, it's really cheap and portable, with a fold-out extra space for mixing! Perfect for outdoor painting. Another suggestion is the [Mijello palette](#), is lightweight and leak-proof. If you prefer a small palette, you can bring an additional [mixing tray](#)! Bring a Ziploc bag to waterproof your palette 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.

WATERPROOF PENS Bring at least two black pens with waterproof ink. Suggested brands: [Sakura Pigma Micron PN](#), [Sakura Pigma Micron Brush pen](#), or Staedtler Pigment Liner Markers.

BRUSHES Cheyenne recommends one larger round brush (size 8 or 10) and one smaller round brush for details (size 4 or 6). [Da Vinci](#) makes a line of foldable paint brushes that work great for backpacking. If you have other sizes or brush shapes you like, bring them! If you bring normal brushes make sure to have a cover to protect the bristles.

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, bring a pencil sharpener!

ERASER: Kneaded or white plastic

WATER CONTAINERS (2): One recommendation is to use 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!

PAPER TOWELS: Bring 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): Recommend bringing a few gallon or quart Ziploc bags to waterproof your sketchbook and other gear as well as an extra 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!

OPTIONAL SUPPLIES

- A portable stool, camping chair, towel or plastic trash bag to sit on. It is possible the ground will be damp as weather is unpredictable.
- WATER SPRAY BOTTLE to spritz your watercolors
- BINDER CLIPS for holding your sketchbook pages down
- PENCIL SHARPENER and/or LEAD depending on which kind of pencil you bring.
- 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 Canister:** While there are two bear boxes located at May Lake, space is limited. You should plan to bring a bear canister as you are required to store all scented items (including food and toiletries) in a bear-proof container while backpacking.
- **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.

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 Canister: you can [bring your own](#) or [rent one in Yosemite National Park](#)! Upon registering for this course, Yosemite Conservancy will provide a coupon for a free bear canister rental.

Essential Items

- 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