



## The Figure Intensive

### Les Castellanos

#### Supply List

The focus of this workshop is the figure. The materials are secondary to our pursuit. You could really bring anything you want. However, here is a suggested list for different media. For beginners, I recommend charcoal. For those with a little more experience feel free to bring pastels or whatever you are comfortable with. Do bring a sketchbook for the first set of poses and thumbnails.

#### Charcoal

- Vine Charcoal Soft/Medium
- Charcoal Pencil Soft/Medium/Hard
- White Charcoal pencil
- Chamois
- Sandpaper block or Sandpaper for sharpening
- Knife/ Blade for sharpening
- Kneaded eraser
- Eraser pencil
- Fixative

#### Paper

- Charcoal paper 60 - 90 lbs
- Or Toned Charcoal paper I personally prefer Hahnemuhle Bugra Pastel paper

#### Graphite

- Set of weighted pencils or 4h, 2h, hb, 2b, 4b

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- Kneaded eraser
- Pencil sharpener or Knife
- Eraser pencil
- Fixative

### Paper

- Drawing paper 60 - 90 lbs. I prefer smooth paper over textured paper.

### Oils / Acrylics

#### Palette

I set up my palette from right to left, light to dark, warm to cool. For the most part I use the same colors each and every time. There are occasions in which the subject matter requires an additional set of colors.

Here is the basic setup.



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1. White (Either Flake/Cremnitz or Titanium White)
2. Gray (#8 or Blue Gray or Davies Gray, I usually have to add a little white to make a lighter value)
3. Yellow Cadmium / Yellow Cadmium light
4. Yellow Ocher/ Yellow Ocher Light
5. Cadmium Orange
6. Cadmium Red ( Depending on the brand either medium or deep)
7. Burnt Sienna/Raw Umber
8. Alizarin Crimson
9. Dioxazine Purple
10. Permanent Green Light
11. Permanent Green/Viridian Green
12. Cerulean blue/
13. Ultramarine
14. Payne's Gray
15. Ivory Black

\*suggested. You can get them, but I strongly suggest starting with a limited palette and then adding colors slowly.

For painting supports you can use canvas, canvas board, masonite boards or paper canvas. Each support will feel different and it becomes a matter of preference. The boards and papers soak up the oil/water fast and can also make colors look dull. The canvas can be slicker and frustrating because it feels like the paint doesn't stay. I suggest trying different painting surfaces on your own and see what feels good to you.

Mediums are mixtures that you add to your oil/acrylic paint to change the way the paint

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behaves. Some mediums make the brush stroke feel long, others make the paint dry fast, others add texture. I love to use cold wax for texture. There are way too many mediums and combinations to recommend just one. Stick to just linseed for oil, and acrylic medium for acrylics.

For solvents I use the Eco house solvents. They smell like citrus. Keep it capped when not in use. Neither Mineral Spirits or Turpentine is allowed in the Woodstock Studios. If there is a question about solvents, always check with the office first. For Acrylic, all you need is water.

You will also want to bring a rag, a prepared wooden or disposable palette, and of course brushes.

If you want to use other materials, just send me an email and we can go over any questions or ideas you might have.