



Presenting the  
2021 Spring Retreat

**Cultivating Courage through Art Journaling**  
**Supply List**



## The Retreat will Supply

The retreat will supply you with a *Welcome Package* which will include your very own journal and some other luscious things.

Listed below are the basic materials that Robyn and Kathy use the most and that you will want to bring with you. Please note, even though we have given direct links to products, feel free to find better pricing or substitute a favorite brand you love.



# Please Bring

## **Tools:**

Scissors

Exacto knife

Dropper

Calligraphy Pen (the old fashioned kind with nibs) with ink

Apron

Water spray bottle (any size)

Old plastic credit cards or plastic room keys

UNSCENTED Wet Ones (baby wipes with at least 50)

Paint Brushes in various sizes, paint palette and water container (whatever you have on hand)

Latex Gloves

## **Pencils, Pens, and Crayons:**

Caran D'Ache Neocolor II Crayons (at least two in your favorite colors)

Stabilo Marks All Pencil -Black

Stabilo Graphite Pencil

Uniball Vision Black pen, Fine

## **Paints:**

Watercolor travel kit and travel brushes (a Crayola kid's set is fine too!)

Acrylic paints in the colors of red, yellow, green, black, white, and a neon

Acrylic brands we love: Liquitex, Golden, Folk Art, and Amsterdam

Ranger Distress Spray Stains select a minimum of 2

## **Gesso and Adhesives:**

Clear gesso, 4 oz is sufficient

White gesso, 4 oz is sufficient

Clear gel matte medium

Aileen's Original Glue

## The following will be available for use:

### **Paper:**

Magazines

Old books

### **Paints:**

Water Container

Various Sized Paint Brushes

### **Other Things:**

Paper towels

Black Ink Stamp Pad

### **Tools:**

Bull Dog Clips

Heat Gun

Various Mark Making Tools

Stencils

Ink Stamps

Brayer



## Supplies to bring if you already have them:

Ranger Heat it Tool or other heat gun

Watercolor Pencils, Markers or Paints

Greeting cards, postcards, letters, books and magazines you don't mind cutting up

Printed copies of photos or images that you are drawn to

Collage Paper

Doilies

Stencils

Favorite Inkable Stamps and ink pads

Bulldog Clips