

ARROWMONT

SCHOOL OF ARTS AND CRAFTS

Medium: Painting

Instructor: Rachel McCampbell

Dates: September 27 – October 2, 2026

COURSE DESCRIPTION

Painting with cold wax medium is an extremely exciting and popular method that combines painting with printmaking, lending itself perfectly to abstraction or representational art. This workshop includes process-oriented techniques that students can learn with no previous art experience and have instantaneous success. Students will build layers of paint on paper or panels using oil and cold wax medium, then learn techniques like using a brayer to flatten shapes, adding marks, digging back in with tools, drawing with pigment sticks, and scratching through layers. This creative, push-pull process will change how students see things and deepen their practice. Students will leave with finished works of art, ready to hang on the wall.

WHAT TO BRING

- A journal and pen
- 1 16 oz Gamsol (odorless mineral spirits, to clean your tools constantly —or you can clean with vegetable oil if you want to bring that) Some people bring baby wipes but I don't think they work very well.
- Gamblin Cold Wax Medium, 16 oz can (You can get 2 cans in case you go through one and you'll want one for later anyway. It doesn't go bad)
- 2 empty glass jars to hold some Gamsol in to clean your brush and one that stays clean
- 1 large 150 ml. tube of Gamblin Titanium white (see list of other colors)
- A large pad of Palette paper- 16 x 20" (Or a roll of Wax paper and masking tape to tape it on the table—doesn't work as well as palette paper but it's okay).
- A selection of OLD oil or acrylic brushes: flat, round and fan etc. No good brushes. We mainly don't use a lot of brushes but bring a few flat and round synthetics if you want to for finer details.
- A roll of blue painter's tape 1" wide
- Roll of masking tape (optional to hold down wax paper that won't work with the blue painters tape)
- A roll of Wax Paper
- A regular 2B pencil
- 1 Pad of newsprint paper (18 x 24" or 24" x 36") or you can use sheets of an old newspaper. But the newsprint works best. (optional) - optional
- Scissors (optional) - optional
- Utility knife (optional) to create masks - optional
- Stencils (optional) if you have them (you can make your own with newsprint)
- Apron - it's a very messy process, wear old clothes too
- Lots of the thin, disposable Nitrile gloves or protective gloves, at least 8 pairs (I buy a box of them from Costco and they last a long time).

ARROWMONT

SCHOOL OF ARTS AND CRAFTS

- Texture making items such as: cardboard, bubble wrap, metal dish scrubber, soft string or yarn, jute, stamps, stencils, cookie cutter tools you don't care about, combs, etc.
- Brayers: YOU CAN JUST BRING ONE BRAYER, soft rubber brayers-2" and 4" ones-but if you have more, bring them to save on constant cleaning
- Dough or bowl scrapers (I bring more than one so I don't have to clean them constantly) My favorite is this small and medium sized pair that you can purchase on Amazon through Messermeister: https://www.amazon.com/dp/B0BFJNJ92C?ref=ppx_yo2ov_dt_b_fed_asin_title for \$15
- I also like Princeton Catalyst #6 for when the wax hardens up on day 2.
- At least one or two R&F Pigment Sticks (I love to use the transparent color alizarin orange, sap green, or King's Blue is nice too for an opaque,Ä¶.no more than 2 is necessary. They are pricey.)
- One 4 oz bottle of Gamblin Galkyd Lite Medium
- Mark making tools such as: (optional) Vine and compressed charcoals,
- pencils, Art Graf Carbon, Stabillo "Woody" wax and/or water soluble wax pencils. You do NOT have to bring all these or any of these pencils, only if you have them. They are rarely used. Some mixed media artists like to use these but others don't. I think bringing some vine charcoal would be a good idea though.
- 12" ruler (optional) - optional
- A triangle ruler to measure 90-degree angles - optional
- Powered pigments (optional) if you have them, Dry chalky pastels like Rembrandt or Metallic Pan pastels, or other metallic powders are fun to use.
- Palette knives. Bring several so you don't have to clean constantly. For Cold Wax Medium, I like the trowel-shaped ones See my list on my website for the exact type on Blick Art Materials.
- NOTE: DO NOT BRING OIL PASTELS, WE CANNOT USE THEM WITH THIS PROCESS
- Bring Substrates:
- –Σ A pad of Arches Oil paper 12 x 16"- IT'S VERY IMPORTANT TO BUY THIS SIZE, NOT THE SMALLER ONE AND MAKE SURE IT'S OIL PAPER, NOT WATERCOLOR PAPER.
- MOUNTING AND FRAMING: OPTIONAL PART OF THE WORKSHOP
- Part of this workshop is to show you how to mount your work on a cradled wood panel and frame it too IF YOU WANT TO! IF YOU SIMPLY WANT TO WORK ON PAPER AND NOT FRAME ANYTHING THEN IGNORE THIS PART, OR, YOU CAN MOUNT IT AND NOT BUY THE FRAME, IT'S UP TO YOU. IF YOU WANT TO TRY THIS, YOU WILL NEED THIS:
- Two 12 X 16 X 1.5" cradled wood panels (these fit the Arches Pad of paper you are buying) You might only mount one and can save the other one for later, I use these: <https://www.dickblick.com/products/blick-premier-wood-panels/?fromSearch=%2Fsearch%2F%3Fsearchword%3Dcradled%20wood%20panels>
- 1 jar of GOLDEN HEAVY GEL MEDIUM 8 oz jar-this is the glue for the paper to panel

ARROWMONT

SCHOOL OF ARTS AND CRAFTS

- 1 or 2 FLOAT FRAMES, GOLD OR WHATEVER COLOR YOU WANT, JUST MAKE SURE IT'S THE CORRECT DEPTH FOR YOUR 1.5" CRADLED PANEL. EXAMPLE: <https://www.dickblick.com/products/blick-contour-floater-frames/>
- 1 (OR MORE) 5 X 7 x 1.5" Cradled wood panel - I'm not buying frames for that size
- Gesso to lightly gesso the panel before attaching the artwork to it-8 oz is enough
- Acrylic black paint to paint the side edges - small jar or 2 oz tube is fine:
<https://www.dickblick.com/products/golden-heavy-body-artist-acrylics/?Item=00620-2043>
- Wire and D-Rings for the backs to frame them. (This is the wire I use "SuperSoftstrand 500-Feet Picture Wire Vinyl Coated Stranded Stainless Steel" on Amazon, for this size picture and this will last a long time or you can buy smaller bits of wire). These are the D-Rings I use "'PHS Heavy Duty D Ring Picture Hangers - 50 Pack - 2 Hole with Screws - D Rings Heavy Duty, Painting Hangers, Support 40 lbs" for 25 paintings.
- COLORS FOR BASIC PALETTE:
- Oil paint by Gamblin (you can use 1980 brand by them to save money if you want to)
- All paints are 37 ml tubes, except for Titanium white, get a 150 ml tube.
- · Red Cadmium Light
- · Quinacradone Magenta
- · Phthalo Blue
- · Ultramarine Blue
- · Cadmium Yellow Medium
- · Hansa Yellow Light or lemon yellow
- · Titanium White 150 ml. Tube
- · Ivory Black
- · Raw Umber
- · Bring a few transparent colors like sap green, Transparent Orange, Indian yellow, Green gold, Dioxazine Purple, etc....
- Optional Colors: (anything you want to bring, just check them before coming to make sure they are not dried out)
- Warm White
- Yellow ochre
- Burnt Umber
- Dioxazine purple
- Indian Yellow
- Green Gold
- Asphaltum
- Cadmium Chartruese
- Radiant Magenta

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- Here is the link to see prices and purchase through Blick Art Supplies. NOTE: I DO NOT get a portion of the sales. Also, they only gave me a choice of choosing “Required” or “Recommended” for the supplies. Some are just clearly optional or chosen to give you an idea of what to bring. So, don’t take the Blick list too literally but it’s pretty close. So contact me with any questions.
<https://www.dickblick.com/lists/blicku/0B04PULPZ83ZW>

MATERIALS FEES | **\$120.00-\$200.00**

Fees are assessed on an individual class basis and may vary from class to class depending on the amount of materials used and the number of students in the class, this keeps your out-of-pocket costs lower than a typical flat fee. Fees include all provided studio materials as assigned by the Instructor. Material fees are to be paid in the Supply Store no later than midday on the last day of workshop instruction.

Please be advised that the above course description and materials list has been written and approved by the instructor.

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