

Materials list

1) Oil paint - Titanium white (warm white is nicer but more expensive).

Lemon yellow (or cadmium yellow light).

Alizarin crimson (rose madder is nicer, but dearer). Cobalt blue – OK to get cobalt blue hue.

60ml tubes or bigger, and at least twice as much white.

I use Jackons Artists Colours. But use the brand you like.

2) Low-odour oil-paint solvent. A small jar for the oil solvent. Zest-It or Sansador are fine.

3) Brushes. Good to have some bigger brushes.

I like long filbert brushes, household brushes, rags, newspaper, hands and fingers.

4) Canvases/panels/painting surface.

25 x 30 cm for a sight-size view of the kitchen. Have some smaller ones for a few life-size still lifes – how much can you fit on your board, how many satsumas, milk bottles etc?

Shop-bought canvas needs another coat of white acrylic primer. Use the surface you prefer. Twice-primed (either side) thick cardboard is good for colour studies.

5) Palette or mixing surface. Paper tearaway palette is great. Wooden palette fine.

6) Kitchen paper or rags. A plastic bag for rubbish.

7) Plastic disposable gloves are great.

8) Apron is good. Don't be like me and not wear an apron.

9) Some hand gel to wash your paint-covered hands.

10) Easel – for your board or canvas.

11) Newspaper for blotting. I will explain.

