

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) and cobalt blue.

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

I use Jacksons 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. I use cardboard with two coats of acrylic primer – often the card from a cereal box. Cut it down to the size you want. Primed thick cardboard is good too. For smaller studies 18 x 24 cm or 13 x 18 cm. 18 cm height is good for still life.

- 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 to blot paint – I will explain.