

PAINTING FROM WITHIN

- INTUITIVE PAINTING CLASSES -

Materials List

Almost all of these can be purchased from Warehouse or Warehouse Stationery. Please don't feel you have to buy the best of everything - student quality is absolutely fine to begin with!

REQUIRED:

PAD or at least 20 sheets of A3 (not A4) PAPER - Either drawing or watercolour paper, but please don't buy expensive stuff! You basically just need around 110-120gsm paper (like the stuff in visual diaries). If it's not paper designed to be painted on (like watercolour paper), you can gesso over it so you can paint on it. The paper can be completely smooth or slightly textured like watercolour paper. PLEASE don't buy canvas sheets - this needs to be paper.



GESSO (Primer) - used for priming paper/canvas before painting. Any brand can be used: Atelier, Jo Sonja, Golden, Liquitex, etc. You'll want at least a 250ml pot. *NB: You don't need to buy this if you're using watercolour paper (see above item).*



ACRYLIC PAINTS - bring what you have (can be in tubes or bottles). If you're just starting out, there is a budget student quality range (Fas, Reeves, Chromacryl, etc.) or the artist's quality range (Atelier, Liquitex, etc.). *NB: You definitely get what you pay for with paints - artist quality paints always give better results. That said, if you're not sure you want to continue painting, or on a budget, feel free to buy student quality to start with.* Bring as many colours as you already have or, if purchasing, buy at least the following (from these, you can mix almost any colours).

- White
- Black
- Red (a bright red, like Cadmium). If your budget can stretch, you could buy both a Cadmium red and an Alizarin Crimson red.
- Yellow (a bright yellow, like Cadmium). If your budget can stretch, you could buy both a Cadmium yellow and an Ochre yellow.
- Blue (preferably Ultramarine).
- Optional extras: Purple and Magenta (as these are almost impossible to mix)



OIL PASTELS - Das or Reeves (student quality is fine) - 12 or 24.



CHALK PASTELS - Mungyo or Reeves (student quality is fine) - 12 or 24.



VISUAL DIARY - A3 or A4 (depending on the size you like to work with)



TOOLS:

- At least 3-4 different brushes - at least two different sized 'flats' (see left two brushes) - one wider bristle (e.g. 2 inch) and one smaller synthetic brush. Feel free to also bring one or two 'round' brushes (see right two brushes) - one larger, and a fine one for details.



- Palette knife (this shape is most useful)



- Sponge (can be kitchen or sea sponge)

BUCKET - for water

PAPER TOWELS or **RAGS**

ASSORTED EXTRAS:

- Pen (for journalling)
 - Paper glue
 - Drawing pencils (2B or 4B)
 - Graphite pencil (optional)
 - Paper scissors
 - Eraser
 - Piece of charcoal (optional)
 - Assorted markers or felt pens (optional)
 - Indian Ink and/or coloured ink/s (optional)
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OPTIONAL EXTRAS

ACRYLIC MEDIUMS - if you have any (including textural mediums), bring them along. Acrylic glazing medium (see image) is particularly useful - can be any brand: Atelier, Jo Sonja, Golden, Liquitex, etc.



GLOSS or SATIN VARNISH (optional) - can be any brand: Atelier, Reeves, Helmar, Liquitex. Can also be either spray on or brush on.

