



I understand that everyone has different access to art materials depending on budgets and locations. Please use this list as a suggested list to prepare you for the course. If you don't have everything on the list, don't worry. You will find what you need along the way, and improvisation is a wonderful part of the process!

- ◆ Canvas: Pre-stretched and pre-gessoed [canvas](#) is the easiest thing to paint on. Stretched canvas from the art supply store usually come pre-gessoed. If it is white, you know it's primed and ready to go. I suggest no canvas smaller than 24" x 24", the bigger the better for this process!  
If canvas feels too expensive, you are welcome to paint on [watercolor paper](#), panels (pine or masonite from the hardware store), old paintings from thrift shops, cardboard, old wood or doors. Some of these surfaces will not be "archival," but they are great for practice and learning.
- ◆ Acrylic Paint: You are welcome to start with a [basic acrylic paint set](#), and add to your collection as you go. At the very least, make sure you have [titanium white](#), [black](#), [red](#), [yellow](#), and [blue](#) (any shade, at least 4 oz of each). You are welcome to buy any other additional colors your heart desires. Personally, I love [Golden brand acrylic paint](#) (a mix of their heavy bodied and fluid paints is great), but it is quite expensive and not necessary for this course. Please buy paints based on your budget.
- ◆ Brushes: You are welcome to use any brushes you enjoy using for this course. I prefer "POLY-BRUSH" brand foam brushes from the hardware store and any brand of [cheap bristle brushes](#) from the art supply store. I suggest buying a variety of shapes and sizes, and make sure you have at least one small brush with a pointy tip for details. Start with at least ten brushes (a mixture of foam and bristle).
- ◆ Acrylic Glazing Medium: I use [glazing medium](#) sparingly in my process, but it can be nice to have on hand especially if you don't have any fluid paint. It's great for making translucent layers. I love "gloss," but any sheen will work. This is not a crucial material for this course.

- ◆ Other Painting Tools: Please have a variety of etching and stamping [tools](#) such as old pens, bottle caps, bubble wrap, combs, etc. No need to buy anything new, just look around the house and be creative!
- ◆ Palette: I use a sheet of glass with a white piece of paper under it to see the true colors on my palette. Glass is easy to clean, and it also feels good under a brush. If you are using a glass palette, please tape the edges for safety. Cookie sheets, muffin tins or [palette paper](#) will also work as palettes.
- ◆ Water Spray Bottle: The bigger the better and make sure it works well on the “mist” setting. You will use the [spray bottle](#) for making drips in your paint and also to keep your paints from drying out on your palette.
- ◆ Cup or Jar for water: This will be a place to put your brushes to keep them from drying out while you are painting.
- ◆ Rags: Old towels or sheets work great!
- ◆ Barrier Cream: Apply this cream to your hands to create a thin protective barrier between your hands and the paint. This cream also makes cleaning paint off your hands easier. My favorite brand is called [Invisible Care](#).
- ◆ A Place to Paint: I prefer to hang my canvases directly on two screws or nails in the wall. This keeps my canvases sturdy while I’m painting and also saves space. You can also use an easel or a table. It will be helpful to prop the painting up on a table. Make sure all surfaces are covered with drop cloths or plastic sheets to keep walls and floors clean (if you care about that!).
- ◆ Good Lighting: If your painting space doesn’t already have good light, you can add a couple of [clamp lights](#) from the hardware store to add more.
- ◆ [Blank Journal](#).
- ◆ Images and/or objects for reference material and [inspiration](#).
- ◆ Apron and/or comfy painting clothes.
- ◆ Optional: Plastic Gloves. Please use gloves if you do not want paint on your hands. This is your choice.
- ◆ Optional: Meaningful items to create an altar near your painting space.
- ◆ Optional (but highly suggested): Your favorite painting [music](#).
- ◆ An open heart and mind and last but not least... TRUST!