

# MATERIALS LIST



Please get in touch if you are unsure about any of the art materials listed below by emailing [info@adriancooke.ie](mailto:info@adriancooke.ie) or calling me on +353 (0)87 660 9644.

## MODERN PORTRAIT PAINTING TECHNIQUES 5-WEEK ONLINE COURSE

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Please don't worry if you don't have all of these art materials. One of the course objectives is to explain, demonstrate and recommend what materials you should acquire and why.

### SUPPORTS

#### Canvas for Oil & Acrylic

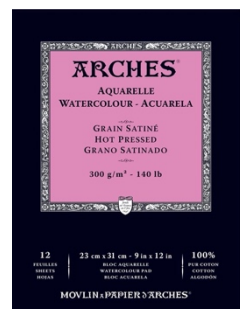
You will need a range of A3 (42 x 29.7 cm) and A4 (29.7 x 21 cm) size canvases, or approximate corresponding sizes. Canvas boards and ready-made canvas frames can also be used. For acrylic, you can also use canvas-textured paper.

#### Paper for Watercolour & Gouache

Below are some of the options for recommended watercolour papers:

#### HOT-PRESSED (FLAT TEXTURE)

- Fabriano or Arches (see image right), either in a spiral pad or in a block
- Saunders Waterford or Arches Hot Pressed 640gsm / 300lbs, Extra White (single sheets)
- Fabriano Hot Pressed 300gsm / 140lbs (block)
- Fabriano Classico, Hot Pressed 300gsm / 140lbs (spiral pad, fat)



#### COLD-PRESSED (DECKLED TEXTURE)

- Winsor & Newton Cold Pressed Watercolour Paper, 300gsm / 140lbs (see image right)
- Daler & Rowney Cold Pressed Watercolour Paper, 300gsm / 140lbs



If you can't get any of these, there are also many other very good quality papers by Winsor & Newton, Daler Rowney and other manufacturers.

# PAINTS

These are suggested lists of standard colours. Ideally, your palette should include a warm and cool version of every primary colour plus some earth colours and black and white.

## Oil & Acrylic Paint Colours

### Basic Palette

- Titanium White
- Ivory Black
- Burnt Umber
- Raw Umber
- Yellow Ochre
- Lemon Yellow
- Cadmium Yellow
- Alizarin Crimson
- Cadmium Red
- Cobalt Blue
- French Ultramarine Blue

## Watercolour & Gouache Paint Colours

This is similar to the list above. You could possibly buy most of these as a set depending on your medium.

### Basic Palette

- Lemon Yellow
- Cadmium Yellow
- Cadmium Red Pale
- Alizarin Crimson
- Dioxazine Purple
- French Ultramarine
- Cerulean Blue
- Sap Green
- Yellow Ochre
- Burnt Sienna
- Burnt Umber
- Ivory Black
- Chinese White

# MEDIUMS & SOLVENTS FOR OIL PAINTS

Solvent, as the name suggests, dissolves a solute (or the oil paint).

Medium, again, as the name suggests, carries or acts as a vehicle for the paint. In oil painting, the medium is oil. The paint itself, straight from the tube, contains a certain amount of oil, hence “oil paint.” By adding medium (in the form of linseed oil, for example), we’re just increasing the amount of oil in the paint mixture.

### Mediums

- Linseed Oil
- Liquin – speeds up drying time (optional)

### Solvents

- (Odourless) Mineral Spirits

### Driers

- Cobalt Siccative – also known as Cobalt Drier (optional)

# BRUSHES

## For Oil & Acrylic

- Sizes 10 or 12 Flat Bristle Brush, for the background (optional but the bigger the brush the more even and quicker the application of paint)
- Sizes 4 to 6 Filbert Bristle Brushes, for most of the work
- Sizes 0, 1 and 2 Round Sable Brushes, for detail
- Soft Synthetic Brushes for blending

The brushes you will need fall into three categories: bristle, sable, and synthetic.

### Bristle Brushes

Bristle brushes consist of stiff hair making them ideal for big and heavier brushwork in the early and middle stages of a painting

### Sable Brushes

Sable brushes like Kolinsky are used for finer work – they're softer and tend to be used as your painting becomes more detailed and nuanced

### Synthetic Brushes

Synthetic brushes, like sable, will be used in the late stages of your painting when subtle blending is required

## For Watercolour & Gouache

If you're only starting in watercolour painting, then you might try to pick up a small set of brushes of different sizes. During the course, we will be discussing all of the watercolour materials and how and when to use them. Below is a suggested list of brushes:

- No.6 Round
- No.3 or No.4 Pointed Round
- No.1 Spotter Brush or No.1 Series 7 Miniature (W&N)
- No.0 or No.00 Series 7 Miniature (W&N)

# ACCESSORIES

Below are the most essential accessories you will need to do this painting course:

**Drawing Media** Charcoal and Graphite pencils: 2H, HB and 2B

**Palette for Oil or Acrylic** You can use glass, wood, plastic or disposable for oil and acrylic painting. The best standard is the oval-shaped wooden palette with thumb hole. If you are using any other type of palette, just make sure that it isn't white.

**Palette for Watercolour or Gouache** You can use plastic, ceramic or disposable palette. It's useful to have a palette with several different wells. However, you could also use old white dishes or saucers. However, you could also use old white dishes or saucers. See some of the options below:



**Palette Knife**

The palette knife should be medium-sized and with a crank in the handle.

**Palette Cups**

Convenient for holding small amounts of solvent and medium on the palette, rather than constantly reaching to your work table.

**Mahlstick**

You will absolutely need a mahlstick, which braces your painting hand and prevents you from touching the wet paint and also stabilises your hand for detailed work. You can make your own mahlstick by taking a long  $\frac{3}{4}$  inch dowel, wrapping a ball of newspaper in tape at one end of the stick.

**Black Hand Mirror**

Using your smartphone or a hand-held mirror, look straight up or down, to the left or to the right, to see the reverse true image of what you're working on. This is a useful way of tricking the eye when it becomes tired or biased. Any piece of reflective piece of glass, welding glass, or glass painted black will work, and help you assess values.

**Calipers**

For taking measurements – distances.

**Knitting Needle or Skewer**

For taking measurements – angles and distances.

**Paper Towel**

Absolutely essential. This should be in your hand at all times.

**Glass Jar(s)**

For mediums and solvents.

**Tape**

Magic Tape, Scotch 3M, Masking Tape