

# The **Paint** & Create Community

with Heather Bradbury



What **materials**  
do you need  
to **paint** with oils?  
(photo **realistically**)



## WELCOME!

Your journey to painting with oils is about to begin!

This document has a collection of the materials I have used the most. If you find you don't have access to all these items or brands, you will still get a really good idea of what items will help make painting with oils possible! Most art stores will have something similar if not the same.

The paint colours I show you here are transferable to different brands. The paint chart gives you a really close look at what minimum colours are important and also the full range of colours I have in my collection that I have found to be the best range to work with.

Your pathway into oils may begin with a small canvas board or some canvas paper. After that I really encourage you to explore different painting surfaces. You might like to try painting on boards, or linen, go ahead and explore!

Your journey is only one step away! ... you are totally investing in a fulfilling adventure that will bring you joy and life! Its worth taking time to buy quality and materials that will make the experience the best it can be!

Enjoy!

*Heather*

# Paints & Medium

## WHAT PAINTS TO BUY

Note the colours on the left are Art Spectrum, (which is what I use) There are brands of course and cheaper options. I have lined up a different brand on the right, so you can see how you can buy from another brand if needed.



### ART SPECTRUM Artists' Oil Colour

- Payne's Grey 150ml
- Titanium White 150ml
- Ultramarine Blue 40ml
- Phthalo Blue 40ml
- Turquoise 40ml
- Sapphire 40ml
- Phthalo Green 40ml
- Sap Green 40ml (this is a leaf green colour)
- Australian Green Gold 40ml
- Cadmium Green 40ml
- Golden Yellow 40ml
- Spectrum Yellow 40ml
- Cadmium Red 40ml
- Spectrum Vermillion 40ml
- Cadmium Red Deep 40ml
- Burnt Sienna 40ml
- Burnt Umber 40ml
- Permanent Magenta 40ml
- Flinders Blue Violet
- Flesh Tint 40ml



## OR a Cheaper option: MONT MARTE BRAND

### ART SPECTRUM Artists' Oil Colour (found in cheap shops)

- Ivory Black 100ml
- Titanium White 100ml
- Ultramarine Blue 100ml
- Phthalo Blue 100ml
- Turquoise 100ml
- Cyan Blue 100ml
- Permanent Green 100ml
- Sap Green 100ml
- Olive Green 100ml
- Green light 100ml
- Yellow Deep 100ml
- Yellow Medium 100ml
- Cadmium Red Hue 100ml
- Vermillion 100ml
- Permanent Red 100ml
- Burnt Sienna 100ml
- Burnt Umber 100ml
- Magenta 100ml
- Mauve 100ml
- Flesh Tone 100ml



**COBRA**  
Permanent red violet light  
(BRIGHT PINK)

I have found this pink to be the best for a very bright pink it is a water based oil, but works just the same as normal oils  
COBRA



To buy the Art Spectrum series is close to \$300ish, all up!... the CADMIUMS are the most expensive. So I suggest to buy just some to begin that are circled and then build up. Most colours you can make up from what is circled. **Except bright pink (see COBRA brand)**



## MEDIUM

### Langridge Low toxic, paint medium (odourless)

Low toxicity and completely odourless alternative to traditional oil mediums where exposure to turpentine may be an issue.

**They have recently changed their labels which now do not have the words: "Odourless" on the front, but it is still the same product!**

**Constituents:** Stand Oil (40 Poise), Low Toxic Solvent, Alkali Refined Linseed Oil, Cobalt Drier.

(if you can find a product that has similar ingredients, go for it!)

# Brushes & Cleaning

The brushes circled below are the brushes I recommend buying first.



- 0** - Used for very small detailed works
- 1** - Used for small detailed works
- 6** - Used for blending colour in general small areas
- 10** - Used for filling in backgrounds & blending medium areas
- 4** - Perfect for small works that need smooth clear edges
- 6** - Great for filling spaces and blending/smooth edges
- 7** - Also great for filling spaces and blending/smooth edges
- 10** - Also great for filling spaces and blending/smooth edges
- 12** - Used for largish areas that need blending & smooth edges.
- 12** - Versatile for all brush strokes for medium sized paintings.
- 14** - Good for larger images that require a sharp edge effect
- 16** - Good all rounder for backgrounds and filling in colour.
- 24** - Best for large background blending & filling in colour.
- 4** - Great for small spaces, but filberts work better
- 10** - Good for filling small spaces, but not as good as a filbert
- 18** - Great for medium area large area spaces
- 24** - Another great all rounder for large filling in of colour
- 24** - Ideal for painting hair & very fine lines



**WASHING UP:**  
Chrome Incredible  
brush cleaner &  
Laundry soap



**BRUSH PACKS**  
These are great and cheap  
I use these all the time!

# Canvases

So many different surfaces to paint on,  
where do you begin?

The short answer is: Begin wherever you want! You can paint on canvas, linen, wood, canvas paper and more! There are many different types of canvases. Here are a few of my thoughts on when and how to use each one.

## **Cotton Canvas - Thin & Thick**

There are many different thread counts and sizes of canvases to choose from! Basically the more you spend the better the quality. The cheaper thinner canvases are ok, usually its best to give them a quick sand first. The thicker cotton canvases are the most commonly used. I still recommend giving them a quick sand before you begin.

## **Polly Cotton Canvas**

Usually much smoother surface. Great for details. Ploy-cotton is a hybrid between man-made polyester and cotton. ... the polyester in the weave makes them slightly more resistant to mildew than pure cotton or canvas, and the polyester also helps reduce the risk of large rips. I love using these canvases for really detailed work. Using it for fine hair work and smooth lines, it works very well.

## **Paper Canvas Pad**

Great for smaller works, and for testing out colours on a canvas surface. This is what I recommend to begin with when doing **the Paint & Create Community Courses**.

Be sure to use the smoother side! If you are keen you can give the canvas another layer of white acrylic paint or gesso and sand before you begin, but certainly not essential.

## **Linen Canvas**

The colour of linen is divine. The natural colour is perfect for natural coloured images, and soft lit works. I would not suggest using it for really brightly coloured paintings, you still can of course, but it just means you need to cake on the paint more to get the intense colours to stand out. The texture of linen is beautiful to paint on, but just takes a bit more work to get the paint to sit in the uneven weave, but thats the beauty of it! Sanding it does help this if you want!

## **Stretch & make your own**

It is a lot of fun to make and stretch your own canvas. It is not necessarily cheaper, but you can buy canvas or linen primed or unprimed that is a lot higher quality than the pre made canvases. You can buy the stretcher bars ready made to fit together, or find a friend to help make something the size you want. You need to have one edge beveled. I feel some sort of pleasure to have made the whole piece from scratch, especially for paintings that will take some time to paint.

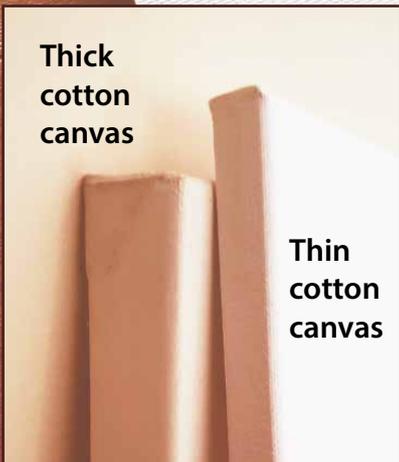
**Cotton Canvas - Thin**

**Canvas board**

**Paper Canvas Pad**

**Linen Canvas**

**Wooden surface**



# Palettes & storage

What are the different palette options?

**There are numbers of different palette options to choose from.**

**The following is what I have found helpful about each of the different ones.**

**WOODEN:** Beautiful texture to work on, looks fantastic in your studio, but can be a bit dry to work on to begin with but after using for a bit it seals and works really well. Some choose to clean them off each use, but others will layer and layer (like me! see picture below) Its not easy to store them as they are big, but fun to work on though!

**PAPER PALETTE PAD:** Great surface, oil sits on top real well, and having a white surface shows up the colours well. Fantastic in terms of recycling. I pop mine in the fireplace when done! I use these for in studio classes, so good, because there is no mess to clean up at the end!

**PLASTIC MEAT TRAYS& LIDS:** As much as I don't like plastic, sometimes we have the trays left over from buying certain foods. Give the trays a second life and use them for painting in, I like these because they are curved and it keeps things inside and not so easy to get messy!

**PLASTIC:** The plastic palettes I don't recommend for oils. Really hard to clean out the shaped areas, just not a good option. Best used for acrylics or watercolours.

**GLASS:** Glass is a beautiful surface to paint on, and probably my favorite. Some like to clean them every time, and in an ideal world I would, but it seems to be my habit to just build on-top of the last colour eventually! But hey, it works for me!

## Storage of your working palette

Oil paints take a few days to dry, so when they are put in a sealed container or space they can last wet for up to a week or more. Placing your palette into a sealed container or inside a sealed bag is a great idea in-between painting sessions to maintain the colours you are working, on rather than cleaning it all off and starting again!

**Paper Palette**

**Plastic Palette**

**Glass Palette**

**Meat Tray**

**Wooden Palette**

**Storage box**





## Easels & Studio space

# Easels

## FLOOR EASEL

One of the first things I bought was a really good easel! I was working on large canvases and in order to reach every part of the canvas without damaging my back I needed to have it at the right height. There are plenty of second hand easels around, so go find something that suits you. The ideal floor easel has a really stable base and has a center beam that reached a good 2.5M high! It has a shift-able bar at the top and bottom to clamp your canvas in place. The standard 'A' frame easels are still fine just not quite as stable.

## TABLE EASEL

If you feel you will mostly be painting smaller to medium works the table easels are ideal. I use these for Studio classes and they are pretty good even for a reasonably sized canvas! The table easel I suggest is width - 34cm, depth - 45.5cm, height - up to 127cm <https://www.montmarte.net/product/view/large-traditional-desk-easel> There are generally two different sizes, be sure to not get one too small, this one I suggest here is a decent stable size which you will be sure to love!

# Lights

I mostly paint at night because I am trying to get other things done in the day and its a lovely way to relax at the end of the day... So I find that having a good light is really important. You can buy globes that are DAY GLOBES for lamps you already have if you like. Floor lamps are great because you can move them around and get them really close to your work. I often use a clamp light, these come with built in day light globes, that give you a light that is more similar to the light you would get if you were painting in the day time!

A day light is important to have if you are also painting in the day time because you can still have it on and the colours on your work will not look too much different! Its not good when you work from day light from your window then swap to a light at night, you will find that you will want to change the paint colours to suit each time!

# Trolley & tables

If you will be working on large canvases a small table near by is very handy to put your paints on. I usually have two spaces for placing things. One is a trolley with my paints and the other a stool or small table to put my computer and easel on too.

# Storing your paints

There are many ways of course to store your paints! I love an open box with compartments, and a carry handle, because it can help the chaos be slightly more organised! Others use Fishing boxes, or even custom made plastic boxes that fold out to have easy access to each section. The main thing is you keep them together!

# Easels & Studio space

Clip on light

Table Ease

Tablet or ipad

Tablet/phone Floor stand

Lap top computer

Pencils Eraser

Storage box

Small Table

Paper towel

Floor Ease

Trolley

Floor Light

Large T Square

Long Ruler

# Extra things to have on hand...

What extra things are handy to have in your space?

## **Computer & tablet & stand.**

Although its not essential a computer or tablet is important, especially when you are doing photo realistic work with grids. When working on large pieces its really helpful to have a stand to hold a tablet, so that you can have it as close as you can to the work. Having your screen as close as you can to your work makes it SO much easier!

## **Pencil, long rulers & eraser**

Grey led pencils are handy especially for grid drawing and drawing up your images onto the canvases. Best to have either HB, 2B or 4B so its easy to rub off. A short 30cm and a long ruler about 1meter long and even a T square also to rule up larger canvases.

## **Paper towel or rag**

When working with oils you always need to have a rag or some paper towel handy. As you learn about how to work with oils you will find that wiping your brush is an important part of the process.

## **A printer**

If you are working on smaller pieces, (like the Paint & Create Community courses you will need a printer to print out the images the same size or bigger than your final work.

## **Table stand (recipe holder)**

So handy to have a table stand for your tablet or even to put a print out of the image you are working from.

[Ikea has a wonderful product!](#)

## **Floor protection**

Its a good idea to have mats or plastic on floor surfaces you dont want to get paint on!

## **Sandpaper**

Handy to have to rub back your canvases to make them a bit smoother to paint on. Sometimes its good to put another coat or two on your canvas, and sanding in-between coats makes for a beautiful surface to work on!

## **Extra bottle for Medium**

We have found that the bottles of medium are a bit cumbersome to use. Its really handy to have a smaller bottle with an easy to close lid to use as you work rather than pouring from the larger bottle. It is also handy to know that the medium is sensitive to air, so if you can keep it really air tight between uses.

## **Palette knife**

I don't really use palette knives, but many people love them and use them to mix colours, I use them mostly for scraping down my palette.

## **Masking tape**

For the Paint & Create Community courses you are required to have masking tape to mask the space making it much easier to make the edges straight.

## **Gesso (Undercoat)**

If you are making your own canvases you may need to seal the canvas with some acrylic paint called "Gesso" Gesso is a very thick paint that seals the canvas really well. Sometimes you may want to coat a cheaper canvas with some more Gesso and sand it to get a nicer finish.

Ikea has great recipe holders. They are great to have on your desk for tablets.

Small plastic seal-able bottles are great for medium!

Palette knife