

SALLY HIRST ARTIST & TUTOR

Discover Painting with Oil and Cold Wax Supply List

Cold Wax Medium

Well known brands available are Gamblin, Dorlands, and Zest it (I prefer Gamblin). You can make your own by following [my recipe here](#).

Oil Paint

Three colours, one of which is transparent, plus white.

My suggestions, and the ones I am using in the demonstrations are below.

Thinner

Odorless thinners available include Gamsol or Bob Ross Thinner, Galkyd or any brand of Alkyd medium.

Tools

As a basic kit you will need:

- Spreader. I use a Messermiester bowl scraper
- Roller (brayer) a soft rubber one
- Stiff paintbrush brush. I use a 2cm wide flat Bristlon brush in the demonstrations
- Palette knife
- Some scraping tools like bamboo skewers or pottery loop tools
- A palette - I use a plate glass shelf but any smooth surface is suitable, or disposable palettes
- Paper towel
- Masking tape/painters tape for delicate surfaces - I use Frog brand

Surfaces

I recommend Arches Huile paper, but any paper suitable for oil or mixed media will be fine. You can use watercolour paper but you will need to gesso it before-hand. You will need at least one sheet 56cm x 76cm or equivalent; I worked on three pieces cut from one sheet as shown here, plus a quarter sheet for the 'abstract squares'. But you can work on any size.

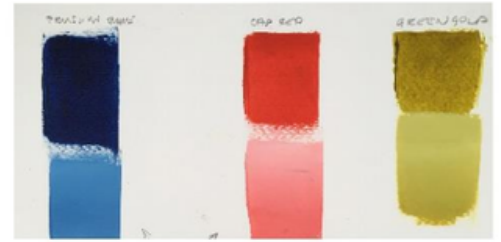
Large sheets of card or paper to tape your to, this keeps the backs clean!

Alternatively you can use ply, mdf or cradled panels. Any wood needs to be sealed with pva, gloss medium or GAC100 before applying two coats of gesso. If you are not using Arches paper your first layer will need longer to dry. The Arches Huile is absorbant so that first layer satins the paper and dries quickly.

I don't recommend you use stretched canvas as you need a solid surface without any 'give' to work on.



Prussian Blue **1** Green Gold
Cadmium Red Hue



+ Titanium White

For the painting above I used Prussian Blue, Cadmium Red Hue and Green Gold.

Alternatives are as follows:

- Prussian Blue; Pthalo Blue, Winsor Blue
- Cadmium Red Hue; Naphthol Red, Winsor Red, Vermillion
- Green Gold; Sap green, Phthalo green + lemon yellow



Paynes Grey **2** Lemon Yellow
Alizarin Crimson



+ Titanium White

For the painting above I used Paynes Grey, Alizarin Crimson and Lemon Yellow...

Alternatives are as follows:

- Paynes Grey; Ultramarine +black
- Alizarin Crimson; Permanent Rose, Quinacridone Magenta
- Lemon Yellow; Winsor Lemon, Hansa Yellow Light, W&N transparent yellow



Cerulean Blue **3** Burnt Umber
Alizarin Orange



+ Titanium White

For the painting above I used Cerulean Blue, Alizarin Orange and Burnt Umber.

Alternatives are as follows

- Cerulean Blue; Cobalt Blue
- Alizarin Orange; Pyrrolle orange, Indian yellow, Permanent orange
- Burnt Umber; Raw Umber, Van Dyke Brown