

An oil painting of a still life. In the foreground, a light blue ceramic bowl is filled with a vibrant orange slice. The background features abstract shapes in warm tones of orange, yellow, and brown, with some darker, more muted colors like purple and green. The brushstrokes are visible and expressive, giving the painting a textured, painterly quality.

OIL PAINTING BOOT CAMP

A COURSE ON
PAINTING THE STILL LIFE

with Sarah Sedwick

SUPPLIES

Below is a list of the supplies that I will be using for the projects in this course. However, you are always encouraged to use what you have on hand.

SUBSTRATES:

One 12x16" canvas board, a pad of canvas paper, or Arches oil paper, a couple of small canvases, minimum size 8x8" - or any size you'd like to work on for about 3 hours.

PAINT:

I use M. Graham brand. You'll need one red, one blue, one yellow, plus white. I use the following in two separate lessons:

- Titanium white
- Alizarin Crimson
- Cadmium red
- Ultramarine Blue
- Pthalo blue
- Cadmium yellow
- Hansa yellow

Some other options are Pyrrol Red, Azo Yellow, and Cobalt Blue

Note: water-soluble oils are not recommended.

OTHER MATERIALS:

Palette - a 12x16 (or larger) disposable paper palette pad. Get white, not gray.

Palette knife – not a teeny one. You want to be able to scoop up a pile of paint with it. At least two inches long, and flexible. I like the RGM softgrip no. 45 (blue handle)

Rags or paper towels (I like disposable blue shop towels, available at hardware stores)

Gamsol

Gamblin solvent free gel

2 glass jars with tight-fitting lids, for Gamsol

Viewfinder. I like the ViewCatcher by The Color Wheel