

## Materials guideline list

Thank you for your interest in [Edible Abstraction – Flavour-inspired Painting with Nicola Bennett](#).

Here, you'll find some pre-registration advice as an essential guide for what you'll need to complete this course. Once enrolled, detailed material lists with images and supplier recommendations will be available in the resource guide documents.

Just to let you know, this document serves as a general guide. We encourage resourcefulness and using what you already have before considering new material purchases. If you have any specific questions about materials or supplies, feel free to contact [support@taketwoart.com](mailto:support@taketwoart.com).

### Painting surfaces:

- Wet strength cartridge paper (approx. 200gsm with a smooth surface) – Nicola recommends a bulk "artist practice" supply in A3 size
- Canvas or board box frame/wooden plyboard (A4, 8.5 x 11" size or similar)

### Painting and drawing supplies:

- Gesso (white and black) – Nicola suggests investing in artist-grade gesso
- Acrylic and oil paints: primary colours and 3-5 saturated colours, warm (orange, red) or greens (sap green)
- Oil pigment sticks (such as R&F Pigment Sticks®)
- Oil paint medium
- Acrylic medium (matte medium)
- Water-soluble pastels/crayons (such as Stabilo Woody 3-in-1 pencils or Caran D'Ache Neocolor II in dark colours like sap green, paynes grey or dark brown)
- Indian ink
- Optional: Pre-mixed coloured gesso
- Optional: Fluid acrylics

### Tools and brushes:

- Essential: Colour shaper – sturdy rubber or silicone tool – used for texture and paint scraping techniques (Nicola uses a 7.5 cm size)
- Palette knife
- Set of filbert brushes (durable long-handled brushes with a flat, oval-shaped head – size 4, 6 and 8.)
- Variety of inexpensive brushes – mixture of round and square head, bristle and synthetic
- Paper towels or cut up old sheets
- Paint palette
- Water spray bottle

### Charcoal supplies:

- Charcoal sticks (willow and compressed)
- Charcoal pencils
- Erasers (hard and soft)
- Fixative spray (hair spray is an alternate)
- Optional: Gray scale and value finder