



MAKE MESSES TRY NEW THINGS HAVE FUN

Art Supplies List + Painting Resources

Amazon Supplies List (not an affiliate account):

https://www.amazon.com/hz/wishlist/ls/PZTKWT8IDIA2?ref_=wl_share

Basic Supplies

(All items are included in the Amazon list.)

- Cold Wax Medium
- Set of Oil Paints
- Palette Knives
- Bowl Scrapers (or old credit cards)
- Arches Oil Paper or Hardboard Panels
- Gesso (two – three coats on boards, lightly sand between layers)
- Gloves

Note:

You can paint on stretched canvas, though it does have some flex. When I began, I used donated canvases and added a small amount of Gamblin Gel to the wax and oil mixture. This provides flexibility, speeds up drying time, and is excellent for creating glazes.

Don't overlook your kitchen or local secondhand store—both are treasure troves for texture tools and mark-making materials!

Books

(Linked in the Amazon list.)

- *Wabi Sabi* by Serena Barton – A wonderful starting point for embracing imperfection and process.
 - *Cold Wax Medium: Techniques, Concepts & Conversations* by Rebecca Crowell and Jerry McLaughlin – A deeper dive into the medium. It's a bit of an investment, but worth it if you fall in love with cold wax and oil painting.
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Free YouTube Instruction & Inspiration

- Gwen Fox:
[Video 1](#) | [Video 2](#)
 - Lisa Boardwine: [Watch here](#)
 - Kim Sobat: [Watch here](#)
 - I AN I Studio:
[Video 1](#) | [Video 2](#)
 - Rebecca Crowell: [Watch here](#)
 - Pamela Caughey Art: [Watch here](#)
 - Andrea Wedell: [ArtistSpace Channel](#)
 - Abstract Technique (Excellent Instructors): [WholeArt Studio](#)
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From Your Kitchen or Studio

- Vegetable Oil or Baby Oil – for cleanup
 - Tissue Paper – scrunch and press for texture
 - Assorted Tools – anything that can create interesting marks or textures (Goodwill is a great source)
 - Freezer Paper – for leftover paint; it's usable again within minutes and can be re-frozen repeatedly
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Mindset Essentials

- Curiosity
 - Non-attachment to outcome
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Additional Helpful Resources

(Not specific to cold wax and oil)

[Robert Burridge's Resource List of Favorite Studio Supplies](#)

SAFETY:

[Gamblin Product Safety Info.](#)

[Safe Disposal of Acrylic Paints, which are heavy in plastics.](#)

Natural Earth Pigments: [Detoxify Your Art Studio](#)

A Note about Oil Paints for Chemically Sensitive Artists

*Vegi oil clean up. *Keep wax container closed while painting. * Good ventilation (open window or air purifier) *Keep 'art space' clean.

What to Look For

- Artist-grade paints
 - Pigment + oil only (no alkyds or solvents)
 - Avoid “fast-drying,” “alkyd,” and “water-mixable” oils
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Recommended Brands (Reasonably Priced)

Gamblin Artist Oils (*Best overall*) *Suzy's second favorite

- Minimal ingredients
- No solvents or alkyds

M. Graham Oils (*Very low odor*) *Suzy's favorite

- Made with walnut oil
- Slower drying, very clean

Winsor & Newton Artists' Oils

- Traditional formula
- Avoid Winton (student line)

Natural Earth Paint

- Most natural option
 - Limited colors, slightly gritty
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Brands / Products to Avoid

- Alkyd or fast-drying oils
 - Water-mixable oils (added surfactants)
 - Student-grade paints
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Important Tip

Painting solvent-free greatly reduces chemical exposure. Use oil only—no turpentine or mineral spirits... or use Eco-Solv by Natural Earth Paints (link in provided amazon list).

Best Overall Choice: Gamblin Artist Oils

Best for High Sensitivity: M. Graham or Natural Earth Paint

Palette

- **Glass, sealed wood, or disposable palette paper**