

# Wanderlust 2023

## MAIN SUPPLY LIST

The structure of Wanderlust 2023 focuses on exploring mixed-media through different supplies. That's why it's important that you have some basics and the rest is optional. Below you'll find two supply lists. Essentials (in rough order of appearance) and extras. Please keep in mind that you don't have to have all of these supplies before the course starts. Also don't let this list intimidate you - you don't need to know much about any of these supplies before the course starts.

### THE ESSENTIALS

*These supplies will repeat in many lessons throughout the year and will be used in different ways. If you currently have nothing choose a few from this list to start off. See below for descriptions, tips and colour suggestions.*

- An art journal
- Gesso
- Soft pastels
- Pencils
- Pens
- Spray ink
- Pigments or other powder
- Acrylic paints
- Collage papers
- Glue stick and pva glue
- Scissors
- Paintbrushes
- Spray bottle

## THE EXTRAS

*These supplies will be used more sporadically, some may appear only once. We suggest that you don't buy any of them until you watch the lesson in which they are used and then decide that this is something you want to try. The last thing we want you to do is to spend money on expensive products that will end up unused in your drawer.*

- Pan pastels
- Gelatine printing plate + a brayer (used in at least two lessons)
- Linseed oil (used in at least two lessons)
- Watercolour pencils (used in at least two lessons)
- Stabilo Woodys
- Stencils
- Gel medium
- Stamps
- Embossing powders (used in at least two lessons)
- Mica powders (used in at least two lessons)
- Lino carving block & tool
- Needle and thread
- Faux grout
- Glitter
- Fabric, gauze, lace & yarn pieces
- Watercolours

Please remember you don't have to buy all of these supplies. Give yourself time to learn about products, watch the Wanderlust videos and then choose what you want to try. Though remember that Wanderlust is about trying new things so if there is something you were always afraid to use, now is the right time!

Additionally, each Teacher will have their own product list that will be published in the classroom about a month before the lesson goes live. Even though we ask our Teachers to keep the products simple, it may happen that it will include something that wasn't mention on the product list above.

*The article below isn't sponsored by any brand and all recommendations are based on our subjective opinions and experience.*

## DESCRIPTIONS, RECOMMENDATIONS AND TIPS FROM KASIA: THE ESSENTIALS

An art journal - prepare a journal that you are going to work in. You will need at least one to last you through the year. We will create at least 50 artworks so make sure it has enough space for that if each takes two pages. As you'll approach the second half of the course you may notice that your book is feeling full even if there are still some blank pages. It may be a good idea to then get yourself another art journal to fill in. But start with just one.

The paper - make sure the paper is matte and thick enough (I recommend at least 190g/m<sup>2</sup>). My favourites are Dylusions Creative Journal in all sizes and Stathmore Mixed Media Visual journal in 9" x 12" size and Fabriano.

The binding - choose a book that you like and feels nice. Wire bound or stitched will all work fine.

I also keep a sketchbook for ideas and quick drawings - a Hand Book Journal (Large Landscape size). But anything that's small and easy to grab will be good.

Pastels - This is one of the Star Supplies in 2023, so make sure you have a few colours. Any brand will be fine but it would be great if you could have two basic kinds: soft dry pastels (3 -5 colours that you like will be enough) such as Daler Rowney - they are crumbly and chalky. And a watersoluble pastel or two (for instance Neocolor II).

Pencils - This is one of our Star Supplies for 2023. Prepare two plain pencils, one soft (2B) and one hard (HB). Also useful to have a charcoal stick (willow). We'll also be working with watercolour pencils in a couple of the classes, and Stabilo Woodys, but you could use any water-soluble pencils for these techniques.

Pens - a black one is the most important. We recommend you get at least three different sizes of nibs and definitely add a brush pen to your collection. I'm mostly using black Sakura Pigma Micron 05, 03 and black Faber - Castell PITT artist pen in size F, M and B (brush). In the pens theme we'll also likely be using white pens (White Sharpie or Molotov are my favourite). We'll be also using permanent alcohol markers (Sharpie).

Spray inks & mists - This is basically pigment or dye based ink or thin acrylic paint in a spray bottle. If the nozzle is very fine it's often called a "mist". You can make your own by filling a bottle with some water and a few drops of ink or watercolour. I don't recommend creating your own acrylic paint sprays just yet as the binder and the pigment will dry in the nozzle and ruin your bottle. If you'd like to buy some fun ready-made sprays check out brands such as Marabu or Dina Wakley.

Pigments & powders - pigment powders, Infusions, Brushos, Mica powders - they are all different products but if you want to keep it minimal get just one colour of one brand to start with and it will see you through most of the lessons.

Acrylic gesso - white is the most important but I'm sure you will also find a clear one very useful. Try to choose better quality gesso as it won't turn yellow over time and will provide you with a better surface to work on. My favourites are Liquitex, Golden, Daler Rowney for white and black gesso. They are all similar in texture. If you want to get clear gesso, it would be better to choose one with smooth or medium smooth finish. (for instance Liquitex is quite coarse, my favourite clear ones are Holbein Medium and Prima Marketing Clear Gesso by Finnabair). Choosing a smoother finish will allow you to use your gesso in a bigger variety of projects.

Acrylic paints - there are two kinds that lots of teachers will use: heavy body (thick) and fluid (thin, liquid almost). Now this may sound like a lot, but please remember you don't need many colours to get started and you can go for artist quality (those with names that come from pigments) or craft quality (such as Fresco Finish by Paper Artsy). We would always recommend getting a smaller basic colour palette of acrylics rather than tons of tubes that may get wasted. So try not to go for a ready made set of several colours but choose single smaller tubes of colour that you really like. At the end of the day this is about the fun of painting and so I would love you to use colours that bring you joy. If you're starting with nothing then have a good look online or at your local art shop and choose two or three colours of each kind - heavy body, fluid and craft. And then also add heavy body white, black and one of the earthy, burnt colours (burnt umber, burnt sienna or similar). This will already give you a massive choice of colours and options and will allow you to do most of the lessons. As the course goes on you'll learn more about colours and kinds of paint you truly enjoy. Remember, you can always treat yourself to another colour later on but you can't take a tube back to the shop after it's sat unopened in your drawer for months.

Collage papers - no need to buy anything, but start collecting random leaflets, cut outs from magazines, postcards, labels, old book pages, pretty illustrations, old envelopes, old cards, notebook paper, tissues (even the kind that new shoes are wrapped in). If you're starting with nothing ask around, for instance on your local FB group, if anyone has any magazines or postcards that they want to get rid of.

Glue stick and PVA glue - glue stick is a must, PVA glue (the white, liquid kind that kids use at school) is optional as you could use your gel medium instead. But I like to have a bottle of PVA anyway because it's much cheaper than gel medium.

Paintbrushes - if possible try to invest in better quality brushes. Their bristles won't change and fall off. Buy the best you can afford, you won't regret that.

A perfect starting kit would be: one round big nylon brush (my favourites are Pro Arte Polar 14 and Kozlowski 18), at least two flat soft synthetic brushes in different sizes (e.g. Ranger Artist Brushes, Gold Line Crea-time), one bigger hog-style paint brush with stiff bristles for heavy body acrylics (Pro Arte Studio Hog 12, Dina Wakley paint brush 1"). I also always have one inexpensive bigger brush for my glue and gel medium. If I

accidentally forget about washing it and the glue dries then I don't have to worry that I wasted my best, expensive brush.

Spray bottle - a little bottle with a fine nozzle will be very useful to spray water on your water-based mediums. You don't need to buy one, check out your cupboards, you may already have something that can be reused (think window cleaning products, hair products - just wash it and fill it with water).

## THE EXTRAS

Gelatine printing plate and a brayer - there are various brands, but if you decide to buy go for a medium size gelli plate and a brayer that's slightly smaller than the width of your plate.

Linseed oil - also known as flaxseed oil or flax oil. You might have heard of it being used with paint to alter the consistency, drying time, and finish! Linseed oil is used in two classes with Jeanne Oliver, mixing it with both pastels and with charcoal. You can buy it from brands like Jacksons and Winsor & Newton.

*\*disclaimer - it's important to dispose of your linseed oil soaked rags and towels in a correct way. Using a rag or paper towel to clean out a container with even a small mixture of linseed oil in it and throwing it in the waste basket could cause spontaneous combustion. The best way to dispose of your rags is to put them in a bucket of water. Wring them out and allow to dry flat outside. Don't put one rag on top of another. Then once they are dry you can put them in your trash can outside. Here's a helpful video: <https://www.youtube.com/watch?v=H02uEcR3Ato>*

Stencils - there are lots of brands that do some amazing stencils. For our course I would recommend getting a background stencil (a pattern that can be repeated) rather than an object kind of stencil (like a guitar, or a face). A background stencil will give you more options and you'll be able to use it over and over again. Some most popular brands are StencilGirl (from our Guest Host Mary Beth Shaw!!) and The Crafters Workshop.

Gel medium - if you don't have any choose a soft one (thinner) at the beginning. It works perfect as an adhesive and a medium for transfer techniques. I'm using mostly Soft Gel from Golden, but any other brand will also work just as well.

Stamps - same as with stencils, go for patterns. One of my big favourites is Viva LasVegaStamp - they have a massive choice and are pretty inexpensive. You can purchase stamps that are mounted on a piece of foam or wood (they are ready to use and you'll get best, most precise result), but my personal favourite are unmounted stamps (simply a piece of rubber), which you can either mount yourself or like me, use as it is. I like a little bit of randomness in my mixed-media so the result that I get from using unmounted stamps is exactly what I crave.

Lino carving block & tool - you can buy a small kit to try this, I'd recommend Speedball as it's good quality and budget friendly. You'll only need one carving block and carving tool.

Watercolours - I do a lot of mixed-media but I mostly get by with just five tubes of watercolour paint. This is because I chose the colours I truly love and use over and over again. And I also decided to go for a high quality brand - Daniel Smith which has an amazing, almost translucent finish. With products such as craft acrylics, gel medium or modeling paste you can definitely go for a cheaper option, but with watercolours it's worth getting the best you can afford. You can go for tubes or pans. Tubes have more intense colours, pans are usually a little cheaper and more portable. Choose three or four colours that you love and this will do nicely for the year. Have a look at some of these: Daniel Smith watercolour tubes, Golden Watercolours, Pan palettes - I recommend these half pans: Sennelier l'Aquarelle Watercolour Half Pan S1 - Green Earth, Winsor & Newton Payne's Grey Half Pan

## ALSO USEFUL TO HAVE DURING THE COURSE

Craft heating gun or a hair dryer - For making the drying process faster. Heating gun makes it easier though. It's hotter and doesn't blow away as much. I'm using a Ranger Heat It Craft Tool, but any other will be fine as well (e.g. American Crafts Zap embossing heat gun, Martha Stewart Crafts heat tool, Dovecraft Pink Heat Tool)

Palette knives -metal palette knives are my favourite, but to start with you can try cheaper plastic ones. You will need at least two different sizes - a small one and medium.

Palette for colour mixing - I like to use an old plate or a piece of toughened glass (Ikea Billy glass shelves are great!) as it can be washed and used again.

*Disclaimer: this is not sponsored, and unless otherwise stated all products were purchased by us and our teachers.*