

# Alla Prima: Narrative Still Life with Sandra Sanchez

## Materials List:

**Surfaces:** 8" x 10" and/or 9" x 12" primed linen sheets or boards, depending on your preference. If you're new to Alla Prima paintings, I recommend the 8" x 10" size, to help prevent you from pushing too many details too soon.

I recommend Centurion OP DLX or Claessens 13 DP for best results. If you plan on using cotton duck canvas, please add 3-4 coats of any acrylic gesso on top before using it. And if you want to prime wood panels, make sure they're sealed first—if they're not (And if water can penetrate the surface), I recommend sealing them with either one coat of Shellac or two coats of Gamblin PVA size on all sides. After that (Or if you already have a sealed board) you're free to prime them with either 4-6 coats of any acrylic gesso or 2 coats of any oil ground.

**Palette:** A sealed wooden palette works great for the class! I highly recommend any New Wave palette, or a palette from the Traditional Palette Co. Neutral gray palette paper or a glass palette also work just fine.

**Easel:** Any sturdy easel will work.

**Lights:** My top recommendation for studio lights is an LED Video Light from Neewer. I use it for all of my projects, and have purchased multiple ones that have lasted me many years at this point:

<https://a.co/d/eYlvGwg>

Otherwise, any light can work as long as it runs between 4500 and 5500K (Such as a clamp light or softbox). In other words, make sure that whatever light source you're using is neutral and neither too yellow (Think cozy living room lights) nor too blue.

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Natural light is also an option for more advanced still life painters. I recommend avoiding painting right at noon, and I recommend avoiding a south-facing light (If you're in the Northern Hemisphere) and a north-facing light (If you're in the Southern Hemisphere).

## Still Life-Specific Materials:

Since we'll be painting a variety of objects, it will be important to have these materials on hand. If you already have these at home, there's no need in purchasing them again:

- A Still Life Box: This can be as simple as a black cardboard box, or as complex as a built wooden box. I personally use 4 .25 inch foam core sheets (Two 12" squares, and two 14" squares) and tape everything together with packing tape into a box, with the exception of the top lid. I'll explain why in the first demo. This still life box is meant for the artist to minimize potential bounced light on their object from the surrounding environment.
- Vertical objects (Think of wine bottles, tall cups, candles, etc.)
- Fabric. This can include lace, handkerchiefs and any general small fabric scraps you can find in your home or studio
- Various bowls, cups, jugs etc., of any material (Like glass, metal or ceramic).
- A bouquet of any flowers of choice for Week 2's assignment
- Bread, cheese, fruits, etc. Pick any foods that you believe would be a great addition to a still life
- A mirror, or any object reflective enough for you to see yourself. This will be for the final week's project

## Other Painting Materials:

- Gamsol/Turpenoid to thin out your paints. If you want to avoid using any solvents, I recommend the Solvent Free Fluid from Gamsol.
- Refined linseed oil
- Small jars/containers for your liquid solvents and mediums.
- Spring clamps to secure your painting to the easel.
- Aluminum stainless steel brush washer

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- Paper towels, preferably Viva or Scott Shop paper towels.
- Oleogel from Natural Pigments or Gamblin Solvent Free Gel
- Metal palette knife for mixing paintd
- Bristle Short Flats, and synthetic bristle and soft rounds in various sizes. Any brand will do, but I recommend any of the following:
  - Trekell Synthetic Hog Bristle Brushes
  - Silver Bristlon Synthetic Brushes (Long handle)
  - Michael Klein Synthetic Pointed Round Brushes
  - Trekell Red Sable Brushes

## Colors:

(Colors with \* are required for the class.)

White (Lead or Titanium is fine)\*

Ivory Black\*

Asphaltum (Gamblin)

Raw Umber\*

Burnt Sienna\*

Transparent Yellow Oxide

Yellow Ochre\*

Cadmium Yellow\*

Lead Tin Yellow (Cadmium Lemon Hue from Winsor and Newton as a more affordable substitute)

Cadmium Red or Naphthol Red\*

Alizarin Crimson\*

Sap Green\*

Veridian\*

Cobalt Blue\*

Ultramarine Blue

King's Blue Light