

SUPPLIES

LIST

Course Workbook

No.1

Date Due	Borrower's Name	Date Returned
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REAP WHAT

E 2
S 0
T 2
D 0



YOU SOW



PAPER

Any of the following can be used:

- Cupcycling Cartridge Paper
- Rag Paper
- Sugar Paper
- Tracing Paper
- Newsprint / Packing Paper
- Recycled Cartridge Paper
- Watercolour Paper
- Linen Paper
- Pastel Paper
- Sewing Pattern Paper
- Magazine Pages
- Old Book Pages
- Dried Tea Bags
- Coffee Filter Paper
- Ruled or Graph Paper
- Rice Paper
- Baking Parchment
- Brown Paper
- Paper Bags
- Cardboard
- Old Envelopes





TOOLS

Gather whatever you can find.

REMEMBER

*start where you are
and use what you have*

- Drawing Pencils
- Drawing Pens
- Biro
- Fineliners
- Cartridge Pens
- Calligraphy Pens
- Scissors - but tearing is great too
- Ruler
- Needle and Strong Thread
- Glue, glue stick, gel medium
- Old spatula, credit card, for collage
- Mark making tools:
 - rubber bands, twigs, and/or other items from nature, skewers, earbuds/ q-tip, doilies, stencils, vegetable for printing, string,
- Brushes - household, make-up, paint
- Old toothbrush
- Old jam jars for water and mixing
- Spray water bottle





MEDIUMS

- watercolours
- gouaches
- crayons
- oil pastels
- colouring pencils
- ink
- coffee
- household emulsion
- chalk paint
- paint samples
- stamping ink
- gesso clear + white
- printing ink
- stamping ink
- drawing pencils
- charcoal





ETHICAL SUPPLIERS

I am very conscious about the environmental impact of making art and strive to use as environmentally friendly mediums and material as possible.

Here is a list of some wonderful ethical suppliers in the UK

Seawhites of Brighton - <https://www.seawhite.co.uk/>

Khadi - <https://khadi.com/>

Jacksons Art Supplies - <https://www.jacksonsart.com/>

Fred Aldous - <https://www.fredaldous.co.uk/>

Bedwyns Stamps - <https://www.bedwynstamps.com/>

English Stamp Company - <https://www.englishstamp.com/>

Eco Craft - <https://www.eco-craft.co.uk/>

There are also some wonderful vintage supplies to be found on Etsy and Ebay. Lots of my tools are vintage and some of my paints are over 30 years old! Once you start collecting things together you will be looking at everything in a completely different way wondering how you can use it.

Happy gathering,

Abby x



REAP WHAT

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S
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YOU SOW

ABBAY[©]
MONROE