

Oil Painting from the Ground up | Beth Stoddard

MIAD CE | Spring 2026

Saturdays, Feb. 21–Mar. 28 | 9am–12pm

Supply List

Paints

Instructor uses Utrecht Artist Oil Paints. Feel free to use any brand you prefer, preferably artist-grade rather than student-grade. Brands may be mixed.

Required:

- Titanium/Zinc blend, or Titanium White, 150 ml (note larger tube size)
- Burnt Sienna, 37 ml
- Ivory Black, 37 ml
- Cadmium Red Medium, 37 ml
- Quinacridone Rose, 37 ml
- Yellow Ochre, 37 ml
- Cadmium Yellow Lemon Pure, 37 ml
- Ultramarine Blue, 37 ml
- Cobalt Blue, 37 ml

Optional but recommended:

- Venetian Red, 37 ml
- Raw Umber and/or Burnt Umber, 37 ml

Brushes, Palette Knives, and Palette

Bristle Brushes: Flat, perhaps some Filbert, long-handled, one or more of each in suggested sizes:

- 12, 10
- 8, 6
- 4, 2

Soft synthetic or blended brush (Round) for final touches: Size 2, and possibly size 4

- Palette knives, 1-2; about 2 1/2" in length, stepped, trowel shape
- Palette (flat, without wells or divisions) - oil-cured wood, plastic/ acrylic, or disposable palette pad

Painting Supports (Surfaces)

Minimum 7 supports. 1-2 will be used per class. Choose some of the following suggested sizes: 8"x10", 9"x12", 11"x14", 12"x16".

At least two quality supports:

- oil-primed linen panels, or acrylic-primed canvas panels - NOT Fredrix brand

Additional supports, up to seven of the above, OR only two of the above better-quality, plus one oil paper pad as a lesser-quality, (but more affordable, and still adequate), support:

- Oil paper pad, such as Arches - NOT a canvas pad

Optional additional other preferred supports, such as:

- Pre-primed boards, such as Ampersand

Thinner & Medium(s)

MIAD will provide Linseed Oil and Solvents for making mediums in class. To store and transport your mediums, bring glass jars or metal containers with airtight, screw on lids, one each for the following purposes and in approximate sizes:

- Dirty Solvent for brush cleaning ~16 oz.
- Clean Solvent for brush cleaning ~16 oz.
- Painting Medium (Lean) ~8 oz. or smaller
- Painting Medium (pure linseed oil) ~8 oz. or smaller

Recommended:

- Clip-on palette cup(s), or smaller jar, for holding small amount of medium while painting

Painting Accessories

- Nitrile gloves, to protect hands from oil paints and solvents
- Shop towels or cloth paint rags - do not skimp on rags!
- For brush cleaning:
 - Oil soap or other Studio soap suitable for oils
 - Vaseline or purchased leave-in brush conditioner
- Sketchbook + pencil (for thumbnails and for note-taking during demos)
- Bag, box, wheeled cart, or french easel for painting gear transport (MIAD provides standing easels for classroom use)
- Shallow cardboard box, box lid, or other item for transporting wet paintings and palettes