



# Shopping List

## Natural Nerd Soap Bar Course:

	Qty.	Done
Sunflower oil	500 ml ( 17 fl. oz.)	<input type="checkbox"/>
Coconut oil	500 ml ( 17 fl. oz.)	<input type="checkbox"/>
Caustic soda (hardware)	150 g ( 5,5 oz.)	<input type="checkbox"/>
Distilled water (pharmacy)	250 ml ( 8 fl. oz.)	<input type="checkbox"/>
Vinegar	1 litre ( 1 quart)	<input type="checkbox"/>
Electric blender		<input type="checkbox"/>
Large towel		<input type="checkbox"/>
Soap mould (see notes)*	capacity: 1 litre ( 1 quart)	<input type="checkbox"/>
Stainless steel pot	capacity: 1 litre ( 1 quart)	<input type="checkbox"/>
2 x heatproof glass/ceramic bowls	capacity: 350ml ( 12 fl. oz)	<input type="checkbox"/>
2 x stainless steel tablespoons		<input type="checkbox"/>
Kitchen scale (digital preferably)		<input type="checkbox"/>
Safety gloves		<input type="checkbox"/>
Safety glasses		<input type="checkbox"/>
Safety mask		<input type="checkbox"/>

## Notes:

\*Soap mould options: Can use empty ice-cream or margarine container;  
OR a cardboard box lined with plastic; OR silicone baking moulds.