

Materials included in the kit:

12 inch square of 28 count Cashel Linen white
1 ball DMC pearl 8 B5200
1 ball DMC pearl 12 B5200
Tapestry 24 needle
Tapestry 26 needle

If you want to change things up.
Fabric count and thread chart:

12 to 17 count	pearl 3 and 5
18 to 25 count	pearl 5 and 8
26 to 36 count	pearl 8 and 12
37 count and beyond	pearl 12 and coton a broder 16

needles:

pearl 3	tapestry 20
pearl 5	tapestry 22
pearl 8	tapestry 24
pearl 12	tapestry 26
coton a broder 16	tapestry 28

These are all my recommendations. You may size up or down pearl cotton as you wish, especially if a fabric that is borderline such as 25 or 26 count is chosen. Needles may also be switched out for one size larger if you have trouble threading them.