

ABSTRACT

Provided is a release film which easily achieves both peelability and wettability of a release layer and has good coating uniformity and recyclability of the release layer. The release film includes: a substrate film; and a release layer formed by reacting and solidifying an aqueous coating composition. The aqueous coating composition contains an alkenyl group-containing silicone which has two or more alkenyl groups in a molecule, may have a Q unit represented by $\text{SiO}_{4/2}$ and has a number average molecular weight of 1,000 or more and less than 10,000, and an Si-H group-containing silicone having two or more Si-H groups in a molecule and having a number average molecular weight of 1,000 or more and 5,000 or less.