

## The Art of Journaling Materials List

Instructor: Sandy Coleman

### Supplies:

- Bound journal of mixed-media or watercolor paper required  
*(sewn binding or spiral to open flat to work on spreads – no loose pages, please).*  
**Instructor's favorite bound journal is:**  
[https://www.amazon.com/gp/product/B07Z8DFTHJ/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o01\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B07Z8DFTHJ/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&psc=1)
- Gesso (white) a primer to prepare pages for paint
- Acrylic paint (small containers of inexpensive craft paint in a variety of colors)
- Stencils
- Ephemera and embellishments (copies of handwritten letters, recipes, old photos, old magazines and book pages to cut up, paint color chips, print out of favorite quotes)
- Pretty papers with prints
- Matte gel medium
- Black Sharpie marker and other colors
- Watercolors (inexpensive set)
- Colored pencils
- White paint pen or marker
- UHU glue stick
- Scotch Low Tack Artist Tape – recommended source:  
[https://www.amazon.com/gp/product/B000YQHZZY/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o02\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B000YQHZZY/ref=ppx_yo_dt_b_asin_title_o02_s00?ie=UTF8&psc=1)
- Spray bottle for water
- Recycled container for water
- Paper towels
- An assortment of inexpensive round and flat brushes
- Pencil and eraser
- Hair dryer or other heat tool for speeding up the drying of pages

### Optional Supplies:

- Roll of wax paper
- Scrap paper to place between pages to protect the other pages you are not currently working on.
- Wet wipes to keep for hands or to wipe up stray medium or glue.
- Ink Jet or laser print copies of images to use for reference and for collage

### Supply Resources:

Greg Dorrance Co.  
Attleboro, MA 02703  
(508) 222-6255

BLICK ART MATERIALS (curbside pickup available)  
Providence, RI 02903  
(401) 331-3780