

Basic Visual Journal Supplies

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This is a list of basic supplies you may want on hand to start a visual journal practice. As you collect tools and materials, take a look around your house first— you may find you already have some of these things on hand. This is not an exhaustive list, nor is everything listed here absolutely essential. **The true essentials have been highlighted in blue.**

DESCRIPTION	Vendor/Cost
THINGS TO WRITE AND DRAW WITH, i.e., assorted pens, graphite pencils, colored pencils, markers, acrylic paint markers, erasers & crayons. Whatever you have on hand will work—just fill up one “pencil pouch” with all your favorites!	See what you have around the home or office. Most of these items can also be purchased at any local art/craft store.
One chisel tip black sharpie	Amazon \$2.00

One Tom Bow Mono Dots or Scotch Permanent Adhesive Tape Runner	Blick Art \$5.99
One Large UHU Glue Stick (color or clear)	Blick Art \$2.99
One White Out Correction Tape	Amazon \$3.24
One Stamp Pad, dark color	Blick Art \$5.99
One set small rubber alphabet stamps, lowercase set of 12	Blick Art \$9.99
One roll of clear packing tape (cheaper the better)	Office Depot \$2.00
One small box of solid tempera paint sticks "King Art" or "Kwik Stix"	Amazon \$9-12.00
Scissors	Amazon \$7

One small travel box of Sakura "Koi Water Colors" with 1 watercolor brush (or any watercolors/brushes you already have)	Amazon Koi Water Color Box \$20.00
One bonefolder (in a pinch, you can use scissor handles)	5" for \$5.15 at Talas online or Blick Art
An interesting magazine and some book pages copied on a copier for collage	\$0-\$7
One Canson XL Watercolor Pad 9" x 12" landscape, 30 sheets (or any mixed media paper pad with 80-100 lb. paper)	Blick Art \$4.00
Any scrap decorative/patterned/colored paper	\$0 (your house) \$10-20 craft store
Access to a computer with a connected copier or laser printer	

