

Art Journaling Supply List



ABBY
MONROE

for a simpler, slower, creative life

any of the following can be used:

Rag Paper

Tracing Paper

Recycled Cartridge Paper

Linen Paper

Sewing Pattern Paper

Old Book Pages

Coffee Filter Paper

Ruled of Graph Paper

Rice Paper

Baking Parchment

Brown Paper

Paper Bags

Cardboard

Old Envelopes



tools

gather what ever you can find,
remember start where you are and
use what you have.

Drawing Pencils

Drawing Pens

Biros

Fineliners

Cartridge Pens

Calligraphy Pens

Scissors - but tearing is great oo

Ruler

Needle and Strong Thread

Glue, glue stick, gel medium

Old spatula, credit card, for collage

Mark making tools:

rubber bands, twigs, and/or other

items from nature, skewers, ear

buds/ q-tip, doilies, stencils,

vegetable for printing, string,

Brushes - household, make-up, paint

Old toothbrush

Old jam jars for water and mixing

Spray water bottle



mediums

watercolours

gouaches

crayons

oil pastels

colouring pencils

ink

coffee

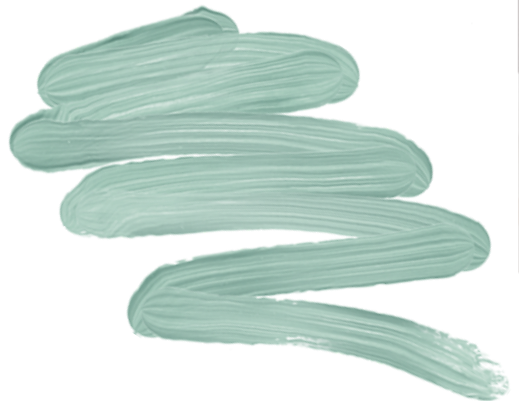
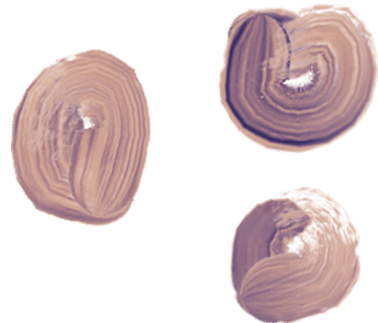
household emulsion

chalk paint

paint samples

stamping ink

gesso



ethical suppliers

I am very conscious about the environmental impact of making art and strive to use as environmentally friendly mediums and material as possible.

Here is a list of some wonderful ethical suppliers in the UK

Seawhites of Brighton - <https://www.seawhite.co.uk/>

Khadi - <https://khadi.com/>

Jacksons Art Supplies - <https://www.jacksonsart.com/>

Fred Aldous - <https://www.fredaldous.co.uk/>

Bedwyns Stamps - <https://www.bedwynstamps.com/>

English Stamp Company - <https://www.englishstamp.com/>

Eco Craft - <https://www.eco-craft.co.uk/>

There are also some wonderful vintage supplies to be found on Etsy and Ebay. Lots of my tools are vintage and some of my paints are over 30 years old! Once you start collecting things together you will be looking at everything in a completely different way wondering how you can use it.

Happy gathering. x

