

# course materials

## 1. journal

You will need something to work on/in, whether that is a scrapbook, journal, sketchbook or just plain notepaper. I use a large Moleskine, both the plain notebook (green label) and the sketchbook (purple label). I also use a Daler-Rowney BxB" cartridge paper book. Feel free to use whatever you prefer to use.

## 2. art supplies

The course is mostly centred on journaling, not art. I will use some art techniques during demonstrations but you can use whichever art or scrapbooking techniques you choose. Common materials I use in my art are; watercolour paints and crayons, acrylic paints, inks, bubble wrap, stamps and waterproof inks, coloured pens, gel pens, collage papers/magazine cutouts, confetti, glitter, glue stick, gel medium and whatever else I have to hand. I also use a mechanical pencil.

## 3. computer (pc or mac)

To complete week 3 fully you will need a computer with a word processing program and a music media player, adn a printer. iTunes/Neo Office (mac) and Windows Media Player/Open Office (pc) are all free programs you can use.

However, it is possible to complete the week manually if you don't have/want any of these. In fact, it is possible to do the entire course with just a notepad, a roll of tape and a pencil if you really want a challenge!

## 3. pens

The most important tool for journaling is a pen and they are many and varied.

You can use whichever pens you feel are best for you. I will list my preferences and the ones I will use in the course to assist beginners, but these are my preferences and suggestions only.

1. Waterproof Black Gel Pen (metal nib) - although I love my Pitt pens, fibre tip pens are ruined by waxy surfaces and paint. Metal tipped pens can be cleaned with a piece of kitchen towel and heated slightly to remove wax if necessary. I use a Uniball Eye Micro or a Uniball Vision Needle. This is the one essential you will need (unless you're doing the notepad & pencil challenge!).
2. White gel pen - the best white gel pen in my opinion is the Uniball Signo. You need to write slowly with all gel pens but this one doesn't skip and the ink is opaque, so it shows up on black paper. If you only get one other thing on this list, this should be it.
3. Nib pen and ink - fountain pen with cartridges or a dip pen with bottled ink, whichever you prefer. I use both and prefer india ink because it is permanent. Calligraphy pens are fun too.
4. Sakura Gelly Roll 'Glaze' pens (assorted colours) - I like these because the ink is opaque and they go on thick, work on dark papers and have an embossed feel once dry.
5. Sharpies and other markers - I actually prefer Prismacolor markers and Zig pens to Sharpies because they are archival quality, but most people have at least one Sharpie lying around. Useful for adding thick titling, blocking and large lettering.
6. Gold leafing pens and/or metallic gel pens - I like to use silver and gold in my journaling for decorating letters and adding doodles.