

Materials you will need

Art Journal

You can use a mixed media or watercolor journal which will have paper heavy enough to receive wet media (like paint). The weight of the paper should be between 80 – 140 pounds. Look for one that lays flat while you are using it – so spiral binding is good. Try to avoid a book with perforated pages – they tear out too easily which is a problem if you want your book to stay together. Strathmore and Canson are good options. If possible, choose one in person so that you can figure out what size and type feels comfortable in your hands.

Colors

1. Paints: Use your favorite: watercolor, acrylic, or gouache paints will all work well. You can buy a set or choose your favorite colors, but do include the three primary colors, plus purple and green (orange is easy to mix), brown, black and white. You can start with 2-ounce bottles of acrylic craft paint sold at Michaels, Hobby Lobby, or similar stores. Those stores will also carry a set of gouache which is a wonderful cross between acrylic and watercolor with a flat finish. It behaves more like acrylic when mixed with little water and more like watercolors when mixed with lots of water. I use a set by Reeves. A beginner's set of watercolors is a simple place to start, but if you fall in love with watercolor, you may quickly need to get serious about using 100% cotton rag paper instead of wood pulp paper and upgrade your watercolors, too.
2. Oil Pastels - If you don't have any supplies already on hand, I recommend you start with these. They are creamy crayons for adults and a pleasure to work with. I like the [Crayola Portfolio Series water-soluble oil pastels](#).
3. Colored Pencils, water-soluble or not. The more expensive the pencil, the more pigment it contains.
4. Markers, water-soluble or not.
5. All of the above! I love to play with *all the media* because each type adds something different to your art.

Brushes

You will need a paint brushes in a variety of sizes. I recommend a 1-inch flat brush, a medium round (pointed tip) brush and a tiny, liner brush to get started. Be sure to take good care of your brushes by washing them out after using them. If the paint dries on them, you will be back to the store to buy more. Also, you will need an inexpensive brush for applying the gel medium if you will be using it.

Writing Utensils

I recommend a waterproof medium tip marker: [Faber Castell's Pitt Artist Pens](#) work well. I also recommend a [White Signo Uniball Pen](#) for adding details and highlights, too. Try out the ones you already have, testing to determine which ones are water-proof and smudge-proof.

Adhesive

Glue sticks are easy to use and readily available. The [UHU brand](#) is good. My preference is [matte gel medium](#) because it is easier to use and creates a more permanent bond.