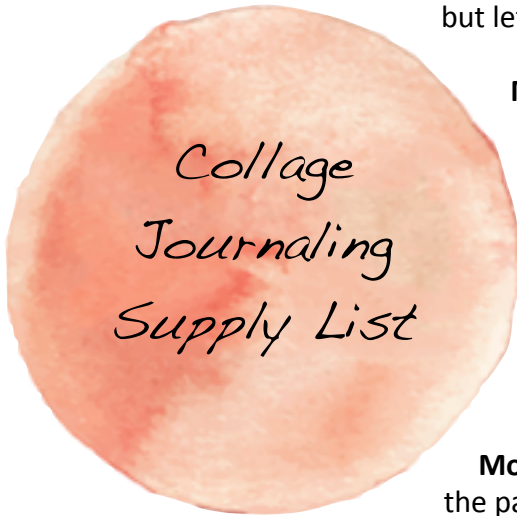


Let's begin by gathering supplies to get started. You can always add as you go, but let's start with a few basics:



Mix Media Art Journal Journals of all shapes and sizes are useful for collaging. But if you're looking for the best fit possible, I've found size, paper thickness & binding are important factors. Size: A 9"x12"-ish, spiral-bound mixed media journal tends to work best. This size is large enough to provide the space you need to make a page. Binding: Most people find that spiral binding is helpful since the journal stays open & flat while you work. Page thickness: The "Mixed Media" specification means the pages are thicker and will wrinkle less when you collage.

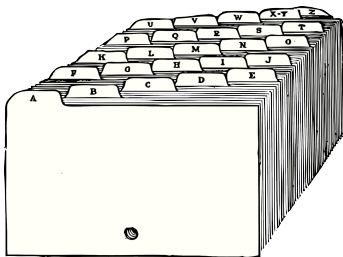
ModPodge Mod Podge is the glue you'll use to secure the images to the page. I recommend Hard Coat Mod Podge with the purple label.

Most people find that the Hard Coat dries well and helps keep pages from sticking together. But it's really up to you. If you prefer matte or glossy instead - go for it! Regardless of which Mod Podge you use, be sure to keep a few sheets of **wax paper** handy. Place between pages after they are dry to the touch and keep in place for at least a day or two until the page is fully dry.

Paint brushes A few basic brushes will do. I recommend using a 1" flat wash brush. Some prefer a foam brush. Just be sure to rinse it out really well after collaging, then you can use the same brush for quite a long while. If the brush is stiff when you go to collage next time, just bend it a bit and the bristles will loosen.

Magazines The images and words in magazines are what you'll use as you create your pages. I recommend looking at local thrift stores to find a range of magazines for collage. As you page through magazines at the store, notice if you find yourself emotionally responding to some of the images you see. I've been known to buy an entire magazine just for one stand alone image I knew was for me. Over time, you will want to build your collection to include a variety of options. You may find there are some magazines you normally wouldn't read that will actually be really helpful for you in your process.

Manila folders and binders are helpful to store images you've found but want to save for later. I also recommend a smaller **Index card-sized A-Z organizer** for words you collect along the way.



Why would I save images for later? *Sometimes there are images and words you will find and tuck away for weeks, months, or even years. You might not know why, until it's time to make the page. That's part of the beauty of letting collage be an intuitive process that unfolds and takes shape as you go.*

It's also helpful to gather a few **pens & markers** to use along the way. I recommend permanent markers so the ink stays intact when you ModPodge. Last but not least, you will want to find a pair of **scissors** to dedicate for collage. Things can get a bit messy, and it's nice to know it's okay if these scissors collect a bit of Mod Podge over time!

SUPPLY CHECKLIST:

- 9X12"-ish spiral-bound mixed media journal
- Bottle of ModPodge (Hard Coat, with a purple label)
- Wax paper
- Paint brushes (either 1"-ish flat wash brush, or foam brush)
- Collection of magazines
- Manila folders (for images you collect)
- Index card-sized organizer (for words you collect)
- Pens and permanent markers
- Scissors
- Table cloth or other table covering (I like using a roll of brown craft paper cut to fit the table.)

Once you have your supplies, read through "Tips for Getting Started " for practical, step-by-step support on how to begin collage journaling.

You've got this!!

-Kjersten

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