

Nature Journaling Supplies Recommendations

A nature journal is a book that YOU make about YOUR experience in nature, so do it YOUR way!

Nature journal kits are highly customizable to your personal preferences. Still, it can be helpful to have some suggestions when getting started. Purchasing materials locally allows you to feel them first and also supports small businesses.

On this field course, you will be provided with a very basic set of supplies to keep (including a budget *Kraft* journal) and access to group supplies. This will include any necessary supplies needed for activities that require specific media/supplies. We do recommend that you bring a journal of your choosing and personal supplies that appeal to you. To develop a more complete kit for yourself, here are some recommendations:

Journals

Selecting a journal is a very personal choice and there are a lot of trade-offs to consider:

Price - Considering that you will be spending many hours working on your journal, purchasing a high quality journal is well worth it. Some people find cheaper journals (like the Kraft journals you will receive) less intimidating for just getting started. Choose a journal that inspires you and will best allow for regular practice.

Size - Small journals pack easy, but don't offer much space to play around with layouts and expanded ideas. Pocket journals can be fun for spontaneous and regular practice. Large journals are great, but you might not be as likely to carry them and they take considerably longer to fill. Journals between 5"x8" and 8.5"x11" strike a good balance.

Paper - Thicker paper allows for watercolor, but the texture often makes it difficult for finer pen work. Smooth paper at about #90 works best with dry media and if the paper is high quality, it can also take a light watercolor wash. If you like to work in watercolor beyond light washes, or you are a beginner with watercolor, use a watercolor journal with cold press #140 for best results. Toned paper offers unique opportunities to play with white media.

Binding - Hard-bound journals are much more durable. A field journal will undergo a lot of wear before it is finished. Spiral binding causes paper to tear out, pages to rub against each other, and the spiral gets deformed and tangled on things in your bag. A spiral binding does allow you to turn the page all the way over and they also open flat, which is nice.

Brand - *Handbook*, *Hahnemuhle*, *Canson*, *Bee*, *Strathmore*, and *Pentalic Aqua* journals, and there are many other great ones out there. The brand *Handbook* offers the "Travelogue" journal for sketching/drawing with dry media and a "Watercolor" journal.

Recommended Supplies:

Pentel 0.5 mechanical pencil

Non-photo blue pencil

Pigma Micron pen set (01, 03, 05, 08, graphic 1)

Blackwing graphite pencil

Faber Castell, Caran d'Ache and Prismacolor color pencils

Hard pencil case (bags cause the core to break)

Watercolor set (dry pan kits are not often high quality, but they are convenient)

Art Toolkit (traveling watercolor kit)

Daniel Smith or *M. Graham* tube watercolors and a travel palette

Waterbrush or *Rosemary* travel brush

Brush markers (light tones for shading)

Gel Pens (especially white)

Clear 6" pocket ruler

Circle Guide

Gum Eraser

Additional Tools:

Pocket *Rite-in-the-Rain* weather-proof paper/notebook

Paper towels (the blue shop kind are best)

Shoulder bag

Dry bag

Folding stool or sitting pad

Binoculars

Field Guides, weather guides, maps

Magnifier or hand-lense