



Smithsonian Associates

THE ART OF JOURNALING

with Lubna Zahid

Supply list:

This is a suggested Supply List for the class, you may use the materials you already have

1. Pens

- Permanent Pens – Pigma Micron .03, .05, Black

2. Journal / Paper

- Any blank Mixed Media Journal of your choice which can stand watercolor and has a smooth finish. *Try to avoid spiral binding and handmade paper.*

My favorite is: 5.5” x 8.5” vertical blank journal with mixed media paper. Stillman & Birn (Beta or Zeta Series)

- Any drawing/sketch pad or whatever you have for rough sketches and notes.

3. Brushes

- Round pointed, #1, 3, 6 or closer sizes.

4. Paints

- Any good quality watercolors

5. Palette

- Any small plastic one with mixing areas or an old white dinner plate

6. Two small containers for water

7. Graphite pencil

8. Soft white eraser

9. Paper towels