



The Junk Journal Supply Checklist

20 supplies, honestly sorted

You do not need a craft shop to start a junk journal. You need about six things, and most of the rest of a good page comes out of the recycling. This checklist splits every supply into three honest piles so you can stop guessing and start gluing.

How to use it

- ☐ Print at home on plain paper. It is sized for A4 and prints happily on Letter too.
- ☐ Tick what you already own before you buy anything. Most people own more than they think.
- ☐ Take the last page shopping. It is a blank list with room for shop, price and notes.

The absolute must-haves

☐ **A bookbinder's PVA glue**

Dries clear, stays flexible, and will not buckle a page the way a school glue stick does.

☐ **Sharp precision scissors**

Small blades with a fine tip. Keep them for paper only and they stay sharp for years.

☐ **A trimmer or a craft knife and mat**

One straight edge changes everything. Wonky cuts are the fastest way to lose the vintage look.

☐ **Two or three rolls of washi tape**

One wide vintage pattern, one narrow plain, one text print. That is genuinely enough to start.

☐ **A warm brown distress ink pad**

The single supply that makes new paper read as old. Age every edge before you glue it down.

☐ **A bone folder, an awl and waxed thread**

Only if you are binding your own. Skip the kit and buy the three pieces separately.

Skip for now

Sticker bundles, a heat gun, alcohol inks, a die-cutting machine and anything sold as a “junk journal starter kit”. They are lovely, and none of them will make your first journal better. Buy them when a page actually asks for them.

Level up, and free finds

Worth it once you are hooked

- ☐ **An ink blending tool with foam pads**
Soft, even edges instead of thumbprints.
 - ☐ **A corner rounder punch**
Rounded corners instantly read as an old photograph or ticket.
 - ☐ **Decorative edge scissors or a scalloped punch**
A deckled edge on a plain scrap does a lot of work.
 - ☐ **A few rubber stamps and a clear block**
Dates, postmarks and small botanicals cover most pages.
 - ☐ **Eyelets, brads and small bulldog clips**
For tuck spots and anything you want to be able to move.
 - ☐ **Paper you like printing on**
A warm white 120 gsm for pages, 200 gsm card for tags and covers.
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Free, and already in your house

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|--|---|
| ☐ Brown paper bags and parcel packaging | ☐ Old book pages and dictionary sheets |
| ☐ Sheet music, maps and atlas pages | ☐ Used tea bags and cold coffee for staining |
| ☐ Ticket stubs, receipts and postage stamps | ☐ Fabric scraps, lace and ribbon offcuts |
| ☐ Cereal boxes and cardboard for covers | ☐ Pressed flowers, leaves and seed heads |
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Stain the pale ones. Steep two used tea bags in a shallow tray, lay the paper in for a minute, lift it out flat and let it dry. Do a dozen sheets at once and you will never run out of backgrounds again.

TAKE THIS ONE WITH YOU

My shopping list

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Notes
