



By Amelia Rude
For Buy Nothing Junk Journaling Facebook Group

Hi friends!

I have put together this list of tips & tricks for your junk journaling journey!

Help! How do I start building my collection of junk?

There are TONS of places to source items that will be helpful in your junk journaling journey.

100% free options:

- Request items or search existing offers on <https://www.freecycle.org>, a grassroots movement for giving away unwanted items locally.
- Join and watch offers in official “Buy Nothing Project” Facebook groups. Find your local one here: <http://buynothingproject.org/find-a-group>
- Join other local freebie groups
- Order online or take pamphlets in-person from welcome centers, museums, etc.
- Take business cards & other freebies
- Download free use license stock images from Unsplash - <https://unsplash.com> or Pixabay - <https://pixabay.com>
- Look up and order free samples (stickers, fabric samples, etc.) - do NOT ever enter your credit card information for free samples unless a reputable website (do your own research or ask here) asks you to pay a shipping fee

Options which may be free or paid:

- Facebook Marketplace
- Free book bins or discount book sales from libraries, used book trade-in stores, etc.

Inexpensive secondhand shopping:

- Craft supplies destash Facebook groups
- Secondhand shopping platforms like Mercari and Ebay
- Goodwill Outlets (the stores with the big blue bins that sell unsorted donated merchandise by the pound — they also have bins of just books separated out. Probably worth up to an hour drive if there’s not one near you!) - to see if there’s one near you: <https://goodwilloutlets.com>
- Thrift, charity, and consignment stores
- Used book stores
- Creative reuse/craft thrift stores - to see if there’s one near you: <https://swoodsonsays.com/a-creative-reuse-center-near-me.../>
- Estate and garage sales - if you don’t want to drive around aimlessly, check for sale listings here: <https://www.yardsale-finder.com>
- ShopGoodwill auction website - <https://shopgoodwill.com/home>

Retail options:

- Cheap: Dollar Tree, 5 Below, Daiso

- Online: Amazon, Temu, Shein
- Handmade or vintage: Etsy

What items should I consider getting to help with my junk journaling?

Some items you may wish to keep in your stash...

Cutting:

- Sharp craft scissors
- X-acto knife tool/pen
- Self healing cutting mat
- Fabric scissors
- Die cutting machine & dies
- Paper cutter/trimmer

Adhering:

- Fabri-Tac (glue that holds fabric, paper, and most heavy materials)
- Mod Podge & brush (to decoupage napkins and other thin materials)
- Double sided tape dispensers (they come in a dispenser shaped like wite-out and work the same way)
- E6000 (glue to hold charms and other heavy things)
- Craft glitter glue (works for paper & some other light materials)

Binding, journal construction, making signatures:

- Cardstock or scrapbook paper
- Scoring board (used to make indents for perfect folds/binding, used to make rosettes, come with bone folder)
- Ruler
- Wax binding thread
- Awl
- Sewing machine

- Eyelets
- Hole punch
- Tag punch

Organizing, tidying, & crafting:

- Containers or rolling carts/drawers to organize JJ supplies & label stickers to label them
- Tab punch (to separate different segments of your journal)
- Corner rounder
- Foldable TV table with legs that slide under the couch/other furniture

Decorating:

- Distress oxide (ink to distress/age paper)
- Fine tip permanent markers, pens, watercolor pencils, and/or colored pencils
- Rubber stamps & ink pads
- Paint - watercolor and/or acrylic

What glue do I use for ...?

Here is a great website which recommends multiple different glues for all sorts of scenarios. Just input what 2 things you'd like to stick together, and it will generate the best suggestions for you.

<http://thistothat.com/index.shtml>

How can I cost-effectively ship my trades/RAKs/wishes?

Many members have shared that it is beneficial to purchase thin file folders and tape things into them (washi tape is a good idea because it is less sticky & therefore less likely to ruin the integrity of ephemera) evenly dispersed so that the envelope ends up being flat and isn't billed as a package (too thick) or non-machinable (inflexible)!

You may wish to purchase a USPS Shipping Template, which is a large piece of plastic resembling a ruler, with internal slots to demonstrate how thick your package may be. There are two slots - one for shipping as First-Class letters, and one for shipping as First-Class flats. For anything too thick, long, or otherwise irregular to fit in either slot, if you are

shipping First-Class, your envelope must ship as a package, and you will be charged Ground Advantage shipping prices.

For more information on shipping first class: <https://www.usps.com/ship/first-class-mail.htm>

Alternatively, you can ship via Priority Mail. This is a more expensive but faster shipping option, and they offer free flat-rate boxes so that you always know what you will be charged for shipping. You can also order free regular Priority Mailing boxes. The cost of boxes are built into the shipping fee, so take advantage of ordering free ones if you use this mailing class!

To order free Priority Mail boxes: https://store.usps.com/.../shipping.../_/N-p52cprZu9qwm0

Remember, it is a crime to use these boxes for non-mailing purposes. And, as another reminder, you may only use these free boxes with Priority Mail class labels from USPS. If you try to ship Ground Advantage, First Class, etc. you will be charged a Priority Mail fee and/or not have your box delivered or force your box's recipient to pay the underpaid postage fee.

If you try to ship with these boxes via Fed-Ex, UPS, etc., they will decline to take your package and charge you for a new box and other packaging materials.

For all USPS shipping prices and options: <https://www.usps.com/business/prices.htm>

If you do not wish to pay for shipping at the USPS counter and prefer to print your own labels from home, you can use Paypal's Shipping Center (ShipStation) here: <https://help.paypal.shipstation.com/.../360061609171...>

Or, you can use Pirate Ship, a USPS partner with discounted shipping rates: <https://www.pirateship.com>

We recommend that you do not purchase or use any postage stamps from any source outside of the singular official USPS website: <https://store.usps.com/store/home>

Alternatively, if you have a membership, Costco sells official USPS stamps at a slight discount.

Counterfeit stamps are a huge problem and can lead to undelivered mail and even legal problems. Keep yourself and your mail safe by avoiding bulk stamp sellers on Facebook Marketplace or Ebay.

If you do wish to purchase stamps from a private seller, do your research and be 100% sure you are getting genuine stamps.

For information all about stamps: <https://faq.usps.com/s/article/Postage-Stamps-The-Basics...>

What kinds of things can be used for junk journaling that I already have in the house?

Anything and everything can be used for junk journaling! There are no rules! But if you are drawing a blank and think you have nothing, here are some ideas of things to look around for:

- Patterned napkins and paper towels
- Parchment paper and aluminum foil
- Magazines, books, catalogs, advertisements
- Junk mail & junk mail envelopes
- Wrapping paper
- Cardboard
- Old maps
- Tea bags
- Tissue paper
- Brown paper bags
- Foil candy wrappers
- Business cards
- Empty gift cards
- Receipts
- Broken jewelry
- Playing cards & gameboard pieces
- Beauty blenders, makeup brushes, old makeup
- Food container labels
- Dried flowers
- Sticky notes & other note/list pads
- Egg cartons & food cans to repurpose for storage (e.g., pencil holders)

What are ATCs?

ATC stands for “Artist Trading Card.” An Artist Trading Card is a 3.5” x 2.5” piece of artwork, usually created primarily from paper crafting, to resemble the size of a trading card, such as a Pokemon card or baseball card. As a “trading card,” they should not be too flimsy or thin, but should have some sturdiness to them. Outside of the size and sturdiness requirements, along with the fact that these are meant to be traded rather than sold, there are no rules as to how you decorate it! ATCs aren’t an essentially component of junk journals, nor are they exclusive/unique to the junk journaling community. But many like to swap ATCs for use in journals!

For a great guide to everything ATCs:

<https://www.tinteddy.com/introduction-to-atcs-what-are.../>

How do I make that cool thing I saw on Tiktok/Facebook/Pinterest?

Here are a few helpful guides I’ve found!

How to make a waterfall flip -

https://youtu.be/bGD_hWZhoqw?si=N89X9oJN345zbHUI

How to use napkins in junk journaling -

https://youtu.be/GACAE-q_nK4?si=p5MHQWttZ7R_PpJ2

How to make an A6 size journal -

https://youtu.be/2NCfXu1tYL8?si=A4cCbhlyF2ihEGw_

What is a signature and how do I make one? -

[https://compassandink.com/how-to-create-junk-journal.../...](https://compassandink.com/how-to-create-junk-journal.../)

How to make wax seals without a kit (using clay, a hot glue gun, or crayons) -

<https://www.thepencompany.com/.../three-simple-methods.../>

How to stain paper with coffee (works with tea too) -

<https://www.wikihow.com/Make-Coffee-Stained-Paper>

How to make your own paper with recycled materials -

<https://paperslurry.com/.../how-to-make-handmade-paper...>

For group-specific questions and questions about terminology, please view our group guides! They are located under the “Guides” tab, right under our group banner on the group home page.

I hope this helps!