



# Spring Cleaning Room-by-Room Checklist

## Living Room/Den

- Remove all items from shelves and dust. De-clutter as you place items back on the shelves, tossing any items that are no longer needed.
- Vacuum couches and chairs, in between and underneath cushions if possible.
- Move furniture aside so you can vacuum underneath.
- Dust all electronics. Wipe clean the TV screen.

## Kitchen and Dining Area

- Wipe down the outside of all cabinets to remove grimy build-up.
- Work in small sections to remove all items from cabinets. Wipe the cabinet shelves and put items back in cabinets - tossing any items that are out of date or are no longer useful.
- Pull the refrigerator and other large appliances away from the wall so you can clean the floor underneath them. Be sure to wipe down the sides of appliances while they are pulled out from their usual places.
- If your oven has a Self-Cleaning option, run it. If it does not, clean it manually.
- Remove everything from the refrigerator. Next, wipe down all surfaces inside the fridge. Neatly place the items back in the refrigerator, discarding items that are out-of-date or no longer useful. Last, wipe down the outside of the refrigerator.
- Clean the microwave inside and out. If your microwave has a removable tray, take it out and wash it before putting it back in.
- Wipe clean the dining table and chairs from top to bottom.
- Deep clean the kitchen trash can.

## Bedrooms

- Thoroughly dust all furniture top to bottom.
- Remove all bed linens and pillows. Wash bedding and pillows before putting back on the bed.
- Vacuum the mattress on both sides. *Now is a great time to rotate the mattress, too.*
- Vacuum underneath the bed.
- De-clutter. Go through closets and dresser drawers, removing clothing, shoes and all other items that are no longer needed. Donate anything that is in good condition and toss the rest.



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## Bathrooms

- Deep clean the shower and tub areas. Use a small scrub brush to clean grout in between the tiles.
- If you have a shower curtain, remove and launder it. Replace curtain liner as necessary.
- De-clutter. Remove items from bathroom cabinets and drawers, throwing away unnecessary items. Wipe inside all cabinets and drawers before putting items back in.
- Wipe down the toilet from top to base. Replace automatic toilet bowl cleaner as necessary.
- Wipe clean countertop surfaces and mirrors.
- Launder bathroom rugs.

## Whole House

- Wipe down baseboards and trim.
- Wipe down doors.
- Wipe and sanitize commonly-touched areas such as light switches, light switch plates, door handles and drawer pulls.
- Dust all light fixtures.
- Dust all ceiling fan blades.
- Wipe clean all air vents to remove dirt and dust. Remove and soak if necessary.
- Remove curtains to wash or dry clean.
- Remove and wipe clean window blinds.
- Dust all hanging wall decor and picture frames.
- Deep clean floors. Vacuum and shampoo carpets and area rugs. Sweep and mop hard floor surfaces (tile, laminate, wood)
- Go room by room and touch up any areas of chipped paint on the walls.