

SPRING

CLEANING CHECK LIST

2023

KITCHEN

- Load/put away dishes.
- Clean and put away appliances.
- Declutter cookware, dishes, utensils, appliances, towels etc.
- Remove anything that doesn't belong in kitchen.
- Assess food in pantry (throw away expired/stale food).
- Wipe out cabinets and drawers in kitchen (remove all items from shelves when doing this)
- Vacuum and wipe shelves and drawers before replacing items back.
- Wipe outside of appliances (fridge, stove, dishwasher etc.).
- Wipe the exterior of the cabinets and hardware.
- Wipe off walls and wall plates.
- Wipe off back the splash (I use a steamer on the grout).
- Clean out fridge and wipe all shelves/drawers.
- Defrost freezer and throw out freezer burned food.
- Clean stove top burners and inside the oven.
- Clean vent fan and hood.
- Clean dishwasher filter.
- Run a hot empty load in dishwasher w/ vinegar.
- Clean microwave.
- Clean trash bin and recycle bin.
- Clean windows and window tracks.
- Clean curtains.
- Clean light fixtures/ replace burnt out bulbs.
- Baseboard
- Wipe countertops.
- Clean under fridge and stove (make sure air intake in fridge is clean to prevent fire).
- Clean doors/hardware/ and thresholds
- Sweep
- Mop
- Wipe out sink and clean disposal/ drains.



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BEDROOM

- Remove anything that doesn't belong in the bedroom.
- Clean or put away air purifiers/humidifiers/ etc.
- Throw out trash.
- Start laundry.
- Clean laundry basket.
- Wipe/dust ceiling fan and replace bulbs if burnt out.
- Wipe/dust/clean furniture/dressers/nightstands etc.
- Clean/dust/declutter decor.
- Wipe/dust/clean walls, wall plates, doors.
- Wash bedding.
- Vacuum bed.
- Vacuum under bed.
- Wipe/clean bed frame.
- Clean other light fixtures.
- Clean windows.
- Clean window seal.
- Wash curtains.
- Put away laundry(in the dresser/closet).
- Declutter closet clothing (hang hangers backwards for an easy way to see what you don't wear by the 6th month mark)
- Declutter dresser clothing and fold.
- Declutter declutter declutter... your bedroom should feel calming and stress reducing. It's where you sleep!
- Sweep/vacuum floor.
- Mop (I recommend carpet cleaning for the summer when it is hot, and carpet dries quicker)
- Reassemble bed and curtains.



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BATHROOM

- Remove anything that doesn't belong in the bathroom.
- Take down shower curtains and wash with the bathroom rug.
- Wash all towels.
- Take out garbage and clean it.
- Clean off vanity (discard empty or expired products).
- Clean any cabinets and drawers out and declutter/vacuum/wipe/reorganize.
- Dust/clean ceiling vent and light fixtures.
- Wipe walls, doors, cabinets, and hardware.
- Clean Mirror.
- Clean windows and tracks (if any).
- Clean the window curtain and put it back up (if applicable).
- Clean sink and counter.
- Wipe back splash.
- Clean out the tub/shower.
- Put vinegar bags onto shower head and faucets for 1hr.
- Wipe shower head and facets plus handles off.
- Clean toilet (recommend removing lid and doing the tank).
- Wipe baseboards.
- Sweep floors.
- Mop floors. (I recommend deep cleaning grout too)
- Put away rug towels nicely and rehang the curtain.
- Put a drop of essential oil in the toilet paper tube and light a candle for a nice finish.



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LIVING/SITTING ROOM

- Remove anything that doesn't belong.
- Declutter space (movies, decor, blankets, magazines, books).
- Dust all surfaces (including picture frames and decor).
- Clean tv and gaming units
- Clean light fixtures and replace burnt out bulbs.
- Clean windows.
- Clean window seals.
- Wash and rehang curtains.
- Vacuum couch and loveseats and under the cushions and furniture itself.
- Wash couch with green machine (if applicable).
- Clean couch with leather cleaner/hydration (if applicable).
- Clean out fireplace (if applicable).
- Wash cushions and blankets.
- Clean pet beds and toys (declutter toys)
- Clean out any chest drawers and entertainment system decluttering and dusting.
- Wipe down walls, door frames, doors and wall plates.
- Clean baseboards.
- Vacuum floors (get under furniture).
- Mop (under furniture.) (If you have carpet wait to carpet clean in summer)



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OFFICE / SPARE ROOMS

- Remove anything that doesn't belong.
- Declutter
- Put each item out back in its place.
- Wipe surfaces and under what you can lift.
- Clean computers and cords (dust bunnies gather there).
- Clean windows curtains and window seals.
- Clean light fixtures and replace burnt out bulbs.
- Wipe trim/wall plates/ walls.
- Clean floors (mop, vacuum, etc.)

LAUNDRY ROOM

- Clean inside and outside washing machine.
- Vacuum out lint catch in dryer and get the vents cleaned.
- Wipe out dryer.
- Clean around the machines.
- Clean out drawers/shelves/ cabinets wipe and declutter.
- Clean windows and curtains.
- Clean light fixtures and replace burnt out bulbs.
- Take clean laundry to rooms/ area they belong.
- Finish laundry
- Clean floors and trim and wall plates.



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ENTRANCE

- Declutter any old shoes/clothing/bags etc.
- Put winter apparel in a winter box for next year
- Wipe the door outside and inside and clean the threshold.
- Clean windows/window tracks/ and curtains
- Wipe walls
- Clean light fixtures and hardware
- Clean any seating and storage.
- Clean trim
- Vacuum/sweep/mop floors.

GARAGE

- Take everything off the floor you can
- Sweep!
- Declutter and organize.
- Sweep again...

OUTSIDE

- Clean up any leaves gravel from winter.
- Sweep your walk. (Pressure wash or scrub concrete if you can)
- Clean exterior windows and doors.
- Clean up garden beds/ trim bushes.
- Clean outdoor sitting area and cushions.
- Clean out gutters and remove leaves from roof.
- Replace any burnt out lights and clean cobwebs.

