

SPRING CLEANING CHECKLIST

Room-by-Room Guide for a Total Home Reset

PREPARATION: ESSENTIAL SUPPLIES

- All-purpose cleaner
 - Microfiber cloths
 - Vacuum cleaner
 - Mop and appropriate floor cleaner
 - Glass cleaner
 - Bathroom cleaner
 - Rubber gloves
 - Assorted scrub brushes
 - Storage bins for organizing
 - Trash bags
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KITCHEN (2-3 HOURS)

- Clear and clean refrigerator interior
 - Remove all items
 - Discard expired food
 - Wipe shelves and drawers
 - Clean door gaskets
 - Deep clean oven and stovetop
 - Clean burner grates/elements
 - Scrub oven interior
 - Clean range hood and filter
 - Declutter and organize pantry
 - Check expiration dates
 - Group similar items
 - Organize with containers if needed
 - Clean small appliances
 - Descal coffee maker
 - Clean microwave interior
 - Wipe down toaster, blender, etc.
 - Wipe cabinet exteriors and handles
 - Clean under and behind appliances
 - Wash kitchen windows and sills
 - Mop floor
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BATHROOMS (1-2 HOURS PER BATHROOM)

- Deep clean toilet
 - Bowl interior
 - Exterior surfaces and base
 - Surrounding floor area
- Scrub shower/bathtub
 - Wash shower curtain/liner
 - Clean tile and grout
 - Descal showerhead
 - Clean shower doors/tracks
- Clean and organize medicine cabinet
 - Dispose of expired medications
 - Wipe shelves
 - Reorganize products
- Clean mirrors and glass surfaces
- Polish faucets and handles
- Clean exhaust fan grill
- Wipe down cabinet exteriors and drawer fronts
- Scrub sink basin
- Mop floor

LIVING ROOM (1-2 HOURS)

- Dust from top to bottom
 - Ceiling corners/fans
 - Light fixtures
 - Shelves and surfaces
 - Electronics
 - Picture frames
 - Baseboards
- Vacuum upholstery
 - Remove cushions and vacuum underneath
 - Use attachments for crevices
- Clean electronics and remotes
- Wash or clean window treatments
 - Vacuum/dust blinds
 - Launder curtains if needed
- Clean windows and sills
- Spot clean walls if needed
- Clean door frames and handles
- Vacuum/mop floors

BEDROOMS (1-2 HOURS EACH)

- Wash all bedding
 - Sheets and pillowcases
 - Mattress pad
 - Duvet cover
 - Pillows (if washable)
- Rotate and vacuum mattress
 - Optional: deodorize with baking soda
- Declutter nightstand and dresser tops
- Clean under the bed
- Dust ceiling fan blades
- Clean mirrors and glass surfaces
- Organize drawers (optional)
- Clean windows and sills
- Vacuum/mop floors

ENTRYWAY, HALLWAYS & CLOSETS (1-2 HOURS)

- Organize and clean entryway
 - Sort shoes and outerwear
 - Clean entry mats
 - Wipe down console table or bench
- Dust and clean light fixtures
- Declutter coat closet
 - Remove out-of-season items
 - Assess unused items for donation
- Clean inside other closets
 - Vacuum/mop floors
 - Wipe down shelving
 - Organize contents
- Clean doorknobs and light switches
- Spot clean walls and baseboards
- Vacuum/mop floors

OFTEN-FORGOTTEN AREAS

- Air vents and returns
- Under large appliances
- Inside trash cans
- Door tops

- Light fixtures and ceiling fans
 - Window tracks
 - Behind toilets
 - Inside dishwasher (run empty cycle with vinegar)
 - Washing machine (run empty cleaning cycle)
 - Dryer vent and lint trap
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NOTES & PRIORITIES

Use this space to list your specific priorities or add custom tasks

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2.

3.

4.

5.

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