

# Spring Cleaning Checklist

## Kitchen

**Tools:** all-purpose kitchen cleaner, sponges, old toothbrush, soft rag, broom, mop, dishwashing soap, scouring pad

### Tasks:

#### **Large Appliances: Fridge, Stove, Dishwasher, Microwave**

- \_\_\_\_\_ (1) Exterior - clean dirt and grime off with a damp cloth and dishwashing soap.
- \_\_\_\_\_ (2) Exterior - wipe again with a clean, damp cloth and dry thoroughly to prevent water stains.
- \_\_\_\_\_ (3) Fridge - unplug the fridge, remove all items (one shelf at a time, starting at the top) and clean inside of refrigerator with hot soapy water.
- \_\_\_\_\_ (4) Fridge - discard old, unused and expired food products.
- \_\_\_\_\_ (5) Fridge - wipe down all shelves and drawers with a damp rag.
- \_\_\_\_\_ (6) Oven - soak oven racks in warm, soapy water for a few hours.
- \_\_\_\_\_ (7) Oven - scrub with a scouring pad then rinse and dry.
- \_\_\_\_\_ (8) Microwave - wipe inside of microwave to remove food stains and dry completely.

#### **Surfaces (countertops and backsplash)**

- \_\_\_\_\_ (1) Clean all surfaces with a mild all-purpose kitchen cleaner.  
Be sure that the cleaner is appropriate for the type of surface you're cleaning.
- \_\_\_\_\_ (2) Wipe down all handles, hinges, light switches and light fixtures with a damp cloth

#### **Sink**

- \_\_\_\_\_ (1) Using a scouring pad and a mild dishwashing detergent, scrub sink to remove stains.
- \_\_\_\_\_ (2) Use an old toothbrush to gently clean around faucet edges.
- \_\_\_\_\_ (3) Buff the sink and faucets with a dry cloth.
- \_\_\_\_\_ (3) To keep drains clog-free, flush with boiling water.

#### **Cabinet Doors**

- \_\_\_\_\_ (1) Wipe exterior doors of all kitchen cabinets with a damp cloth and soapy water. Dry completely to prevent water streaking or damage.
- \_\_\_\_\_ (2) If cabinets are made of wood, clean with a cleanser made for natural materials.
- \_\_\_\_\_ (3) Line cabinet and drawer interiors with a cork liner -- the surface is clean and cushiony to protect silverware and glassware.
- \_\_\_\_\_ (4) Organize cupboards in a manner that best suits your needs, keeping often-used items easily accessible.

#### **Floors**

- \_\_\_\_\_ (1) Sweep the floors to remove hair, dust and dirt.
- \_\_\_\_\_ (2) Then, using a cleaner specific to your type of flooring, give the floors a good scrub that'll lift stains and make the surface shine.

# Spring Cleaning Checklist

## Bathroom

**Tools:** squeegee, glass cleaner, paper towels, all-purpose cleaner, sponge or lint-free rag, trash bag, wire brush, old toothbrush, mop, broom, rubber gloves, pumice stone

### Tasks:

#### Tiles & Tub

- \_\_\_\_\_ (1) Work from top to bottom to scrub tiles and tub with an all purpose cleaner.
- \_\_\_\_\_ (2) To remove built-up dirt and grime, let cleaner sit for five minutes before scrubbing.
- \_\_\_\_\_ (3) Clean grout with an old toothbrush.
  
- \_\_\_\_\_ (4) Scrub/squeegee, rinse and dry shower doors. Wash the shower curtain and replace the liner.
- \_\_\_\_\_ (5) When finished, wipe all wet surfaces (tub, doors, shower curtain, walls, faucets) with a dry rag to prevent mildew.

#### Toilet

- \_\_\_\_\_ (1) Fill the toilet with a liquid toilet cleaner and let sit for a few minutes. Using a toilet brush, scrub the inside of the bowl (pay extra attention to the area under the rim and the water line).
- \_\_\_\_\_ (2) If there's a water ring that cannot be removed with your toilet brush, scrub with a damp pumice stone.
- \_\_\_\_\_ (3) Clean the seat (both top and bottom), rim, base, lid and tank with disinfectant. Dry completely before using.

#### Other Areas

- \_\_\_\_\_ (1) Clean cabinets with a damp cloth and wipe mirrors with paper towels and a glass cleaner.
- \_\_\_\_\_ (2) Spot-clean walls with a damp rag and give light switches, light fixtures and doorknobs a good wipe.
- \_\_\_\_\_ (3) Clean out medicine cabinet and throw out expired or unused cosmetics and drugs.

#### Floors

- \_\_\_\_\_ (1) Sweep the floors to remove dust and hair.
- \_\_\_\_\_ (2) Then mop floors with warm water and an all-purpose cleaner (or cleaner that is best suited to the type of flooring in your bathroom).
- \_\_\_\_\_ (3) For small bathrooms, it may be easiest to clean floors on your hands and knees with a damp rag and cleaner.
- \_\_\_\_\_ (4) Get to all those nooks and crannies behind the counter and toilet.

# Spring Cleaning Checklist

## Living Room

**Tools:** feather duster, lint-free rag, vacuum, broom, glass cleaner, paper towels

**Tasks:**

### Surfaces

- \_\_\_\_\_ (1) Using a feather duster, dust all surfaces, from walls and baseboards to tables and the television.
- \_\_\_\_\_ (2) Dust framed artwork, photographs and all knick-knacks.
- \_\_\_\_\_ (3) If you've got bookcases in your living room, remove all the books and give the shelves a thorough dusting.

### Mirrors & Glass

- \_\_\_\_\_ (1) Use paper towels and glass cleaner to clean all glass or mirrored surfaces.
- \_\_\_\_\_ (2) Wash the inside of all windows with a damp cloth and soapy water. Rinse and dry thoroughly.
- \_\_\_\_\_ (3) Vacuum windowsills to remove dust.
- \_\_\_\_\_ (4) Wash or clean all window coverings (blinds and draperies) following manufacturer's instructions.

### Fixtures & Ceiling Fans

- \_\_\_\_\_ (1) Using a damp rag, wipe down all light switches, light fixtures and ceiling fans.
- \_\_\_\_\_ (2) Clean lampshades with a damp rag or, if they're made of fabric, give them a light once-over with the vacuum, using a brush attachment.

### Furniture Cushions

- \_\_\_\_\_ (1) Remove all cushions from couches and chairs and vacuum underneath.
- \_\_\_\_\_ (2) Vacuum cushions before replacing them and vacuum the back and armrests to remove built-up dust and dirt.
- \_\_\_\_\_ (3) If chairs/couches are slipcovered, wash or clean slipcovers according to manufacturer's instructions.

### Floors

- \_\_\_\_\_ (1) Vacuum or sweep floors.
- \_\_\_\_\_ (2) If carpet is stained, consider bringing in a professional to steam-clean or shampoo it.
- \_\_\_\_\_ (3) Run vacuum (with brush attachment) over baseboards.
- \_\_\_\_\_ (4) If built-up dust and dirt don't come off easily, wipe down with a soft, damp rag.

# Spring Cleaning Checklist

## Bedroom

**Tools:** Lint-free rag, feather duster, broom, vacuum, glass cleaner

**Tasks:**

### Surfaces

- \_\_\_\_\_ (1) Using a feather duster, dust all surfaces including walls, nightstands, dressers, headboard,  
\_\_\_\_\_ footboard, bookshelves and knick-knacks.  
\_\_\_\_\_ (2) Dust framed photographs and artwork and fabric lampshades.

### Fixtures & Ceiling Fans

- \_\_\_\_\_ (1) With a slightly damp rag, wipe down light switches, light fixtures (careful! Illuminated lights  
\_\_\_\_\_ may be hot), doorknobs and ceiling fans.  
\_\_\_\_\_ (2) Clean all glass/mirrored surfaces with paper towels and glass cleaner.  
\_\_\_\_\_ (3) Wash windows with a damp cloth and soapy water. Rinse and dry thoroughly.

### Bedding

- \_\_\_\_\_ (1) Wash all bedding, including sheets, pillowcases, duvet covers, blankets, comforters and  
\_\_\_\_\_ mattress pads.  
\_\_\_\_\_ (2) Vacuum mattress to remove dust and other allergens.  
\_\_\_\_\_ (3) Flip mattress for even wear.

### Windows & Window Treatments

- \_\_\_\_\_ (1) Dust wooden or acrylic blinds and wash drapery.  
\_\_\_\_\_ (2) Follow the manufacturer's instructions for cleaning curtains.  
\_\_\_\_\_ (3) Wash windows with warm soapy water; rinse and dry completely.  
\_\_\_\_\_ (4) Clean all other glass or mirrored surfaces with a glass cleaner.

### Floors

- \_\_\_\_\_ (1) Sweep or vacuum the floors.  
\_\_\_\_\_ (2) Pull furniture out from the wall to get at dust and dirt that is lurking behind and under the bed,  
\_\_\_\_\_ nightstand and bookcases.