



Spring Cleaning Checklist



Bedroom

- ☐ Vacuum or mop floors, including under bed
- ☐ Wash all bedding
- ☐ Rotate or flip mattress
- ☐ Wipe down nightstands, dressers, headboards
- ☐ Organize and declutter closets
- ☐ Refresh the air with a linen spray or essential oils

Living room

- ☐ Wash Rugs
- ☐ Dust and wipe down all surfaces
- ☐ Disinfect remote controls and light switches
- ☐ Deep clean upholstery
- ☐ Clean under furniture
- ☐ Declutter and organize book, magazines, and decorative items



Bathroom

- ☐ Wash towels
- ☐ Scrub the shower/tub
- ☐ Wash or replace shower curtains and bath mats
- ☐ Deep clean the toilet, sink, and faucet
- ☐ Wipe down mirrors and light fixtures
- ☐ Clean inside cabinets and drawers
- ☐ Mop and vacuum floors
- ☐ Replace old toothbrushes and check expiration dates on products

Kitchen

- ☐ Deep clean the refrigerator coils)
- ☐ Scrub the oven and stovetop
- ☐ Clean out and organize the pantry
- ☐ Sanitize kitchen sponges or replace them
- ☐ Wipe down cabinets and drawers (inside & out)
- ☐ Clean the microwave (inside and outside)
- ☐ Scrub the sink and disinfect the faucet
- ☐ Empty the trash and disinfect the bin
- ☐ Run vinegar through the dishwasher and washing machine

