Spring Cleaning
Checklist

General Cleaning for the whole house

✓	Dusting & Surface Cleaning
	Dust ceiling corners and remove cobwebs
	Dust and clean crown moulding
	Dust and wipe ceiling fans (top and bottom of blades)
	Wipe air vents and grills
	Wipe light fixtures (remove glass covers where possible)
	Wipe light switches and outlet covers
	Dust and polish baseboards
	Dust all flat surfaces, décor, and picture frames
	Clean windows (inside and out) using glass cleaner or vinegar solution
	Wipe down window sills and frames
	Wash window screens with soapy water
	Clean blinds - vacuum fabric ones, wipe slatted ones
	Wash or dry-clean curtains/sheers
	Spot-clean walls for scuffs or stains
	Touch up paint where needed

Spring Cleaning
Checklist

General Cleaning for the whole house

✓	Floors
	Move all furniture to vacuum or mop underneath
	Vacuum carpets thoroughly
	Steam clean or shampoo carpets and rugs
	Mop hardwood/tile/laminate floors with proper solution
	Polish wood floors if needed
	Vacuum floor vents and edges

✓	Air & Smell
	Replace air filters (HVAC, furnace, etc.
	Diffuse essential oils or use baking soda for odour removal
	Clean humidifiers/dehumidifiers
	Test smoke and CO detectors. Change batteries if needed

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✓	Living Room / Family Room
	Remove and vacuum under all cushions
	Clean upholstery - steam clean or spot treat
	Vacuum behind and beneath all furniture
	Dust electronics (TVs, speakers, remotes, game consoles)
	Clean remote controls and game controllers with disinfecting wipes
	Polish wooden furniture with furniture-safe polish
	Organise cords and label them
	Wipe down coffee and side tables
	Clean area rugs and runners
	Clean fireplace - remove ash, wipe screen and tools
	Disinfect children's play area/toys (if applicable)

Spring Cleaning
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General Cleaning for the whole house

✓	Bedrooms
	Strip beds completely and launder all linens
	Wash mattress cover, duvet insert, and throw blankets
	Wash or replace pillows (use dryer balls to fluff when drying)
	Rotate and vacuum mattress (both sides if reversible)
	Clean under bed thoroughly (vacuum and mop)
	Organise drawers and donate unused clothes
	Wipe down headboard and footboard
	Dust nightstands, dressers, and lamps
	Clean and organise under-bed storage bins
	Wipe inside drawers with mild cleaner
	Clean full-length mirrors
	Wipe closet doors (and tracks if sliding)
	Dust and organise shelves in closets

Spring Cleaning
Checklist

General Cleaning for the whole house

✓	Kitchen - Pantry & Cabinets
	Remove all items from pantry
	Wipe down shelves and corners
	Check expiration dates and discard expired items
	Group and label pantry categories
	Wipe down cabinet doors and hardware
	Organise spice rack and wipe containers

✓	Kitchen - Fridge & Freezer
	Remove all food
	Toss expired or freezer-burned items
	Remove and wash shelves, bins, and trays
	Wipe interior with baking soda solution
	Clean exterior and handles
	Vacuum under and behind fridge
	Clean condenser coils (use coil brush or vacuum)

Spring Cleaning
Checklist

General Cleaning for the whole house

✓	Kitchen - Appliances
	Clean inside and outside of oven
	Clean stovetop and burner grates
	Run self-clean or steam cycle if oven supports it
	Remove and clean range hood filter
	Clean microwave interior (steam with vinegar + water)
	Wipe exterior of microwave, toaster, mixer, etc.
	Descale and clean coffee maker or espresso machine
	Run empty dishwasher with vinegar/baking soda
	Scrub and disinfect sink and drain
	Wipe faucet and sprayer
	Clean trash bin and recycling bin
	Sanitise cutting boards and replace sponges

Spring Cleaning
Checklist

General Cleaning for the whole house

✓	Dining Room
	Dust and polish dining table and chairs (legs too)
	Spot clean chair upholstery or cushions
	Clean and polish buffet or sideboard
	Declutter drawers or china cabinet
	Wash glassware and polish silverware if stored here
	Launder tablecloths, placemats, and napkins
	Wipe or polish centrepiece and other decor
	Vacuum and clean area rug (if any)
	Clean chandelier/light fixture over table

Notes:

Spring Cleaning
Checklist

General Cleaning for the whole house

✓	Bathrooms
	Scrub tub and tile grout with bathroom cleaner or baking soda paste
	Remove and soak shower head in vinegar
	Clean and replace shower curtain liner
	Wash bath mats and towels
	Wipe mirrors with streak-free cleaner
	Scrub toilet thoroughly (base, seat hinges, back)
	Wipe all surfaces: counter, cabinet fronts, faucets
	Clean inside vanity drawers
	Organise toiletries and toss expired products
	Check/replace toilet brush, plunger, liners
	Disinfect trash can
	Mop floor with disinfectant
	Restock bathroom supplies (toilet paper, soap, etc.)

Spring Cleaning
Checklist

General Cleaning for the whole house

✓	Laundry Room
	Clean washer drum (run cleaning cycle or use vinegar/baking soda)
	Wipe detergent drawer and rubber seals
	Clean lint trap and dryer vent hose
	Vacuum behind washer and dryer
	Organise detergents, dryer sheets, etc.
	Wipe countertops, shelves, and sink (if applicable)
	Mop floor and baseboards
	Replace any worn-out hampers or baskets

Notes:

Spring Cleaning
Checklist

General Cleaning for the whole house

✓	Kids' Rooms / Playroom
	Sort and organise toys (keep, donate, trash)
	Disinfect plastic toys with soap or wipes
	Machine-wash stuffed animals (if washable)
	Wipe and sanitise shelves, bins, and furniture
	Clean play mats or rugs
	Organise books and puzzles
	Dust window sills, furniture, light fixtures
	Wipe wall art, switch plates, and handles
	Check furniture stability and tighten screws
	Wipe down crib or bed rails
	Wash bedding and mattress protector

Notes:

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General Cleaning for the whole house

✓	Entryway / Mudroom
	Wipe down front door and polish hardware
	Sweep porch or stoop
	Clean or replace doormat
	Organise shoe rack, coat hooks, baskets
	Vacuum or mop floor
	Clean closet floor and sort out seasonal items
	Wash pet leashes, gloves, and other accessories
	Wipe down bench or seating area

Notes:

Spring Cleaning
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General Cleaning for the whole house

✓	Garage / Storage Spaces / Basement / Attic
	Sweep floors and mop if sealed
	Sort and purge unused items
	Check for moisture or pest problems
	Wipe down shelves and tool benches
	Label and reorganise storage bins
	Safely dispose of paint, chemicals, batteries
	Store winter gear and pull out spring/summer items
	Test power tools and check extension cords
	Clean windows and air vents
	Inspect insulation or leaks in attic

Notes:

Thank you for Downloading the

Spring Cleaning Checklist

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