

# 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  |

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|   |   |
|---|---|
| ✓ | 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)                |

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| ✓ | 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                           |

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|   |  |
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| ✓ | 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) |

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| ✓ | 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.      |
|   | Descalc 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           |

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| ✓ | 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           |

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| ✓ | 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.)                |

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|   |   |
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| ✓ | 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                           |

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|   |  |
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| ✓ | 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            |

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|   |   |
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| ✓ | 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                 |

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|   |  |
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| ✓ | 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:

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THANK YOU FOR  
DOWNLOADING THE

*Spring Cleaning  
Checklist*

Join the community!

