

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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|---|--|
| ✓ | 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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| ✓ | 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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| ✓ | 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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| ✓ | 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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| ✓ | 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*

Join the community!

