



Spring Cleaning Checklist

Kitchen

- ◆ Wipe down cabinets
- ◆ Clean cutlery drawer
- ◆ Clean oven inside
- ◆ Clean microwave inside
- ◆ Clean fridge inside
- ◆ Clean dishwasher filter
- ◆ Clean behind appliances
- ◆ Wash and disinfect textiles
- ◆ Bin expired products
- ◆ Declutter cupboards
- ◆ Clean bins thoroughly
- ◆ Descale kettle

Bathroom

- ◆ Disinfect toilet brush holder
- ◆ Scrub shower edges
- ◆ Descale showerhead
- ◆ Unclog shower drain
- ◆ Wash bathmats
- ◆ Wash toothbrush cup
- ◆ Clean under basin
- ◆ Dust extractor fan
- ◆ Bin expired medicine
- ◆ Declutter old cosmetics
- ◆ Clean bin thoroughly
- ◆ Check and treat mould

Bedroom

- ◆ Declutter wardrobe
- ◆ Hoover underneath bed
- ◆ Clean behind bed headboard
- ◆ Wash mattress protector
- ◆ Air, clean and flip mattress
- ◆ Dust blinds/curtains
- ◆ Pack away winter items

General

- ◆ Clean window tracks and sills
- ◆ Disinfect switches and knobs
- ◆ Organise and declutter cables
- ◆ Spruce up chairs and sofas
- ◆ Wipe down TV screen
- ◆ Wipe away wall marks
- ◆ Repot plants