



arbOUR's Ultimate Deep Cleaning House Checklist

KITCHEN

- Clean and organize the refrigerator and freezer
 - Discard or recycle out-of-date items
 - Clean and dry shelves and bins
 - Organize remaining items in a logical order
- Dust overhead lights
- Clean stovetop
- Clean inside and outside of oven
 - Empty out contents
 - Wipe down the shelves
 - Discard expired items
 - Return items to the shelves & group logically
- Clean pantry the shelves
- Clean and organize dish & glassware shelving
 - Remove all dish and glassware
 - Clean the shelves
 - Replace neatly
- Clean and organize drawers
 - Remove all contents
 - Clean inside drawers
 - Replace everything in an organized fashion (pro tip: discard or donate anything you don't use)
 - Return items to the shelves & group logically
 - Clean pantry the shelves
 - Wipe down the outside of the drawers
- Wipe down small appliances
- Clean inside and outside of microwave
- Clean and sanitize trash can(s)
- Wipe and degrease stove backsplash and walls
- Wipe baseboards
- Clean and degrease sink
- Wipe down cabinet doors and counters
- Vacuum or sweep floors
- Mop floors

BATHROOM

- Declutter all surfaces
 - Instead of keeping medicines, lotions, and makeup on the counters, look for out of sight areas to organize.
- Wipe down surfaces
- Clean and organize the medicine chest
 - Remove all contents
 - Clean shelves
 - Discard expired or no longer needed medicines or toiletries
 - Replace neatly
- Clean and organize drawers
 - Clean all drawers
 - Clean inside drawers
 - Replace neatly
- Wipe down light switches, towel racks & fixtures
- Clean mirror(s)
- Sort through towels and make three piles: Keep, donate, or toss
- Wipe down linen closet or shelves, fold all towels in the same way, and replace them on the shelves
- Clean and disinfect the toilet
- Clean shower and/or bathtub
- Wash or replace shower curtain liner and shower curtain
- Clean shower head
- Wash bathroom rugs and bathmats
- Clean windows
- Scrub tile grout
- Wipe down walls
- Wipe down baseboards
- Clean inside and outside of trash can(s)
- Vacuum or sweep floor
- Mop floor



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DINING ROOM

- Dust light fixtures
- Dust and polish all surfaces (ie. china cabinets, dining table, dining chairs)
- Polish silver
- Dust china in cabinets
- Vacuum curtains or blinds
- Dust curtain rods
- Dust paintings or wall hangings
- Wipe walls
- Wipe around light switches
- Clean window sills
- Wash windows
- Mop or vacuum floor
- Shampoo rugs or carpet

LIVING ROOM

- Dust bookcases or shelves
- De-clutter and dust coffee table
- Assess decorative items: declutter and donate unwanted objects
- Dust and polish furniture
- Vacuum sofa and chairs
- Wash slipcovers
- Wipe down window sills
- Clean windows
- Clean or vacuum curtains and/or blinds
- Dust television and electronics
- Shampoo rugs or carpets
- Mop or vacuum floor
- Vacuum and mop floors

BEDROOMS

- Declutter and clean closets
 - Remove all hanging clothes and anything on the shelves or bottom of the closet
 - Make three piles: Keep, donate, or toss
 - Vacuum closet floor and dust shelves
 - Replace clothing you are keeping and organize by type
- Declutter and clean dresser drawers
 - Remove all clothing
 - Make three piles: Keep, donate, or toss
 - Clean inside drawers
 - Replace clothing you are keeping and organize by type
- Pack all items to be donated in large plastic bags and drop them off at a donation center. Research local organizations, such as the Vietnam Veterans, who will pick up your donations.
- Wash all bedding: sheets, dust ruffles, pillows, and duvet covers
- Replace pillows that are past their prime
- Cover pillows with new pillow protectors
- Flip mattresses
- Clean under the bed
- Dust all surfaces (ie. dressers, desks, bookcases)
- Dust blinds
- Clean or vacuum curtains
- Wipe down window sills
- Wash windows
- Wipe down baseboards
- Shampoo rugs or carpets
- Vacuum and mop floors



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HOME OFFICE

- Clean desk(s)
 - Empty drawers
 - Wipe inside drawers
 - Organize contents and throw away what you don't need
 - Wipe down desk accessories, the entire surface of the desk, and the legs from top to bottom
 - Remove unwanted desk accessories
- Clean bookshelves
 - Working from top to bottom, remove and dust all storage containers, magazines, and books
 - Wipe down shelves
 - Sort papers & magazines on the shelves, donating or recycling what you no longer need
- If needed, re-organize as you replace items
- Dust the computer: Working from top to bottom, use a microfiber cloth to dust the computer screen, keyboard, printer, fax machine, and any other electronics
- Wipe down or vacuum all the furnishings, including desk chair, tables, and filing cabinets
- Dust light fixtures
- Dust the blinds
- Remove and launder the curtains
- Wipe down window sills
- Dust blinds
- Clean or vacuum curtains
- Wipe down window sills
- Wash windows
- Wipe down baseboards
- Shampoo rugs or carpets
- Vacuum and mop floors

LAUNDRY ROOM

- Clean washing machine (see specific instructions based on manufacturer recommendations)
 - Remove the lint filter and vacuum thoroughly with your vacuum's brush attachment
 - Wipe down the inside and outside of the dryer
- Use a vacuum hose attachment to dust ceilings, crown moldings, and windowsills
- Dust light fixtures
- Wipe down all surfaces, including cabinet shelves and drawers
- Refresh your laundry baskets by wiping down plastic baskets or vacuuming the inside and outside of wooden/straw hampers
- Empty trash and clean inside and outside of container
- Vacuum and mop floors