

free! Printable Spring Cleaning Checklist

Bedroom

- Open bedroom windows (to let in fresh air)
- Dust furniture, ornaments, shelves and windows
- Empty your wardrobe or closet. Dust and wipe bases. Sort items, removing anything you no longer need. Clean any clothes that are musty. Put everything back.
- Empty all drawers. Wash the inside of the drawer. Sort items, cleaning musty clothes and removing unwanted items.
- Move out your bed. Sort objects from under the bed, removing unwanted items. Sweep or vacuum the floor. Return bed to original position.
- Vacuum your mattress. Sprinkling baking soda on the bed beforehand will also make it especially fresh.
- Launder all of your bedding and pillows in the morning. Then return to the bed before you go to sleep.
- Clean and dust lamp shades, including room ceiling light and bedside lamps.
- Clean the window and window sill. Remove ornaments or flower pots and clean these as well. Remove unwanted clutter from windows.
- Clean any room borders, coving or architrave. Dust these first then gently wipe clean with a wet cloth.
- Dust and clean wall mirrors, canvases, or picture frames. Glass cleaner is a must, as it will remove glass streaks.
- Dust and wipe clean doors, doorknobs and any ventilation panels within the room.
- Sweep or vacuum the floor.
- Spray air freshener.
- Leave the window and door open to allow fresh air to circulate.
- Repeat the process on all other bedrooms.

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Bathroom

- Open the bathroom window.
- Empty all vanity cabinets, mirrored cabinets or storage containers. Wash inside of each thoroughly, being sure to remove toothpaste, soap or spilt shampoo remnants.
- If necessary, clean bottles to remove scum and dust. Discard outdated cosmetics and medications. Return items to the cabinet.
- Clean the outside of cabinets to remove dust and spillages.
- Clean the bathtub to remove smears, soap stains and grease. If necessary use wax and be sure to clean the drain.
- Clean out the sink and drain, to remove soap scum or toothpaste marks. Polish faucets on the sink and bathtub.
- Remove clutter, bottles or ornaments from the window sill.
- Clean and dust these individually. Wash the window sill, dusting and wiping with a wet cloth. Sort objects and return to the sill if required.
- Clean bathroom tiles paying special attention to areas around the sink, bathtub or shower.
- This is a good time to reseal grout on tile edges or around a shower or bathtub. At this stage would be a good time to complete this.
- Clean the inside and outside of the toilet. Be sure to lift the seat and clean around all of the bolts and joins.
- Dispose of cleaning materials (sponges/cloths) used on and inside of the toilet - to be as hygienic as possible and prevent cross contamination.
- Dust and clean the mirror and its frame.
- Dust all of the light fixtures, and any light shade used in the bathroom.
- Clean any room borders, coving or architrave. Dust these first then gently wipe clean with a wet cloth.
- Dust and clean any ventilation covers or extractor fans.
- Sweep and mop the floor, or vacuum if carpeted.

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Staircase

- Use vacuum attachment to vacuum the stairs, working one step at a time. It is easier to work up the stairs rather than down, as this will prevent the need to walk backwards. This technique also makes it easier to carry the vacuum cleaner with you.
- Clean the walls of your staircase gently with a damp cloth.
- Wipe down handrails and banisters. Looking for dust or cobwebs.
- Dust any picture art, mirrors, canvases or light fixtures.

Front Door and Hall

- Dust all lighting fixtures in the hall and near the doorway.
- Wash walls and trim gently with a damp cloth
- Clean doors, knobs and radiators. Be sure to remove dust and cobwebs.
- Dust and polish any hall furniture, including desks or mail tables.
- Launder any soft fabrics or cushions, if applicable.
- If you have a coat closet, then empty it out and sort through your coats. This also applies to coat stands and hooks too. Wash musty coats and decide to donate any you no longer use. Clean and dust the closet thoroughly and return items as needed.
- Clean and vacuum your welcome mat.
- Sweep or vacuum the entrance flooring, if tiled then mop as well.

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Living Room

- Open the living room windows to allow fresh air to enter.
- Vacuum the sofa or soft chairs. Be sure to remove cushions in advance and remove large items by hand. Then vacuum the seating thoroughly.
- Launder any throw pillows and regularly used blankets.
- Dust and gently clean any shelves, decor or additional pieces of furniture.
- Clean and dust lamp shades, including room ceiling light and table lamps.
- Wash all of the windows and window sills. Dusting and cleaning window ornaments or clutter individually.
- Clean the television screen gently using screen wipes, or paper towels and appropriate glass cleaner.
- Carefully dust electronics, including plug sockets and extension cords.
- Tidy any loose electronics wires, using cable ties if required to make them look as neat as possible.
- This is a great opportunity to sort through DVDs, CDs or books and make the decision to remove unused items from your collection. Any unwanted items could be donated or potentially sold on eBay.
- Wash your childrens toys. Hard plastics can be washed in warm soapy water. Soft toys can be laundered. Donate anything your children have outgrown.
- Dust picture frames, art or canvases. Use glass cleaner on mirrors or glass surfaces.
- Wash all of the windows and window sills. Dusting and cleaning window ornaments or clutter individually.
- Clean any room borders, coving or architrave. Dust these first then gently wipe clean with a wet cloth.
- Dust and wipe clean doors, doorknobs and any ventilation panels within the room.
- Sweep or vacuum the floor.
- Spray air freshener.
- Leave the window and door open to allow fresh air to circulate.

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Kitchen

- Open the kitchen windows to allow fresh air to enter.
- Empty all cabinets or storage containers. Wash inside of each thoroughly, being sure to remove food remnants.
- If necessary, clean bottles to remove dust. Discard outdated food and any medications. Return items to the cabinet.
- Clean the outside of cabinets to remove dust and dried food spillages.
- Thoroughly wash and sanitize chopping boards
- Sharpen kitchen knives, especially large carving knives.
- This is a good time to reseal grout on tile edges or around the kitchen sink. At this stage would be a good time to complete this.
- Clean cabinet doors and door knobs, removing dust or grease.
- Clean out and fully organize your food pantry. Be sure to check food expiry dates and throw away as needed.
- Degrease and clean the oven. Remove any grease or old burnt pieces of food.
- A good tip is to line the base with tin foil, making cleaning the oven easier in future.
- Clean and shine the stove top. Remove any loose stove elements and clean separately in the sink. Be careful not to scratch stainless steel, which can happen with heavy scrubbing.
- Clean out the fridge freezer, removing expired food. Defrost the freezer if required.
- Sweep and mop under the fridge and stove, to remove rarely seen dust or dropped food remnants.
- Clean and degrease the microwave. You can make it smell extra fresh by turning it on, whilst leaving a bowl of lemon juice inside.
- Unplug the toaster, place over the rubbish bin and turn upside to dislodge bread crumbs.
- Descale and clean the kettle.
- Clean and shine any other kitchen appliances
- Wash and degrease the kitchen counter, surrounding tiles and oven backsplash.
- Wash and shine the sink. Be sure to remove food stains or spills. Shine the faucet and clean the drain using bleach.
- Clean and dust lamp shades, including room ceiling light, counter lamps, spotlights and floor lighting.
- Dust and clean any ventilation covers or extractor fans.
- Wash all of the windows and window sills. Dusting and cleaning window ornaments or clutter individually.
- Clean any room borders, coving or architrave. Dust these first then gently wipe clean with a wet cloth.
- Dust and wipe clean doors, doorknobs and any ventilation panels within the kitchen.
- Sweep or vacuum the floor.
- Spray air freshener.
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Laundry Room

- Open the laundry room windows to allow fresh air to enter.
- Remove clutter, bottles or ornaments from a window sill. Clean and dust these individually. Wash the window sill, dusting and wiping with a wet cloth. Sort objects and return to the sill if required.
- Empty all cabinets or storage containers. Wash inside of each thoroughly, being sure to remove soap or spilt laundry powder remnants.
- If necessary, clean bottles to remove scum and dust. Return items to the cabinet.
- Clean the outside of cabinets to remove dust and spillages.
- Wash and shine the laundry sink. Be sure to remove stains or spills.
- Wash outside of the washer and dryer. Be sure to remove solid and dry pieces of washing up powder.
- Wash inside of the washing machine. This can be done on an empty cycle, as well as by using special capsules.
- Clean any room borders, coving or architrave. Dust these first then gently wipe clean with a wet cloth.
- Dust and wipe clean doors, doorknobs and any ventilation panels within the room.
- Sweep or vacuum the floor.
- Spray air freshener.
- Leave the window and door open to allow fresh air to circulate.