



ROOM-BY-ROOM SPRING CLEANING CHECKLIST



BEDROOMS

- Wipe down walls and dust all surfaces, including furniture, pictures and artwork. Be sure to use a soft cloth and don't use anything abrasive that could scratch and damage items. Don't forget to clean under furniture.
- Wipe blinds, and vacuum drapes or wash them. Some drapes may need to be dry cleaned for best results.
- Clean all linens. Swap out seasonal linens for lightweight duvets and sheets.
- Vacuum your mattress with the upholstery attachment.
- Wash pillows in the washing machine (check labels first to see if they are machine washable).
- Go through closets and drawers and donate gently used clothing, shoes and accessories that you don't use.

KITCHEN

- Dust the tops of everything from the cabinets to your fridge. Clean the upper cabinets, starting with the inside and finish with wiping the doors and handles. Give your fridge and freezer a thorough cleaning by first removing expired food. Then, scrub the shelves and drawers (from top to bottom) with warm, soapy water and dry them completely. Finish by wiping the outer doors.
- Wipe countertops using an all-purpose cleaner. Scrub your sink gently with a nonabrasive cleaner to remove grime and food stains. You can also use white vinegar which is a natural disinfectant.
- Spray the stovetop, letting the all-purpose cleaner sit for awhile to allow for better stain removal, then wipe clean. If you don't have a self-cleaning oven, scrub the inside of the stove preferably with a non-chemical cleaner as many of these cleaners emit toxic fumes. Before getting started on your oven, make sure that any cleaning products you use are compatible with your oven.
- Deep clean your microwave by placing a 1 litre (4 cup) large microwave-safe bowl containing 250 ml (1 cup) of water, 125 ml (1/2 cup) of vinegar and a chopped up lemon (for freshness). Turn the microwave on high for about 10 minutes until the water boils and window is steamy. Let cool for 15 minutes before opening the door. Remove the bowl with oven gloves and wipe the inside of the microwave with a sponge.
- Clean remaining appliances (coffee maker, blenders, etc.). Run the dishwasher with no dishes on a full cycle; set a dishwasher-safe cup of plain white vinegar on the top rack and choose the hottest water possible to disinfect it. Clean inside lower kitchen cabinets with a damp cloth.
- Sweep the floors to remove crumbs and then clean them using a mop. Be sure to pull out appliances and move furniture to remove crumbs that fell in hard-to-reach places and then wipe these areas.



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COMMON AREAS (Living Room, Family Room)

- Vacuum and take down drapes and curtains to wash them.
- Dust and clean furniture. Don't forget the hard-to-reach places like under couches.
- Wipe down accent pieces, bookshelves, media storage units, electronics, and remote controls.
- Clean out your fireplace and store unused logs.

BATHROOMS

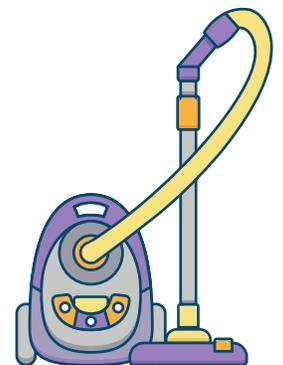
- Wipe the walls as beauty products linger in the air and settle.
- Spray, soak, and then wipe the shower head, shower walls, tub, sink and toilet to remove deep stains and soap scum.
- Wipe down shower curtains and liners.
- Clean the mirror using a lint-free cloth.
- Wash rugs in the washing machine (check labels for instructions).
- Organize cabinets and dispose of any expired products, especially medication and old beauty products. Expired medication can be taken to your nearest pharmacy for safe disposal.

LAUNDRY ROOM

- Clean your washing machine inside and out. Run white vinegar through your washer to help sanitize it and remove soap scum.
- Wipe your dryer inside and out with a damp cloth.
- Wash the lint trap and clear the dryer hose. While you should be removing lint regularly, make sure you thoroughly clean your dryer as lint build-up can cause house fires.
- Wipe under appliances and vacuum the back of your washer and dryer to remove dust.
- Wash the laundry basin with a nonabrasive cleaner or use white vinegar to clean out any grime.

ALL ROOMS

- Use your broom, extendable duster, or vacuum with a duster attachment to remove cobwebs and dust from corners and ceilings.
- Wipe all walls and mouldings with a damp cloth and warm, soapy water.
- Wipe light fixtures and bulbs (when cool).
- Clean windows and mirrors with a lint-free cloth.
- Wipe doors and handles.
- Clean floor registers and vents. Deep clean grimy grout between floor tiles.
- Mop floors and vacuum carpets. Remove any stains if necessary.
- Clean baseboards.



You're Done!