

# Printable Spring Cleaning Checklist

## Kitchen

- Clean interior and exterior of all unplugged appliances, including oven
- Empty and clean refrigerator
- Empty trash and clean trash can
- Scrub and disinfect sink
- Clean and disinfect cabinet doors, countertops, and backsplash
- Dust and clean table and chairs
- Scrub floor
- Clean inside and outside of windows
- Dust blinds and/or wash curtains
- Dust baseboards
- Clean light switches and door frames
- Organize drawers and cabinets/throw away expired food and products

## Dining Room

- Dust baseboards
- Dust and clean table, chairs, and other furniture
- Vacuum/wash floor
- Clean light switches and door frames
- Dust and clean light fixture
- Clean inside and outside of windows



## Living Areas

- Dust ceiling fan
- Clean lamp bases/dust lamp shades
- Dust blinds and/or wash curtains
- Clean inside and outside of windows
- Clean light switches, door frames, and other high traffic areas
- Vacuum and fluff all couch cushions/pillows
- Vacuum and clean all floors/carpets
- Clean mirrors
- Dust/clean picture frames
- Dust/clean all furniture (media console, tables, etc.)
- Clean out bookshelves/toy bins for unwanted items

## Bathrooms

- Scrub and disinfect tub and shower tiles
- Scrub and disinfect inside and outside of toilet
- Scrub and disinfect sink
- Empty cabinets of expired products and medications
- Scrub and disinfect floor, dust baseboards
- Clean all bathroom fixtures, including handles and faucets
- Clean inside and outside of windows
- Dust blinds and/or wash curtains
- Dust fan vent
- Clean mirror
- Wash and fold all bathroom towels

## Bedrooms

- Dust/clean picture frames
- Dust baseboards
- Dust ceiling fan
- Clean and vacuum under bed
- Clean light switches, door frames, and other high traffic areas
- Clean lamp bases/dust lamp shades
- Dust blinds and/or wash curtains
- Clean inside and outside of windows
- Wash all bedding
- Flip mattress
- Dust/clean all other furniture
- Clean mirrors
- Sort through drawers and closets for unwanted items

## Hallways/Stairs

- Dust baseboards
- Vacuum/wash floors and steps
- Clean light switches, door frames, and other high traffic areas
- Dust/clean picture frames