Deep Cleaning Checklist

Tick off each job as you go. A room a day is plenty.

Started _____

Kitchen

- [ ] Clean inside the oven
- [ ] Empty, wipe and restock the fridge
- [ ] Clean the microwave and small appliances
- [ ] Degrease the range hood and its filter
- [ ] Wipe cabinet fronts, handles and tops
- [ ] Empty and wipe inside drawers
- [ ] Scrub the sink and the drain
- [ ] Pull out what you can and clean behind it

Bathrooms

- [ ] Scrub the grout and caulk
- [ ] Descale the showerhead and faucets
- [ ] Wash the shower curtain and liner
- [ ] Clean around the toilet base and behind it
- [ ] Empty and wipe the vanity and cabinet
- [ ] Dust the exhaust fan cover
- [ ] Wash the bath mats and the trash can

Bedrooms

- [ ] Wash pillows and bedding (check the labels)
- [ ] Vacuum the mattress and under the bed
- [ ] Dust the blinds and wash the curtains
- [ ] Wipe closet shelves and baseboards
- [ ] Clear out and wipe the nightstands

Living areas

- [ ] Vacuum under and between sofa cushions
- [ ] Dust shelves, frames and decor
- [ ] Wipe remotes, electronics and cords
- [ ] Dust lamps and lampshades
- [ ] Wash throw pillow covers and blankets

Laundry room and entry

- [ ] Clean the washer seal and dispenser
- [ ] Vacuum the dryer vent area and lint trap
- [ ] Wash the entry mats
- [ ] Clear out the coat closet

Whole house

- [ ] Wash windows, tracks and sills
- [ ] Wipe baseboards and door frames
- [ ] Dust ceiling fans and light fixtures
- [ ] Wipe switch plates and door handles
- [ ] Vacuum air vents and returns
- [ ] Change the furnace filter if it's due
- [ ] Test the smoke and CO alarms

Notes

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