

FREE PRINTABLE

Spring Cleaning *Checklist*

Room by room, top to bottom. Tick off each task as you go.

Whole house

- ☐ Wash windows inside and out, and wipe window sills and tracks.
- ☐ Dust ceiling fans, light fixtures and corners for cobwebs.
- ☐ Wipe light switches, door handles and doors.
- ☐ Vacuum and wipe baseboards.
- ☐ Wash or vacuum curtains and wipe blinds.
- ☐ Replace HVAC filters and dust air vents.
- ☐ Test smoke and carbon monoxide detectors.
- ☐ Deep clean carpets and rugs, or have them professionally cleaned.

Kitchen

- ☐ Empty, wipe and organize the fridge and freezer; toss expired food.
- ☐ Clean the oven, stovetop and range hood filter.
- ☐ Descale the kettle and coffee maker.
- ☐ Run a cleaning cycle on the dishwasher and clean its filter.
- ☐ Empty and wipe cabinets and the pantry; check expiration dates.
- ☐ Clean the microwave (steam a bowl of water and lemon for two minutes first).
- ☐ Scrub the sink and disinfect the trash can.
- ☐ Wipe cabinet fronts, backsplash and small appliances.

Living room

- ☐ Vacuum sofas and chairs, including under the cushions.
- ☐ Wash throw blankets and pillow covers.
- ☐ Dust shelves, books, picture frames and decor.
- ☐ Clean electronics and the TV screen with a dry microfiber cloth.
- ☐ Move furniture to vacuum underneath.
- ☐ Declutter magazines, mail and remote-control piles.

Bedrooms

- ☐ Wash pillows, duvets and mattress protectors (check the care labels).
- ☐ Vacuum and rotate or flip the mattress.
- ☐ Swap winter bedding for lighter spring layers.
- ☐ Declutter nightstands and under the bed.
- ☐ Do a closet swap: store winter clothes, bring out spring pieces, and donate what you didn't wear.

Bathrooms

- ☐ Scrub grout and re-caulk if needed.
- ☐ Wash or replace the shower curtain and liner.
- ☐ Descale showerheads and faucets.
- ☐ Declutter the medicine cabinet and dispose of expired medications safely.
- ☐ Toss old makeup and skincare past its shelf life.
- ☐ Wash bath mats and replace worn towels.
- ☐ Clean the exhaust fan cover.

Home office

- ☐ Sort and shred old papers; scan what you need to keep.
- ☐ Clean your keyboard, mouse and screen.
- ☐ Declutter your desktop, both the physical one and the digital one.
- ☐ Organize cables and chargers.

Entryway and outdoor spaces

- ☐ Clean the front door and replace the doormat if needed.
- ☐ Sort shoes, coats and bags; store winter gear.
- ☐ Sweep the porch, balcony or patio.
- ☐ Wash outdoor furniture and cushions.
- ☐ Clean out gutters, or book someone to do it safely.

Notes
