

DEEP CLEANING CHECKLIST

KITCHEN

- Wash curtain and dust blinds
- Clean windows
- Clean window tracks and sills
- Wipe down light fixtures
- Dust light bulbs
- Cupboards + drawers: remove items, wipe out, declutter, return + organize items
- Wipe down exterior cabinet doors + drawers and **disinfect** as you go
- Wipe down door, doorknobs, light switch plates, trim + baseboards and **disinfect** as you go
- Deep clean countertop appliances i.e. Toaster, coffeemaker, microwave, etc
- Clean oven hood outside and inside with a degreaser
- Wipe down stovetop + remove any knobs for deep cleaning
- Clean oven + oven racks. Replace oven liner.
- Clean + organize the fridge and freezer. Throw old and expired food.
- Wipe down the top, sides, and front of the fridge
- Clean under and behind fridge + oven
- Organize food pantry
- Clean + **disinfect** countertops.
- Scrub sinks and shine faucet
- Sweep or vacuum floors
- Mop floors – rinse out the water when it gets dirty

BATHROOMS

- Spray cleaning in shower/tub, sinks, and toilets before starting
- Wash curtain and dust blinds
- Wash curtain and dust blinds
- Clean windows
- Clean window tracks and sills
- Wipe down light fixtures
- Dust light bulbs
- Cabinets + drawers: Remove items, wipe out, declutter, return + organize items
- Wipe down exterior cabinet doors + drawers and **DISINFECT** as you go
- Wipe down door, doorknobs, light switch plates, trim + baseboards and **DISINFECT** as you go
- Clean mirrors and shelving
- Clean shower/tub + toilet
- Scrub sinks and shine faucets
- Clean + **DISINFECT** countertops
- Sweep or Vacuum floors
- Mop floors – rinse out the water when it gets dirty

EXTRAS:

DEEP CLEANING CHECKLIST

BEDROOMS

- Dust blinds
- Clean windows
- Clean window tracks and sills
- Wipe down light fixtures
- Dust light bulbs
- Wipe down ceiling fan
- Dust bedroom furniture and wall art
- Launder all bedding, mattress pad, and curtains
- Remove mattress + box springs to clean floor and dust baseboards
- Return bed and air out + flip
- Wipe down door, doorknobs, light switch plates, trim + baseboards and **DISINFECT** as you go
- Clean mirrors and shelving
- Declutter + organize dresser drawers and closets
- Sweep or Vacuum floors
- Spot or Deep clean area rugs with a carpet cleaner
- Mop floors – rinse out the water when it gets dirty

EXTRAS:

LIVING ROOM

- Wash curtain and dust blinds
- Clean windows
- Clean window tracks and sills
- Wipe down light fixtures
- Dust light bulbs
- Wipe down ceiling fan
- Dust furniture, wall art, and shelving
- Clean electronics + **DISINFECT** TV remotes and game controllers
- Launder throw pillowcases + blankets
- Vacuum + spot clean upholstery
- Clean under cushions + under furniture
- Declutter + organize cabinets
- Wipe down door, doorknobs, light switch plates, trim + baseboards and **DISINFECT** as you go
- Sweep or Vacuum floors
- Spot or Deep clean area rugs with a carpet cleaner
- Mop floors – rinse out the water when it gets dirty

EXTRAS:

DEEP CLEANING CHECKLIST

DINING ROOM

- Wash curtain and dust blinds
- Clean windows
- Clean window tracks and sills
- Wipe down light fixtures
- Dust light bulbs
- Dust furniture, wall art, and shelving
- Clean table + chairs
- Vacuum + spot clean upholstery
- Clean under cushions + under furniture
- Declutter + organize cabinets
- Wipe down door, doorknobs, light switch plates, trim + baseboards and **DISINFECT** as you go
- Sweep or Vacuum floors
- Spot or Deep clean area rugs with a carpet cleaner
- Mop floors – rinse out the water when it gets dirty

EXTRAS:

HOME OFFICE

- Wash curtain and dust blinds
- Clean windows
- Clean window tracks and sills
- Wipe down light fixtures
- Dust light bulbs
- Wipe down ceiling fan
- Dust furniture, wall art, and shelving
- Clean electronics + **DISINFECT** TV remotes, keyboards, computers
- Clean + **DISINFECT** all surfaces
- Vacuum + spot clean upholstery
- Clean under cushions + under furniture
- Declutter + organize work surfaces, toyboxes, or cabinets
- Wipe down door, doorknobs, light switch plates, trim + baseboards and **DISINFECT** as you go
- Sweep or Vacuum floors
- Spot or Deep clean area rugs with a carpet cleaner
- Mop floors – rinse out the water when it gets dirty

EXTRAS:

DEEP CLEANING CHECKLIST

LAUNDRY ROOM

- Wipe down light fixtures
- Dust light bulbs
- Cabinets + drawers: Remove items, wipe out, declutter, return + organize items
- Wipe down exterior cabinet doors + drawers and DISINFECT as you go
- Clean laundry sink area
- Wipe down exterior washing machine + dryer
- Wash inside washing machine
- Clean out lint trap
- Wipe down door, doorknobs, light switch plates, trim + baseboards and **DISINFECT** as you go
- Sweep or Vacuum floors
- Mop floors – rinse out the water when it gets dirty

CLEANING SUPPLIES

- Disinfectant Cleaning Spray
- All-purpose Cleaner
- Degreaser Cleaner
- Glass Cleaner
- Wood Cleaner
- Bucket
- Cleaning Towels
- Magic Erasers
- Paper Towels
- Duster
- Old Toothbrush
- Gloves
- Garbage Bags
- Broom
- Vacuum
- Mop

EXTRAS:

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