

Deep Cleaning Checklist, Room by Room

Split into sessions of about 45 minutes. One a day for a fortnight, or three in a weekend.

Declutter first, in a separate session, and always work top to bottom. Dust falls, so floors last or you will do them twice.

KITCHEN, ABOUT 60 MINUTES

- ☐ Empty and wipe out the fridge, door seals included
- ☐ Descale the kettle, run a dishwasher cleaner cycle
- ☐ Degrease the extractor filter
- ☐ Wipe cupboard doors, especially around handles
- ☐ Clean the oven, including the glass
- ☐ Pull out the bin, clean underneath and behind
- ☐ Descale taps and polish the sink
- ☐ Wipe skirting boards and kickboards

BATHROOMS, ABOUT 45 MINUTES EACH

- ☐ Descale the shower head by soaking
- ☐ Treat grout and silicone with mould remover, leave to work
- ☐ Clean the extractor fan cover
- ☐ Wash the bath mat and shower curtain
- ☐ Clean behind and around the base of the loo
- ☐ Wipe inside cabinets, bin expired products

BEDROOMS AND LIVING AREAS

- ☐ Wash duvets and pillows themselves
- ☐ Vacuum the mattress, then rotate or flip
- ☐ Vacuum under the bed, moving it if needed
- ☐ Wipe light fittings and lampshades
- ☐ Vacuum the sofa, cushions out
- ☐ Dust tops of frames, doorframes, shelves
- ☐ Wipe switches, handles and remotes
- ☐ Clean windows, sills and tracks

THE BITS EVERYONE FORGETS

- ☐ Skirting boards
- ☐ Light fittings and lampshades
- ☐ Door handles and light switches
- ☐ Window tracks
- ☐ The bathroom extractor fan

NOTES
