

The One Day *Spring Cleaning* Checklist

...for a spring clean that won't take over your life

KITCHEN

- Clean oven and stove
- Clean dishwasher
- Clean out fridge and freezers
- Clean microwave
- Descale kettle
- Clean and sanitize bins
- Clean floors
- Wash down surfaces and clean cupboards

BATHROOM

- Descale taps, chrome fittings & shower head
- Scrub down bath and shower
- Deep clean the toilet
- Clean out drains
- Sanitise bins
- Clear out toiletries and make-up
- Clean floors
- Wash bath mats

LIVING SPACES

- Wipe down all painted wood
- Spot clean walls and ceilings
- Clean out fridge and freezers
- Dust and polish shelves, electronics, books etc
- Wipe clean light fittings and fans
- Vacuum behind and beneath all furniture
- Vacuum sofas and arm chairs
- Clean floors
- Wash or dry clean curtains and blinds

BEDROOMS

- Strip bed/s and wash bedding
- Clean and turn mattresses
- Wash or dry clean blankets and throws
- Dust all surfaces
- Clean floors
- Wash or dry clean curtains and blinds
- Polish mirrors and insides of windows