

# SPRING CLEANING CHECKLIST

## SUPPLY LIST

- All Purpose Cleaner
- Dusting Spray
- Glass Cleaner
- Baking Soda
- Vinegar
- Tide Powdered Detergent
- Oven Cleaner
- Bleach
- Microfibre Cloths
- Swiffer Duster
- Swiffer Sheet
- Rubber Gloves
- Toothbrush
- Scrub Brush/Sponge
- Paper Towels
- Spin Mop & Bucket

## PREP

Organize Cleaning Solutions & Supplies (use a carrying caddy)  
Empty Sink & Dishwasher  
Empty & Wash All Garbage Bins  
Strip Beds (sheets, pillows & comforters) & Launder  
Remove Floor Mats & Launder  
Declutter Rooms

## TIPS

Pick one room to clean  
Start in one corner and move clockwise through the room  
Break the room into sections  
Move everything - furniture too!  
Always vacuum - don't sweep!  
Vileda Spin Mop is your best friend  
Celebrate your days work!

## CLEANING RECIPES

### **Baseboards & Bathroom**

1 Gallon of water  
1/3 cup of bleach  
1 tsp of powdered Tide

### **All Purpose Cleaner**

Tide & Hot Water  
--- OR ---  
1/4 cup of vinegar  
20 drops essential oil  
1 tsp Castile Soap  
2 cups distilled water

### **Cream Scrub**

Equal parts of Dawn dish soap & Baking Soda  
Make a paste  
Add essential oil

### **Dusting Spray**

1 cup distilled water  
1/4 cup vinegar  
2 tsp olive oil  
15 drops lemon essential oil

### **Drain Cleaner**

pour baking soda followed by vinegar

### **Shower Head**

vinegar & water in a plastic bag  
place over shower head and tie with elastic  
let sit - make sure nozzels are covered

### **Shower Doors & Fixtures**

1 cup Vinegar & 2 tbsp Dawn dish soap in a spray bottle  
let sit for an hour (or more if needed)  
scrub with sponge, rinse and squeegee glass door

## CLEANING TRICKS

1. **Ceiling Fans:** Use a pillowcase to quickly clean ceiling fan blades. Slide the pillowcase over the blade and gently wipe to trap dust inside the case.
2. **Baseboards:** Use a dryer sheet or Swiffer sheet to easily remove dust and add a fresh scent to your baseboards.
3. **Air Vents:** Use a butter knife wrapped in a cloth to clean between the slats of air vents. This will help remove dust and debris that can affect air quality.
4. **Window Tracks:** Use a mixture of vinegar and water to clean window tracks. Dip a cotton swab or old toothbrush in the solution and scrub the tracks to remove dirt and grime.
5. **Door Knobs and Handles:** Wipe down door knobs, handles, and light switches with a disinfectant wipe to remove germs and bacteria.
6. **Scuffed Walls:** Rub some baking soda with a sponge and watch it disappear.
7. **Clogged Sink Drain:** First pour Baking Soda in the drain, followed by some Vinegar and then hot water. \*Also great for disinfecting!
8. **Rugs & Mattress:** Sprinkle baking soda on your mattress or rug, let it sit for a few hours, and then vacuum it up to remove odors and freshen the mattress.
9. **Microwave:** Place a cup of water with a squeezed lemon or lime. Heat for 5 minutes, let stand 1 minute and wipe clean.
10. **Cutting Boards:** Spray Hydrogen Peroxide, let sit for a few minutes, follow with a soapy sponge and rinse well. No more smell = no more bacteria
11. **Glass Shower Door:** Mix 1 part Vinegar, 1 part Water and few drops of dish detergent in spray bottle. Spray on door and let stand for 5 minutes. Wipe with sponge, rinse and squeegee.
12. **Prevent Dust:** Use my homemade Dusting Spray to prevent dust from sticking to furniture - you'll be amazed!
13. **Smelly Shoes:** Put a few drops of your favourite essential oil on a cotton ball and place in the shoe
14. **Smelly Car:** Put a few drops of essential oil (avoid Lavender) to the mats of the car for an instant fresh smelling car.
15. **Garbage Can:** Clean with baking soda & water - deodorizes and cleans at the same time

## KITCHEN

- Spray Oven Cleaner - let sit while tackling other items below
- Clean countertops & backsplash (use toothbrush to clean grout)
- Wipe down cabinets and drawer fronts
- Empty cabinets, clean shelves and dispose of chipped, broken or expired items
- Clean sink and faucet. Disinfect sink drain (baking soda & vinegar)
- Microwave: clean inside and outside
- Refrigerator: clean outside, pull fridge to clean behind
- Refrigerator: remove all items and clean inside (dispose of expired products)
- Dishwasher: clean outside, filter and run a cycle with 1/2 cup of bleach
- Under Sink: empty, clean inside (dispose unwanted items)
- Window: clean track, window and dust blind (if applicable)
- Stove: clean top, front, and wipe up oven cleaner inside
- Stove: pull stove to clean sides & behind
- Hood Fan: remove filters and clean
- Wipe kitchen table, legs & chairs
- Clean light fixtures
- Vacuum floor (don't sweep)
- Clean baseboards and walls
- Mop floors

## BATHROOM

- Vacuum ceiling fan cover & floor
- Clean light fixtures
- Wipe exterior cabinets
- Clean interior window, sills & track
- Clean baseboards & walls
- Clean light switches, door knobs & door frame
- Clean toilet & paper holder
- Clean sink and faucet.
- Disinfect sink drain (baking soda & vinegar)
- Organize toiletries and dispose expired products
- Clean toothbrush holder
- Clean mirror & counter top
- Clean bathtub
- Clean shower doors, shower head & fixtures
- Wash floors (by hand is better)
- Spot clean tile grout
- Vacuum again once dry



## LAUNDRY

### Washing Machine

- Scrub seal: pour bleach into seal and scrub with brush
- Sanitize: pour 1 cup of bleach and turn on the hottest, longest cycle
- Filter trap: open and empty the black hose into a bowl. Remove filter and clean with bleach. Tightly place back.
- Dryer: vacuum lint trap
- Vacuum and scrub baseboards
- Clean countertops
- Wipe down cabinets and drawers
- Clean faucet, sink and disinfect
- Clean window interior, sill and track
- Spot wipe walls
- Clean blinds
- Vacuum & mop floors

## LIVING ROOM

- Vacuum floors
- Remove couch cushions and vacuum all furniture
- Dust all surfaces with wet cloth
- Swiffer duster TV
- Clean interior windows, sills and tracks
- Clean blinds
- Wipe walls
- Clean light switches and fixtures
- Clean baseboards
- Fluff and arrange cushions
- Fold blankets
- Wash Floors

## BEDROOMS

- Dust surfaces
- Clean interior window, sills and tracks
- Clean baseboards
- Rotate & vacuum mattress
- Change sheets and make the bed
- Wipe walls and light switches
- Clean doors and door frame
- Dust blinds or curtains
- Organize closet & drawer
- vacuum and mop floor

