Bathroom Cleaning Checklist

A sparkling, germ-free bathroom — without harsh fumes or damaged finishes.

Safety — Please Read First

- NEVER mix bleach with vinegar, ammonia, or any other cleaner — the fumes can seriously injure you. Use one product at a time and rinse between products.
- Ventilate: open the window or switch the extractor fan on before spraying, and keep it running for 20–30 minutes afterwards.
- Wear rubber gloves, especially for the toilet and for any bleach or mould treatment.
- NEVER use vinegar, lemon, or acidic cleaners on natural stone (marble, granite, travertine, limestone) — acid etches stone permanently. Use a pH-neutral stone cleaner instead.
- Test first: on coloured grout, painted surfaces, or an unfamiliar finish, dab cleaner on a hidden spot, wait 10 minutes, and check for damage.
- Use a separate cloth for the toilet — never the same cloth on the sink or mirror afterwards.
- Do not leave strong acids or bleach sitting on chrome or brushed nickel — wipe off promptly to avoid dulling.

What You Will Need

- Rubber gloves; microfibre cloths (at least 3: one for toilet, one for sink/mirror, one for shower/bath)
- Old toothbrush for grout and tight corners; toilet brush and spray bottle; squeegee for shower glass
- All-purpose bathroom cleaner, or: baking soda, distilled white vinegar (5%), mild dish soap, 3% hydrogen peroxide
- Mop or large cloth for the floor; baking soda — about 1/2 cup per clean

The Order That Saves Time

Always clean top to bottom, driest to dirtiest: mirrors and shelves first, then sink, then shower/bath, then toilet, then floor last. Spray your shower and toilet cleaners on first so they can dwell while you clean everything else.

Step 1 — Declutter and Prep (2 minutes)

- Remove everything from the sink counter, bath edge, and shower caddy; shake out the bath mat and hang it up; toss towels in the laundry basket.
- Empty the bin and replace the liner.
- Spray shower walls, bath, and tiles with bathroom cleaner (or 1:1 white vinegar and water — 1 cup / 240 ml of each — on ceramic and porcelain only, never on natural stone). Leave to dwell 10–15 minutes.
- Spray inside the toilet bowl with toilet cleaner or 1 cup (240 ml) of white vinegar. Leave to dwell 10–15 minutes.

Step 2 — Mirrors and Shelves (3 minutes)

- Spray mirror cleaner — or 1 part white vinegar to 2 parts water — onto a microfibre cloth, never directly onto the mirror (spray can seep behind the glass and damage the backing).
- Wipe in a zig-zag pattern, top to bottom, then buff dry with a second dry cloth for a streak-free shine.
- Wipe shelves, medicine cabinet front, and light fixtures with a damp microfibre cloth. Dry chrome fixtures immediately to prevent water spots.

Step 3 — Sink, Taps, and Counter (5 minutes)

- Clear hair and debris from the sink and plughole.
- Sprinkle 2–3 tablespoons of baking soda into the basin and scrub with a damp cloth. For stubborn

marks around taps, make a paste of 3 tablespoons baking soda + 1 tablespoon water, apply, leave 10 minutes, scrub and rinse.

- For limescale on taps: wrap a vinegar-soaked cloth around the tap for 20–30 minutes (ceramic and chrome only — never on natural stone or brass), then wipe clean and dry.
- Wipe the counter, soap dish, and toothbrush holder with a damp cloth and a drop of dish soap. Rinse and dry. Polish taps dry with a microfibre cloth.

Step 4 — Shower and Bath (8–10 minutes)

- Scrub shower walls, tiles, and bath with a non-scratch sponge or brush, working top to bottom (your spray has now dwelled 10–15 minutes).
- For grout lines: scrub with a paste of 3 tablespoons baking soda + 1 tablespoon water and an old toothbrush. For mouldy grout, dab 3% hydrogen peroxide on the grout, leave 10–15 minutes, scrub, and rinse. Never mix peroxide with vinegar in the same step.
- Rinse everything thoroughly with warm water. Squeegee shower glass and tiles dry (30 seconds — prevents most future soap scum).
- Clean the showerhead: if removable, soak in 1 cup vinegar + 1 cup water for 30–60 minutes; if fixed, tie a bag of the same mix around it for 1 hour, then run the shower 1–2 minutes to flush.
- Wipe the bath edge, shower caddy, and plug chain dry, and put everything back neatly.

Step 5 — Toilet (5 minutes)

- Scrub inside the bowl thoroughly with the toilet brush, including under the rim, then flush.
- Wipe the seat (top and underside), lid, hinges, cistern, and base with a disinfectant cloth or a cloth dampened with bathroom cleaner — a separate cloth from the sink/mirror one.
- For a stained bowl: sprinkle 1/2 cup baking soda into the bowl, add 1 cup (240 ml) white vinegar, let it fizz 10 minutes, scrub, and flush. Never use this fizzing mix together with bleach.
- Wipe the flush handle or button and the toilet roll holder. Rinse the toilet brush holder once a month.

Step 6 — Floor (3–5 minutes)

- Sweep or vacuum the floor, including corners, behind the toilet base, and under the sink pedestal.
- Mop with warm water and 1 teaspoon of dish soap per 4 litres of water, or your usual floor cleaner. Wring the mop well — a soaking floor takes ages to dry and invites mould.
- Pay extra attention to floor grout lines and the area around the toilet base. Dry the floor with an old towel or let it air-dry with the fan running before putting the bath mat back.

Step 7 — Finishing Touches (2 minutes)

- Put out fresh hand towels and a clean bath mat. Replace the toilet roll if needed and restock soap and empty bottles.
- Give the mirror one last buff if you see streaks.
- Leave the door open or the fan running for 20–30 minutes so the room dries fully — a damp bathroom grows mould fast.

How Often?

- Daily (2–3 minutes): wipe sink and taps dry after last use; squeegee shower glass after showering; hang towels up to dry; quick wipe of toilet seat if splashed.
- Weekly (20–30 minutes): the full checklist above — mirrors, sink, shower/bath, toilet, floor; change hand towels and bath mat; empty and wipe the bin.
- Monthly (add 15–20 minutes): deep-clean grout and the showerhead; clean extractor fan cover and light fittings; wash the shower curtain or liner (replace a plastic liner every 6–12 months); clean behind/under toilet base and sink pedestal; check silicone sealant for black spots or peeling.
- Every 3–6 months: re-seal grout if water no longer beads on it; replace the toilet brush; check for leaks under the sink and around the bath seal.

What NOT to Do

- Never mix bleach with vinegar, ammonia, or toilet cleaner.
- Never use vinegar, lemon, or descaler on marble, granite, travertine, or limestone.
- Never use abrasive scouring pads or steel wool on acrylic baths, fibreglass, chrome, or enamel.
- Never pour boiling water into a cold porcelain toilet or onto an acrylic bath — thermal shock can crack porcelain and warp acrylic.
- Never spray cleaner directly onto mirrors, light fittings, or electrical switches.
- Never use the same cloth on the toilet and then on the sink or mirror.
- Never leave the room damp with the door shut — moisture is what mould needs to grow.
- Never ignore a musty smell or a black spot on grout or sealant — mould spreads behind tiles if left alone.

Tick-Off Checklist

Tick each step as you finish it.

- ☐ Room decluttered — counters, bath edge, and shower caddy cleared
- ☐ Bin emptied and relined
- ☐ Shower/bath spray applied and left to dwell 10–15 minutes
- ☐ Toilet cleaner or vinegar applied inside the bowl, left 10–15 minutes
- ☐ Mirrors cleaned and buffed streak-free (spray on cloth, not on glass)
- ☐ Shelves, cabinet fronts, and light fixtures wiped
- ☐ Sink scrubbed with baking soda; taps descaled and polished dry
- ☐ Counter, soap dish, and toothbrush holder wiped and dried
- ☐ Shower walls, tiles, and bath scrubbed top to bottom and rinsed
- ☐ Grout scrubbed with baking soda paste (or peroxide for mould, 10–15 minutes)
- ☐ Shower glass and tiles squeegeed dry
- ☐ Showerhead descaled (soak or bag method, 30–60 minutes)
- ☐ Toilet bowl scrubbed under the rim and flushed
- ☐ Toilet seat, lid, hinges, cistern, and base wiped with a separate cloth
- ☐ Floor swept/vacuumed, including corners and behind the toilet
- ☐ Floor mopped (1 tsp dish soap per 4 litres) and left to dry
- ☐ Fresh towels and bath mat put out; soap and toilet roll restocked
- ☐ Room left ventilated for 20–30 minutes until fully dry
- ☐ No bleach mixed with vinegar or ammonia; no vinegar used on natural stone

Notes