PRINTABLE CHECKLIST • WHOLE HOUSE

Deep Cleaning Checklist for the Whole House

Work room by room, top to bottom, and tick each box as you finish. One room a day is fine - a deep clean does not have to happen all at once.

Time: 1 room at a time | Print: A4, colour | Use: 2-4 times a year

Before You Start

- [ ] Declutter each room before you clean it
- [ ] Open windows to air out the home
- [ ] Start at the top of the room and work down
- [ ] Gather all supplies in one caddy
- [ ] Put on gloves and tie back long hair
- [ ] Set aside a box for items to donate or bin

Kitchen

DEEP CLEAN

- [ ] Empty and wipe inside the refrigerator
- [ ] Clean the oven inside and out
- [ ] Degrease the range hood and filter
- [ ] Clean the microwave inside and out
- [ ] Wipe cabinet fronts, handles and tops
- [ ] Empty and wipe inside cupboards
- [ ] Descale the kettle and coffee maker
- [ ] Scrub the sink and polish the taps
- [ ] Clean the dishwasher filter and seals
- [ ] Wash the bin inside and out
- [ ] Wipe walls, backsplash and switches
- [ ] Mop the floor, including corners

Bathroom

DEEP CLEAN

- [ ] Scrub the shower, tub and tiles
- [ ] Clean grout and remove mould spots
- [ ] Descale the showerhead
- [ ] Clean the toilet inside, outside and base
- [ ] Wipe the mirror and light fittings
- [ ] Wash or replace the shower curtain or liner
- [ ] Empty and wipe cabinets and drawers
- [ ] Clean the exhaust fan cover
- [ ] Wash bath mats and towels
- [ ] Clear drains and check for slow flow
- [ ] Wipe skirting boards and door frames
- [ ] Mop the floor, including behind the toilet

Work smart: Spray bathroom and kitchen cleaners first and let them sit for 5-10 minutes while you dust another room. The soak does half the scrubbing for you.

Bedrooms, Living Areas and the Final Pass

Dust high to low, wash what can be washed, and finish with floors in every room.

Bedrooms

DEEP CLEAN

- [ ] Wash pillows, bedding and mattress protector
- [ ] Vacuum the mattress and rotate or flip it
- [ ] Clean under the bed
- [ ] Declutter and wipe wardrobes and drawers
- [ ] Dust bed frames, headboards and lamps
- [ ] Wash curtains or wipe blinds
- [ ] Vacuum or mop the floor and skirting boards

Living Room

DEEP CLEAN

- [ ] Dust shelves, picture frames and electronics
- [ ] Vacuum the sofa, including under cushions
- [ ] Wash cushion covers and throws
- [ ] Wipe remotes, switches and door handles
- [ ] Polish wood furniture
- [ ] Vacuum under and behind furniture
- [ ] Shampoo or deep-clean rugs and carpets

Entryway and Laundry

DEEP CLEAN

- [ ] Shake out and wash the doormat
- [ ] Wipe the front door, handle and letterbox
- [ ] Sort shoes, coats and the shoe rack
- [ ] Clean the washing machine drum and filter
- [ ] Clean the dryer lint trap and vent area
- [ ] Wipe laundry shelves and sort supplies

Whole House

FINISHING PASS

- [ ] Wash windows inside and out
- [ ] Clean window tracks and screens
- [ ] Dust ceiling fans, vents and light fittings
- [ ] Wipe skirting boards and door frames
- [ ] Remove scuff marks from walls
- [ ] Test smoke detectors and replace batteries
- [ ] Do a final walk-through of every room

Supplies to Keep Ready

- [ ] All-purpose cleaner and degreaser
- [ ] Bathroom cleaner and limescale remover
- [ ] Microfibre cloths, sponges and scrub brushes
- [ ] Vinegar and baking soda for natural jobs
- [ ] Vacuum, mop, bucket and rubber gloves
- [ ] Trash bags and an old toothbrush for grout

Notes

Jobs to hire out, repairs spotted, or supplies to buy - jot them here.

Deep clean done

Every box ticked? Open the windows, enjoy the fresh-home feeling, and note your reward below.

Keep it up: A deep clean 2-4 times a year plus a short weekly routine is all most homes need. Note the date of this clean so the next one is easy to plan.