

Declutter Checklist

Room by room · finish one before the next



KITCHEN

- ☐ Expired pantry food
- ☐ Mugs and glasses you don't use
- ☐ Takeaway containers without lids
- ☐ Gadgets you haven't used in a year
- ☐ The junk drawer

BATHROOM

- ☐ Expired medicines (pharmacy return)
- ☐ Old makeup and samples
- ☐ Worn towels
- ☐ Half-empty bottles

BEDROOM AND WARDROBE

- ☐ Clothes you haven't worn in a year
- ☐ Shoes that hurt
- ☐ Odd socks
- ☐ Bedside table drawer

LIVING ROOM

- ☐ Books you won't reread
- ☐ Old magazines
- ☐ Cords for things you no longer own
- ☐ Remotes for gone devices

WHERE IT GOES

KEEP

Back where it lives

DONATE

Op shop, this week

SELL

Listed within 7 days

RECYCLE

Council drop-off or e-waste

KIDS' THINGS

- ☐ Outgrown clothes
- ☐ Broken toys
- ☐ Puzzles with missing pieces
- ☐ Old artwork (keep the best)

LAUNDRY AND LINEN

- ☐ Single sheets with no pair
- ☐ Worn tea towels
- ☐ Old cleaning products

GARAGE AND STORAGE

- ☐ Old paint and chemicals
- ☐ Broken tools
- ☐ Boxes you never unpacked

PAPERWORK

- ☐ Shred old bills
- ☐ Scan what you must keep
- ☐ Unsubscribe from paper mail

Check your council's website for hard rubbish bookings and e-waste, paint and chemical drop-off days. Return unwanted medicines to a pharmacy.

30-Day Declutter Challenge

One small task a day · tick the box when it's done

☐ Bin 5 old receipts	☐ Odd socks	☐ Expired medicines	☐ One kitchen drawer	☐ Old magazines
☐ Spare cords and chargers	☐ Takeaway containers	☐ Bathroom samples	☐ Shoes you don't wear	☐ Your handbag or wallet
☐ Pantry: past dates	☐ Freezer: past dates	☐ Old makeup	☐ Linen cupboard	☐ Kids' broken toys
☐ Spare mugs	☐ Coats and jackets	☐ Under the sink	☐ Car glovebox	☐ Old paint and chemicals
☐ One shelf of books	☐ Fridge door	☐ Bedside table	☐ Phone photos: 50 deleted	☐ Email: unsubscribe from 5
☐ Spice rack	☐ Plastic bags	☐ One wardrobe shelf	☐ Gift wrap and cards	☐ Donate the box