

Spring Cleaning Checklist

September to November · before the summer heat



BEFORE YOU START

- ☐ Declutter one room at a time
- ☐ Donate winter clothes you didn't wear
- ☐ Restock cleaning supplies

COOLING AND AIR

- ☐ Dust ceiling fans (blades both sides)
- ☐ Wash air-conditioner filters
- ☐ Vacuum vents and exhaust fans
- ☐ Test smoke alarms

WINDOWS AND SCREENS

- ☐ Wash inside glass
- ☐ Clean window tracks and sills
- ☐ Check and wash flyscreens
- ☐ Wash or dust curtains and blinds

KITCHEN

- ☐ Empty and wipe the pantry, check dates
- ☐ Clean the fridge and freezer
- ☐ Degrease the range hood and filter
- ☐ Clean the oven
- ☐ Wipe inside cupboards

BATHROOMS

- ☐ Scrub grout and silicone
- ☐ Descale shower heads and taps
- ☐ Wash the bath mat and shower curtain
- ☐ Clear out old medicines and products

BEDROOMS

- ☐ Swap winter bedding for summer
- ☐ Wash pillows and doonas or air them
- ☐ Vacuum the mattress and flip it
- ☐ Sort wardrobes for the new season

Spring Cleaning Checklist

Living, laundry, outside · and a four-weekend plan

LIVING AREAS

- ☐ Vacuum under and behind the couch
- ☐ Wash cushion covers and throws
- ☐ Dust books, shelves and frames
- ☐ Wipe walls, doors and skirting

LAUNDRY

- ☐ Run a washing machine clean cycle
- ☐ Clean the dryer lint filter and vent
- ☐ Wipe the tub and cupboards

OUTSIDE

- ☐ Sweep the balcony or patio
- ☐ Wipe outdoor furniture
- ☐ Clean the barbecue
- ☐ Clear leaves from gutters (safely)
- ☐ Hose down the bins

FOUR-WEEKEND PLAN

WEEKEND 1

Declutter +
bedrooms

WEEKEND 2

Kitchen +
pantry

WEEKEND 3

Bathrooms
+ laundry

WEEKEND 4

Windows,
fans +
outside