

The Ultimate Home Deep Cleaning Checklist

Welcome to your complete guide to a sparkling clean home! Deep cleaning can feel overwhelming, so this checklist breaks it down into manageable, room-by-room tasks. Put on your favourite music, gather your supplies, and tackle it one checkbox at a time. You've got this mama!

Before You Start: Game Plan

A little prep makes the whole process smoother.

- ☐ **Gather Supplies:** Get all your cleaners, microfiber cloths, sponges, vacuum (with attachments), mop, bucket, and bin bags in one place.
- ☐ **Declutter First:** Grab a box for donations and a bin bag. Do a quick sweep of each room and clear all clutter. It's impossible to clean what you can't see!
- ☐ **One Room at a Time:** Don't try to do it all at once. Focus on finishing one room completely before moving to the next.
- ☐ **Top-to-Bottom, Back-to-Front:** Always clean from the top of the room (ceiling corners, light fixtures) down to the floors. Work from the back of the room toward the door. This prevents you from cleaning areas twice.

All Rooms (General Tasks)

Do these in every single room of the house.

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| ☐ Dust light fixtures. | ☐ Wash interior windows and mirrors. |
| ☐ Dust corners for cobwebs. | ☐ Dust blinds or curtains (vacuum curtains with a brush attachment). |
| ☐ Dust/wipe down all walls (a microfiber mop works great for this). | ☐ Dust/wipe down all furniture. |
| ☐ Wipe down light switches, doorknobs, and door frames. | ☐ Dust/wipe all skirting boards. |
| ☐ Dust all vents and vent covers. | ☐ Vacuum all floors, including edges (use crevice tool). |
| ☐ Dust window sills and window tracks. | ☐ Mop all hard-surface floors. |
| | ☐ Vacuum all rugs. |





Kitchen

This is often the biggest job, but it's the most rewarding!

CABINETS/DRAWERS:

- ☐ Wipe down all cabinet exteriors and hardware.
- ☐ Empty cabinets and drawers one by one.
- ☐ Wipe down the inside shelves and liners.
- ☐ Declutter and organise items before putting them back.

APPLIANCES (EXTERIOR):

- ☐ Wipe down the exterior of all large appliances (fridge, dishwasher, oven, microwave).
- ☐ Wipe down the exterior of all small appliances (toaster, coffee maker, kettle).

APPLIANCES (INTERIOR):

- ☐ Clean the inside of the fridge (remove shelves/drawers to wash).
- ☐ Clean the inside of the microwave.
- ☐ Clean the inside of the oven (use oven cleaner or self-clean function).
- ☐ Clean the dishwasher filter and wipe down the interior door/gasket.
- ☐ Clean the toaster crumb tray.
- ☐ Run a cleaning cycle on the coffee maker.

STOVETOP & OVEN HOOD:

- ☐ Degrease and clean the stovetop.
- ☐ Remove and wash burner grates and knobs.
- ☐ Clean and degrease the oven hood and filter.

SINK & COUNTERS:

- ☐ Clear and scrub all worktops.
- ☐ Scrub the sink, faucet, and hardware.
- ☐ Clean the drain (use a drain cleaner).

BACKSPLASH & WALLS:

- ☐ Degrease and wipe down the backsplash.

PANTRY:

- ☐ Empty, wipe down shelves, and organise.

FINAL TOUCHES:

- ☐ Empty and sanitise the bin.
- ☐ Pull out the fridge and large appliances; sweep and mop behind them.



Bathrooms

- ☐ Empty all cabinets and drawers; wipe inside and out, then organise.
- ☐ Clean and sanitise the inside and outside of the products cabinet.
- ☐ Scrub the shower and/or bathtub.
- ☐ Clean shower glass doors (use a squeegee or vinegar solution for hard water spots).
- ☐ Remove and wash or replace the shower curtain and liner.
- ☐ Scrub the tile grout.
- ☐ Scrub and disinfect the toilet (base, tank, and bowl).
- ☐ Clean and sanitise the sink and faucet.
- ☐ Wipe down and sanitise countertops.
- ☐ Clean all mirrors.
- ☐ Clean the fan cover.
- ☐ Wash all bath mats and towels.
- ☐ Empty and sanitise the bin.

Bedrooms

- ☐ Wash all bedding, including comforter/duvet, mattress pad, and pillows (if washable).
- ☐ Flip and/or rotate the mattress.
- ☐ Vacuum the mattress top and sides using an upholstery attachment.
- ☐ Wipe down the bed frame and headboard.
- ☐ Empty and organise closets; wipe down shelves and rods.
- ☐ Empty and organise dressers; wipe down drawer interiors.
- ☐ Dust all surfaces (nightstands, dressers, shelves).
- ☐ Wipe down any lamps and decor.

Living Room / Family Room

- ☐ Remove all cushions from sofas and chairs.
- ☐ Vacuum under all cushions and in all crevices.
- ☐ Spot-clean upholstery as needed.
- ☐ Wash all throw blankets and pillow covers.
- ☐ Dust and wipe down all surfaces (coffee table, end tables, TV stand, shelves).
- ☐ Dust all electronics (gently!) and organise cables.
- ☐ Wipe down and sanitise all remote controls.



Dining Room

- ☐ Wipe down the dining table and all chairs (including legs).
- ☐ Dust any china cabinets or sideboards (inside and out, if needed).
- ☐ Polish silver, if applicable.
- ☐ Wash any table linens.



Utility Room / Mudroom

- ☐ Wipe down the exterior of the washer and dryer.
- ☐ Clean the washer gasket (front-load) or top edge (top-load) to remove residue.
- ☐ Run a cleaning cycle on the washing machine.
- ☐ Clean out the dryer lint trap and vent duct.
- ☐ Wipe down any shelves, cabinets, or utility sinks.
- ☐ Organise and wipe down shoe racks and coat hooks.



Home Office

- ☐ Dust and wipe down the desk, chair (especially arms and legs), and shelves.
- ☐ Disinfect keyboard, mouse, and phone.
- ☐ Organise and file paperwork.
- ☐ Dust all electronics and monitors.
- ☐ Wipe down any shelves, cabinets, or utility sinks.
- ☐ Organise and wrangle all cables.