

The 14 Best Checklists to Clean Your Bedroom for Adults and Kids



- ☐ Tidy bedroom, put everything away that doesn't belong
- ☐ Remove cobwebs from ceiling, vents, ceiling fans and light fixtures
- ☐ Replace light globes if needed
- ☐ Dust curtain rods, top of cupboards, bookshelves and wall art
- ☐ Wash walls, Light switches, doors and skirting boards
- ☐ Wash sheets, quilts, quilt covers, pillows and cushions
- ☐ wash curtains
- ☐ Dust blinds and window sills
- ☐ Clean windows
- ☐ Remove everything from bookshelves, dressers and desks
- ☐ Wipe out all cupboards, shelves and drawers with hot soapy water
- ☐ Go through everything one item at a time
- ☐ De-clutter as much as you can and donate or toss anything no longer needed
- ☐ Group like items together and return them to the most convenient place
- ☐ Use baskets, bins, containers and labels to keep everything where they belong
- ☐ Wipe over and dust furniture and decor
- ☐ vacuum and flip mattress

- ☐ Spot remove Carpet stains
- ☐ Roll up rugs, shale, dean and vacuum underneath
- ☐ Make bed
- ☐ Vacuum or mop floor

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