

FALL CLEANING CHECKLIST

KITCHEN ESSENTIALS

- Clean stovetop and oven
- Clean microwave
- Clean fridge and freezer
- Clean dishwasher (use vinegar)
- Purge old food, throw away expired food
- Wash kitchen rugs and towels
- Clean countertops
- De-grease cabinets and backlash
 - Cookie Sheet
- Dry Rack & Dish soap
- Plastic wrap, foil, wax paper, parchment

BATHROOM

- Shower curtain w/rings & trash bin
- Bath towels, face towels
- Shower caddy
- Plunger and toilet bowl cleaner
- Shampoo/conditioner
- Bath mat
- Hair dryer

LIVING ROOM

- Dust
- Sort shoes at entrance way
- Wash rugs
- Declutter bookcases
- Throw away old games, missing pieces
- Vacuum curtains/wash blinds

BEDROOM

- Wash sheets/fabrics
- Swap summer sheets with heavier ones
- Wash curtains
- Flip mattress
 - Deep clean rugs/carpet
- Dust furniture
- Dust ceiling fan

NOTES:

NOTES:

NOTES:

NOTES:

FALL CLEANING CHECKLIST

TIPS AND ADVICE

1. One-Room-A-Day Approach – You don't need to tackle the whole house in one day! Deep cleaning and preparing your home for the winter takes a lot of work. So focus on the One-Room-A-Day rule. Focus on deep cleaning one room each day of the week, while you simply tidy up the rest of the areas. So your fall cleaning schedule can look something like this:

Monday- Deep clean: Bathroom + sweep the house

Tuesday- Deep clean: Master bedroom + wipe down kitchen counter

Wednesday- Deep Clean: Living room + clean out fridge

Thursday- Deep clean: Kitchen + dust ceiling fans

Friday- Deep Clean: Guest/Kid's room + wipe windows.

2. Deep Clean Your Fridge – And I don't just mean wiping up spills and tossing that old carton of milk that has somehow managed to get overlooked for a couple weeks now.

I mean seriously get in there and toss old and expired foods. Take out shelvings and baskets and bins and give everything a good wash in the sink. Wipe down the whole inside of the fridge with some disinfecting wipes and cleaning products.

3. Don't Forget Your Car – You can tackle the whole car in one day (add it to the One-Room-A-Day approach I mentioned earlier and just focus on deep cleaning the car for that specific day.) Or, if you have a really large (and really messy) vehicle, consider dividing the interior and exterior into two different days. After that, it's all about maintenance.

4. Get Fall-Inspired Cleaning Products – Look to get pumpkin or apple scented fall products. [Check out my post for ideas.](#)

5. Fall Window Cleaning – First, you're going to want to fill a spray bottle with one part white vinegar and two parts water. This will be the final touch to give your windows a streak-free shine! And, what about those windows on the second floor? How do you wash them from the outside? I like to use a window cleaner that attaches to my hose. This is the easiest way to tackle hard-to-reach windows.

6. Fall Yard Cleaning – Store summer toys in a winterized storage bin or storage room in the garage or basement. Prep your seasonal items like your BBQ. Prune plants to prepare them for winter.