Deep cleaning checklist

	Room	Task	Supplies	Done
☐	Kitchen	Empty the fridge; wash shelves and drawers	Warm soapy water, cloth	
☐	Kitchen	Clean inside the oven	Oven cleaner or baking soda paste, gloves	
☐	Kitchen	Degrease the range hood and its filter	Dish soap, hot water, brush	
☐	Kitchen	Clear out cupboards; discard expired food	Bin bags, cloth	
☐	Bathroom	Scrub tiles, grout and shower walls	Bathroom cleaner, stiff brush	
☐	Bathroom	Wash the shower curtain and bath mats	Washing machine	
☐	Bedrooms	Vacuum mattresses; wash pillows and duvets	Vacuum with upholstery tool	
☐	Living room	Vacuum upholstery and under cushions	Vacuum, crevice tool	
☐	Whole home	Wipe baseboards, doors and switch plates	Damp cloth, mild cleaner	
☐	Whole home	Wash windows and window tracks	Glass cleaner, squeegee	
☐	Laundry	Clean the dryer vent and exhaust duct	Vent brush, or a service	
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