

Ultimate Cleaning Checklist

Daily Cleaning Tasks

All areas of the house:

- Tidy and put away clutter or at least put it all into one pile to deal with later
- Sweep or vacuum high traffic areas if required
- Empty rubbish as needed
- Do laundry as needed
- Remove lint from dryer lint trap (this should be done after every use)

Bedroom:

- Make the beds
- Pick up clothing from the floor (put away or place in the laundry hamper)
- Wipe down any condensation on windows in the morning

Kitchen/Dining Room:

- Empty the dishwasher if clean
- Wash and dry dishes by hand or load the dishwasher
- Clean the sink
- Wipe down the splashback
- Clean any food splatters on the wall
- Wipe down the kitchen countertops and stovetop
- Wipe down the table (and chairs if necessary)
- Put away any food or ingredients that have been left out

Lounge:

- Tidy up any books, remotes, magazines, toys, etc
- Wipe down the coffee table
- Straighten pillows and throws

Bathroom

- Wipe down the bathroom vanity and basin
- Remove any water or toothpaste marks from the mirror and faucets
- Replace flannels and hand towels as needed
- Check the toilet bowl and clean if required
- Pick up and hang any wet towels
- Squeegee shower glass as required

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Weekly Cleaning Tasks

All areas of the house:

- Spot clean any carpet or upholstery stains
- Dust surfaces - shelves, picture frames, windowsills, tabletops
- Wipe down door handles, doorknobs and light switches
- Vacuum, sweep and mop floors
Wash and/or air out any pet bedding
- Clean windows (inside) and mirrors

Bedroom:

- Strip the bed and wash the sheets and pillowcases
- If required, remove duvet cover and wash
- Make the bed with clean sheets and pillowcases
- Pick up any dirty clothes and put them in the laundry
- Fold and put away any clean clothes

Kitchen/Dining Room:

- Clean the microwave including the turntable (if you have one)
- Clean out the crumb tray of your toaster
- Pull small appliances and moveable objects forward, wipe them on all sides and where they usually sit
- Check and clean any spills inside the fridge and oven
- Clean the inside of dishwasher, including drain and filter
- Replace the kitchen towel
- Dispose of any expired or spoiled food from the pantry and fridge
- Wipe down the kitchen cabinet and pantry facings/doors

Bathroom:

- Clean shower and bathtub surfaces to remove soap scum
- Check and remove any hair in shower/bath drain
- Wipe down all toilet surfaces, including the cistern, both sides of the lid, toilet seat, and the outside of the toilet bowl with disinfectant
- Clean inside the toilet bowl with toilet cleaner or disinfectant
- Wipe down faucets
- Clean mirror
- Clean and squeegee shower glass

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Deep Cleaning Tasks

All areas of the house:

- Check fire extinguishers and smoke alarms – change batteries
- Clean windows inside and out and remove cobwebs
- Clean heat pump filters
- Deep clean carpets and upholstery
- Clean ceilings and walls to remove marks
- Wipe down light switches and door handles
- Clean ceiling fans
- Declutter your house (including your wardrobe)
- Check and clean curtains if necessary
- Dust skirting boards and light shades
- Wash window exteriors

Kitchen:

- Check and clean range hood filters, wipe outer surfaces of rangehood
- Clean oven
- Defrost freezer
- Clean fridge and freezer seals
- Wipe down the top of all cupboards and appliances
- Degrease kitchen drain
- Remove items from the pantry, cupboards, fridge, kitchen drawers and wipe down all surfaces

Bathroom:

- Discard any expired personal hygiene and makeup products
- Discard unused or expired medications
- Replace the shower curtain
- Scrub tile grout
- Clean shower and/or bath drain with drain cleaner
- Clean showerhead
- Remove dust from extractor fan

Laundry:

- Clean and remove any lint from dryer lint trap
- Clean laundry tub

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Moving In/Out Cleaning Tasks

All areas of the house:

- Dust and wipe down skirting boards, ceilings, switches, window frames and sills
- Remove all items not listed as chattels
- Sweep, vacuum and/or mop all floors
- Deep clean carpeted areas
- Remove all rubbish

Walls:

- Remove any nails, picture hangers, or tack used to secure pictures or objects on the wall
- If the paint has been chipped or damaged, fill any holes and cover with a fresh coat if required
- Remove any cobwebs, marks and mould

Kitchen:

- Remove everything from your cabinets, drawers and pantry and scrub all surfaces thoroughly
- Clean the dishwasher and oven
- Bonus tip: Clean your fridge and freezer while they are empty before moving it!

Bathroom:

- Wipe down all surfaces, including the vanity, sink basin, shelves and drawers
- Scrub (and bleach if necessary) bathroom grout
- Disinfect all toilet surfaces, including the cistern, bowl, lid, and seat
- Clean all drains, including sink basin, bath and shower
- Check your extractor fan for any build-up of dust

Window Coverings:

- Check and clean all curtains and fabric blinds
- Dust and/or wipe down all wooden or venetian blinds