

Deep Cleaning Checklist

An intensive top-to-bottom deep cleaning checklist for the jobs weekly cleaning skips.

Ceilings, Walls and Trim

- ☐ Dust ceiling corners and remove cobwebs with an extendable duster
- ☐ Wipe down ceiling fan blades and light fixtures, removing and washing covers
- ☐ Spot-clean walls, light switches, and around door frames
- ☐ Wash baseboards with a damp cloth and all-purpose cleaner
 - Run a dryer sheet along clean baseboards to repel dust longer.
- ☐ Dust and wipe crown molding and the tops of door frames
- ☐ Clean air vents and replace or wash HVAC filters

Windows and Doors

- ☐ Wash interior windows and wipe the panes streak-free
- ☐ Vacuum and wipe window tracks and sills
- ☐ Launder or vacuum curtains and dust blinds slat by slat
- ☐ Wipe down doors, handles, and frames on both sides
- ☐ Clean glass on storm doors and sliding doors, including the tracks

Kitchen Deep Tasks

- ☐ Empty the refrigerator, discard expired food, and wipe shelves and drawers
- ☐ Clean the oven interior, racks, and the glass door
- ☐ Pull out the stove and fridge to clean the floor and walls behind them
- ☐ Degrease the range hood and wash or replace the filter
- ☐ Descale the kettle, coffee maker, and dishwasher
- ☐ Empty, wipe, and reline cabinets and the pantry
- ☐ Scrub grout lines and degrease the backsplash

Bathroom Deep Tasks

- ☐ Scrub tile grout with a stiff brush and grout cleaner
 - A paste of baking soda and a little water lifts stubborn grout stains.
- ☐ Remove and soak the showerhead to dissolve mineral buildup
- ☐ Clean and disinfect the toilet base, hinges, and behind the bowl
- ☐ Re-caulk the tub and shower if the sealant is cracked or moldy
- ☐ Clear and disinfect drains in the sink, tub, and shower
- ☐ Wash the exhaust fan cover and clear dust from the vent

Furniture and Upholstery

- ☐ Move sofas and chairs to vacuum underneath and behind them
- ☐ Vacuum upholstery, including under and between the cushions
- ☐ Spot-treat stains on fabric furniture and rugs
- ☐ Dust and polish wood furniture, including legs and undersides
- ☐ Wipe down leather furniture with an appropriate conditioner
- ☐ Flip or rotate mattresses and vacuum them on both sides

Floors and Final Detail

- ☐ Move furniture and vacuum or sweep edges and corners
- ☐ Deep-clean carpets with a steam or extraction cleaner
- ☐ Mop hard floors and steam or scrub stubborn spots
- ☐ Clean and treat grout on tile floors
- ☐ Wipe down stair railings, banisters, and spindles
- ☐ Do a final inspection of each room under good lighting