Kept Shiny

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Deep Cleaning House Checklist

This covers 30 tasks across 5 zones, about 6 h 30 min total. Start in Entryway and Living Areas, decluttering surfaces first before dusting, wiping, or vacuuming anything.

Entryway and Living Areas — 1 h 25

- [ ] **Declutter surfaces** — 10 min
  Remove mail, shoes, and loose items so you can clean every surface fully.
- [ ] **Dust ceiling fans and light fixtures** — 10 min
  Use an extendable microfiber duster starting at the highest point and working downward.
  > Unplug or switch off fixtures before dusting bulbs to avoid burns.
- [ ] **Wipe baseboards and window sills** — 15 min
  Run a damp microfiber cloth with a little dish soap and water along each surface.
- [ ] **Clean glass doors and windows** — 15 min
  Spray a vinegar-water solution and wipe with a lint-free cloth for a streak-free finish.
- [ ] **Vacuum upholstery and curtains** — 15 min
  Use the upholstery attachment to remove dust and debris from fabric surfaces.
- [ ] **Vacuum and mop floors** — 20 min
  Vacuum first to lift debris, then mop with a floor cleaner suited to your flooring type.

Kitchen — 1 h 20

- [ ] **Clear and wipe countertops** — 10 min
  Remove items, then wipe with a pH-neutral cleaner if countertops are granite or marble.
  > Avoid vinegar or lemon juice on natural stone since acids can etch the surface.
- [ ] **Degrease stovetop and range hood** — 15 min
  Apply dish soap and warm water to cut through grease buildup, then wipe clean.
- [ ] **Clean inside the microwave** — 10 min
  Heat a bowl of water with vinegar for a few minutes to loosen residue, then wipe the interior.
- [ ] **Clean the refrigerator interior** — 20 min
  Remove shelves and wash with warm soapy water, then wipe the interior with a damp cloth.
- [ ] **Scrub the sink and faucet** — 10 min
  Use a vinegar solution on the faucet to dissolve limescale, then scrub the sink basin with dish soap.
- [ ] **Sweep and mop the floor** — 15 min
  Sweep up crumbs and debris, then mop with a cleaner appropriate for your floor material.

Bathrooms — 1 h 5

- [ ] **Clear counters and organize items** — 5 min
  Remove bottles and toiletries so every surface is accessible.
- [ ] **Disinfect the toilet** — 10 min
  Apply a toilet bowl cleaner, scrub with a brush, and let it sit a few minutes before flushing.
- [ ] **Scrub the tub and shower** — 20 min
  Apply an oxygen bleach solution diluted in water to tile and grout, let sit 10 minutes, then scrub and rinse.
  > Rinse thoroughly and ventilate the room; never mix bleach with other cleaning products.
- [ ] **Clean glass shower doors** — 10 min
  Wipe with a vinegar-water solution to remove soap scum and water spots.
- [ ] **Wipe mirrors and fixtures** — 10 min
  Spray a vinegar solution on mirrors and chrome fixtures and buff dry with a cloth.
- [ ] **Mop the floor** — 10 min
  Mop with a disinfecting cleaner, paying attention to corners and behind the toilet base.

Bedrooms — 1 h 25

- [ ] **Declutter and launder bedding** — 10 min
  Strip the bed and wash sheets, pillowcases, and blankets in hot water if fabric allows.
- [ ] **Dust furniture and shelves** — 15 min
  Wipe dressers, nightstands, and shelves with a dry microfiber cloth, dampening it slightly for stubborn dust.
- [ ] **Clean windows and tracks** — 15 min
  Wipe glass with a vinegar solution and use a small brush to clear debris from window tracks.
- [ ] **Vacuum mattress** — 10 min
  Use the upholstery attachment to remove dust and skin cells from the mattress surface.
- [ ] **Organize closets** — 20 min
  Sort clothing, donate unused items, and wipe down shelving with a damp cloth.
- [ ] **Vacuum and rotate rugs** — 15 min
  Vacuum thoroughly on both sides and rotate area rugs to even out wear.

Whole-House Finishing Touches — 1 h 15

- [ ] **Clean light switches and doorknobs** — 10 min
  Wipe with a damp cloth and dish soap to remove fingerprints and grime.
- [ ] **Dust air vents and returns** — 15 min
  Remove vent covers if possible and wipe away accumulated dust with a damp cloth.
- [ ] **Clean screens on TVs and computers** — 10 min
  Wipe with a dry microfiber cloth, dampening slightly only if needed for smudges.
  > Avoid spraying liquid directly onto screens since it can seep into the edges.
- [ ] **Wipe interior doors and handles** — 15 min
  Use a damp cloth with dish soap to remove marks and built-up grime.
- [ ] **Empty and wipe trash cans** — 10 min
  Wash the inside of cans with warm soapy water and let them air dry before replacing liners.
- [ ] **Final vacuum of hallways and stairs** — 15 min
  Vacuum from the top of the stairs downward to catch any dust pushed down during cleaning.