Kept Shiny

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Move Out Cleaning Checklist

This checklist covers 30 tasks across 5 zones, about 7 h 20 min total. Start in the Kitchen, the longest zone at 1 h 45 min, beginning with the oven since it needs time to soak.

Kitchen — 1 h 45

- [ ] **Clean inside the oven** — 30 min
  Apply a store-bought oven cleaner or a paste of baking soda and water, let it sit for 15 to 20 minutes, then wipe out with a damp cloth.
  > Wear gloves since oven cleaner and baked-on grease can irritate skin.
- [ ] **Wipe down the refrigerator** — 20 min
  Empty it, then wash interior shelves and walls with warm water and dish soap, drying with a clean cloth.
- [ ] **Degrease the stovetop and range hood** — 20 min
  Spray dish soap diluted in warm water onto burners, knobs, and the hood filter, then scrub and wipe dry.
- [ ] **Clean countertops** — 10 min
  Wipe laminate or tile counters with dish soap and water; use a pH-neutral cleaner instead on granite or marble to avoid etching.
  > Avoid vinegar or lemon juice on natural stone counters.
- [ ] **Scrub the sink and faucet** — 10 min
  Wash the basin with dish soap, then follow with a vinegar rinse on a damp cloth to remove water spots from chrome fixtures.
- [ ] **Clean cabinet interiors and fronts** — 15 min
  Vacuum crumbs from shelves, then wipe inside and out with a damp cloth and dish soap.

Bathroom — 1 h 20

- [ ] **Scrub the toilet** — 10 min
  Apply toilet bowl cleaner, scrub with a toilet brush, and wipe the exterior with dish soap and a cloth.
- [ ] **Clean the shower and tub** — 25 min
  Scrub tile and tub surfaces with dish soap, then rinse, followed by a vinegar wipe to cut soap scum on glass or tile.
  > Skip vinegar on natural stone tile; use a pH-neutral cleaner instead.
- [ ] **Disinfect the sink and counter** — 10 min
  Wash with dish soap and water, rinse, then wipe with a diluted bleach solution of 1 tablespoon bleach per gallon of water.
  > Rinse the dish soap off completely before applying the bleach solution, and never mix the two products together.
- [ ] **Clean mirrors and glass** — 10 min
  Spray with vinegar diluted in water and wipe dry with a lint-free cloth.
- [ ] **Treat mold or mildew in grout** — 15 min
  Apply a diluted bleach solution to grout lines, let sit for 5 minutes, then scrub with a brush and rinse thoroughly.
  > Ventilate the room and avoid mixing bleach with any other cleaner.
- [ ] **Wipe down exhaust fan and light fixtures** — 10 min
  Dust the fan cover and wipe fixtures with a dry or slightly damp cloth.
  > Turn off power to the fixture before cleaning if removing any cover.

Bedrooms and living areas — 1 h 15

- [ ] **Dust ceiling fans and vents** — 10 min
  Wipe blades and vent covers with a microfiber cloth to catch dust before it falls to the floor.
- [ ] **Clean windows and sills** — 15 min
  Wipe sills with dish soap and water, then clean glass with vinegar diluted in water.
- [ ] **Wipe baseboards and door frames** — 15 min
  Run a damp cloth with dish soap along baseboards and frames to remove dust and scuffs.
- [ ] **Clean closets and shelving** — 10 min
  Vacuum closet floors and wipe shelves with a damp cloth.
- [ ] **Spot clean walls** — 15 min
  Wipe scuff marks and fingerprints with a damp cloth and a small amount of dish soap.
  > Test an inconspicuous area first since some paint finishes can lose sheen with scrubbing.
- [ ] **Clean light switches and doorknobs** — 10 min
  Wipe with a cloth dampened in dish soap and water to remove built-up grime.

Floors — 1 h 45

- [ ] **Vacuum carpets** — 20 min
  Vacuum slowly in overlapping passes to lift embedded dirt, including corners and under furniture.
- [ ] **Spot treat carpet stains** — 15 min
  Apply a carpet stain remover to marks, blot with a clean cloth, and let dry fully.
- [ ] **Sweep and mop hard floors** — 25 min
  Sweep up debris, then mop with warm water and a small amount of dish soap, working toward the exit.
- [ ] **Clean tile grout** — 20 min
  Scrub grout lines with a brush and a paste of baking soda and water, then rinse.
- [ ] **Polish wood floors if needed** — 15 min
  Use a wood floor cleaner formulated for the finish type, applied with a microfiber mop.
  > Avoid excess water on wood floors since standing moisture can warp boards.
- [ ] **Clean entryway and threshold areas** — 10 min
  Wipe down thresholds and sweep away tracked-in dirt near doors.

Final touches — 1 h 15

- [ ] **Wipe interior doors and handles** — 10 min
  Clean with a damp cloth and dish soap to remove fingerprints and marks.
- [ ] **Check and clean light fixtures** — 10 min
  Dust glass covers and wipe bulbs with a dry cloth once they're cool.
  > Let bulbs and fixtures cool fully before touching to avoid burns.
- [ ] **Clean air vents and returns** — 15 min
  Remove covers if possible and wipe with a damp cloth, then vacuum the opening.
- [ ] **Wipe down washer and dryer** — 15 min
  Wipe exterior surfaces and the inside of the washer drum with dish soap and a damp cloth.
- [ ] **Take out trash and recycling** — 10 min
  Remove all bags and wipe down the inside of trash cans with dish soap and water.
- [ ] **Do a final walk-through** — 15 min
  Check each room for missed spots, open closets, and confirm all surfaces are dry and odor-free.