

Spring Clean - Checklist

Here's some suggestions for areas to consider when undertaking a spring clean of your home.

Area	Items	Pro-Tip/Notes	Tick/Done
Kitchen	Fridge	<ul style="list-style-type: none"> • If possible, empty out the fridge and defrost the night before you plan to clean. • Thoroughly clean the inside of the fridge, wiping all surfaces. Don't forget the dust on top too. • After cleaning out the fridge leave a cup full of baking soda or fresh coffee beans to keep the odours away. 	
	Pantry	<ul style="list-style-type: none"> • Remove of any items that are out of date. Prepare a new shopping list to replace items you may need. • If there are any items that are close to their best before date take them out of the cupboard and look up recipes you can use the ingredients in. • Sort items into sections e.g. spices, tins, pasta etc so that there is an easily identifiable order to where things belong in your cupboard or pantry. This makes it easier to maintain a tidy space. • Wipe surfaces with eucalyptus oil to deter pantry moths. 	
	Kitchen cupboards and drawers	<ul style="list-style-type: none"> • This is an ideal time to get rid of items you no longer use or containers without lids etc. • Consider donating items that are in good condition to a charity shop. • Wipe the inside of all cupboards before returning items. • Wipe the exterior of your cupboards. 	
	Under kitchen sink	<ul style="list-style-type: none"> • Responsibly dispose of cleaning products that are out of date or you will never use. • It's a good idea to spray insect spray on surfaces under the sink before putting the cleaning products back. 	
	Dishwasher	<ul style="list-style-type: none"> • Run a cycle through the dishwasher with vinegar or baking soda with hot water to get rid of grease and grime accumulated from continued use, or run a cycle with a pre-purchased cleaner or follow instructions as per your manufacturers specifications. Ensure you use the pots and pans setting. Remove empty container when the cycle is completed. • Wipe the exterior of the dishwasher with a damp cloth. 	
	Oven	<ul style="list-style-type: none"> • Always wear rubber gloves when cleaning your oven. • Follow instructions of your cleaning product and open kitchen doors and window to provide ventilation. • Wipe up any items from the bottom of the oven. • Clean the stove top, splash back and extractor fan. 	
	Microwave	<ul style="list-style-type: none"> • Clean inside the microwave. One chemical free option is to wipe it down with vinegar. • Remove the glass tray and wash it in hot soapy water. • Wipe the exterior with a damp cloth or as per the manufacturers specifications. 	
	Sink	<ul style="list-style-type: none"> • Polish the stainless steel sink and any other stainless steel equipment. 	
	Small appliances	<ul style="list-style-type: none"> • Clean toaster, coffee machine and the kettle/jug. 	

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Bedrooms	Take sheets off the bed and wash any mattress protectors.	<ul style="list-style-type: none"> • Hang the mattress protector in the sun if possible to kill dust mites. • Vacuum the mattress if possible. • If you flip your mattress, now is a good time to do it. 	
	Clean fans, walls, flooring, windows	<ul style="list-style-type: none"> • To clean a fan you can place a pillowcase over the blade to wipe from both sides and prevent dust from escaping. • Clean your floors, blinds and windows as per manufacturers instructions. • Go through any bed side cabinets and remove any unwanted items. • Wipe down any drawers, cabinets, lamps etc. 	
	If possible, slide the bed out from the wall so you can remove any dust.	<ul style="list-style-type: none"> • Dust builds up under beds quickly. Vacuum the dust away and then wipe any hard surfaces with a clean cloth including the skirting boards. • If you store items under the bed pull them out and sort through them. 	
	Clean out cupboards/sort through your clothes	<ul style="list-style-type: none"> • To clean out cupboards remove every single item from the space and give the empty cupboard a good wipe down. Then pick up each item and consider if it 'earns' its place back in your cupboard. • When sorting clothes ask yourself 'Will you wear this in the next twelve months?' 'When was the last time you remember wearing this?' 'Are you keeping the item for sentimental reasons?' If you aren't quite ready to get rid of an item, place it in a bag at the top of your cupboard. If you haven't missed it after a few months it can probably be donated to charity. • Clothes in good condition that you don't need anymore can be donated to charities e.g. Salvos or Dress for Success. • Clothes in poor condition could be used for cleaning rags or craft projects. • Set aside anything that may need mending. 	
Linen Press	Clean out and tidy	<ul style="list-style-type: none"> • Get rid of old and worn towels, sheets etc. These could be re-purposed for cleaning rags, drop cloths for painting etc. • Sort sheets into sizes and store them folded with their matching pillowcases. • Make a list of anything that needs replacing (for future shopping). • Take unwanted blankets, sleeping bags and doonas to charity shops. • Wash or air out blankets and quilts before storing them again. 	
Storage Cupboards	Clean out and tidy	<ul style="list-style-type: none"> • Working systematically work through storage cupboards and remove any unwanted items. Place them into piles for donation to charities, giving to friends/family or recycling. • It is a good idea to remove all items from the cupboard and give it a good wipe out before replacing items. 	

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Bathroom	Clean thoroughly throughout	<ul style="list-style-type: none"> • Start with cleaning the shower. Scrub the tiles and the floor. Clean the grout between the tiles, preferably with a toothbrush. Any cleaner that contains a bit of bleach does wonders for mouldy tiles. Be careful not to get the bleach on your clothes. ie wear something old. Always wear rubber gloves and mask if cleaning with strong chemicals. • Wash shower curtain or clean the shower screen. • Empty out the vanity and clean. Sort out all the contents. Check use by date on any medicines (these can be returned to participating pharmacies for responsible disposal). • Scrub clean the bath tub. • Clean appliances such as hairdryer and shavers with cotton buds etc. • Clean windows and blinds etc. • Clean toilets with disinfectant. • Wipe down taps, handles, doors etc. 	
Living Areas	Clean and declutter	<ul style="list-style-type: none"> • Move lounges and vacuum underneath. • Clean skirting boards behind all the furniture. • Dust all paintings, wall hangings and clocks. • Tidy TV cabinet. Get rid of old DVD's that you will not watch in future, consider donating these to a charity. Dry dust TV and appliances as per manufacturers instructions. • Tidy and dust bookshelves. Get rid of books that you no longer need or enjoy, consider donating these to a charity. • Clean lamps and light fittings. • Clean the heater as per the manufacturers instructions. • Clean any fans or air conditioners as per the manufacturers instructions. • Clean windows and window sills. • Polish any silver or brass surfaces or ornaments. 	
	Fabrics/Carpets/Rugs Curtains and blinds	<ul style="list-style-type: none"> • Vacuum carpets and rugs. If necessary, clean carpets (professionally or DIY). Some rugs/mats can be hosed down and dried in the sun to remove dust (check instructions on your rug/mat). • Remove cushions from lounges and vacuum thoroughly. Wash the cushion covers if possible. If lounge is leather, wipe down with suitable cleaner as per manufacturers instructions. • Wash or dust curtains and blinds. 	
Dining Area	Clean and refresh	<ul style="list-style-type: none"> • Polish or wipe dining table and chairs. • Vacuum or mop under table. • Clean any storage cupboards/cabinets. • Wash all tablecloths. Soak tablecloths in Napisan (or similar) for a few days, to get rid of old stains. 	
Laundry	Clean and declutter	<ul style="list-style-type: none"> • Sort through cupboards removing unwanted/out of date items. • Wipe down surfaces. • Undertake maintenance activities on washing machine and dryer as per manufacturers specifications. • Wipe window sills, walls etc. 	

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Paperwork/Receipts	Declutter/remove	<ul style="list-style-type: none"> Sort through paperwork and receipts. Place paper that can be thrown out in the recycling bin. Shred confidential documents and place this paper in your FOGO bin if you have one (or use for compost/chickens etc). Consider scanning items to reduce physical storage needs or to create an electronic backup. For information from the ATO on how long to keep tax records see https://www.ato.gov.au/. Photocopy important receipts which may fade with time. 	
Photos	Sort and scan	<ul style="list-style-type: none"> Consider scanning your old photos so you also have an electronic copy. If space is an issue, consider storing photos in boxes rather than albums. Remove dust from the storage space and check for signs of mould. 	
Garage	Declutter and clean	<ul style="list-style-type: none"> Do a general tidy up. Sort out different sections such as car parts, gardening tools, building materials and tidy accordingly into sections. Get rid of all of the broken and rusty material that has been accumulating in the garage. Consider donating any tools that you don't use to a Men's shed or other charities. Toys and bicycles that the family have outgrown could also be donated to charities. Any paint tins or chemical containers, should be stored away safely or be disposed of responsibly (e.g. Council chemical disposal centre). Clean garage floor e.g. grease and dirt. Remove dust from shelves etc. Wipe down surfaces and window sills etc. 	
Outside	Garden maintenance Windows Fences	<ul style="list-style-type: none"> Clean out garden sheds. Please be aware of the possibility of spiders and snakes. Remove unwanted items and sort for re-use or recycling. Clean the outside of windows. Prune trees/plants as required. Weed gardens. Fertilise lawns if required. Wash down fences to remove dirt. Remove spider webs from eaves etc. 	
Miscellaneous	Hallways, storage areas, electronic equipment	<ul style="list-style-type: none"> Sort electronic items and determine if they could be refurbished for use by a charity or recycle them through an organisation like Electronic Recycling Australia (website below) to ensure precious metals can be reused instead of ending up in landfill. For other areas of your house, dust and declutter. Always re-use or recycle unwanted items if possible. 	

"The best way to find out what we really need is to get rid of what we don't." Marie Kondo

For tips on recycling see these websites:

- <https://www.redcycle.net.au/>
- <https://www.electronicrecyclingaustralia.com.au/>
- <https://www.epa.nsw.gov.au/your-environment/recycling-and-reuse/household-recycling-overview/community-recycling-centres>
- Your local council website

We believe everyone has a right to a home. For information on homelessness in the Illawarra/Shoalhaven and the South East of NSW see our fact sheets:

- <https://communityindustrygroup.org.au/wp-content/uploads/Issues-Paper-2019-The-Right-to-a-Home-Shoalhaven-Illawarra.pdf>
- <https://communityindustrygroup.org.au/wp-content/uploads/Issues-Paper-2019-The-Right-to-a-Home-SE-NSW.pdf>