Room-by-Room Cleaning Checklist

A practical deep-clean checklist for small apartments and rentals.

DATE _____ **FOCUS FOR THIS SESSION** _____

HOW TO USE THIS CHECKLIST

1. Do one room per session—there's no need to deep clean everything in one day.
2. Gather supplies first, then work from top to bottom within each room.
3. Skip tasks that don't apply to your apartment.
4. Adjust the schedule to your home: kitchen and bathroom monthly; other areas every 2–3 months or as needed.

ENTRYWAY — 15–20 MIN

- ☐ Shake out or vacuum the doormat (both sides).
- ☐ Wipe the shoe rack or shoe-storage area.
- ☐ Sort mail—recycle unwanted mail and file the rest.
- ☐ Wipe the door handle and light switches.
- ☐ Clean the mirror, if you have one.
- ☐ Sweep or vacuum; mop hard floors.
- ☐ Return coats, bags, and shoes to their places.

KITCHEN — 60–90 MIN

- ☐ Clear and wipe all countertops.
- ☐ Clean the stovetop according to its instructions.
- ☐ Wipe the range hood and microwave exterior.
- ☐ Clean the inside of the microwave.
- ☐ Wipe refrigerator exterior and handles; discard expired food.
- ☐ Scrub the sink and faucet with a suitable cleaner.
- ☐ Check under the sink for leaks; wipe the cabinet floor if dry and safe.
- ☐ Wipe cabinet fronts and handles.
- ☐ Sweep and mop, including beneath the trash can.
- ☐ Empty trash and recycling; wipe the bin if needed.

BATHROOM — 45–75 MIN

- ☐ Clean toilet bowl, seat, base, and accessible areas behind it.
- ☐ Clean tub or shower walls, grout, and floor with suitable products.
- ☐ Descale the showerhead if needed and if its finish allows it.
- ☐ Wash or replace the shower-curtain liner as appropriate.
- ☐ Remove visible hair from the drain using a suitable tool.
- ☐ Clean the sink, faucet, and countertop.
- ☐ Clean the mirror.
- ☐ Wipe cabinets; discard expired toiletries.
- ☐ Sweep and mop, including accessible areas behind the toilet.
- ☐ Wash bath mats and hand towels; restock essentials.

Finish the spaces that fit your home.

Check off each task as you go. Skip anything that doesn't apply.

BEDROOM — 30–45 MIN

- [ ] Strip the bed; wash sheets, pillowcases, and duvet cover.
- [ ] Vacuum or clean the mattress surface as directed.
- [ ] Dust the headboard, nightstands, and shelves.
- [ ] Clean mirrors and picture frames.
- [ ] Wipe door handles and light switches.
- [ ] Vacuum under the bed with a crevice tool, if accessible.
- [ ] Vacuum or sweep the floor; mop hard floors.

CLOSET — +15–20 MIN

- [ ] Clear the closet floor; vacuum or sweep.
- [ ] Wipe shelves and the hanging rod.
- [ ] Set aside clothing you no longer need.
- [ ] Return everything to its place.

LIVING ROOM — 30–45 MIN

- [ ] Return misplaced items to their rooms.
- [ ] Dust shelves, tables, TV stand, and window sills.
- [ ] Clean screens according to manufacturer instructions.
- [ ] Vacuum upholstery, including beneath cushions.
- [ ] Wash throw blankets and cushion covers as directed.
- [ ] Clean accessible windows and mirrors.
- [ ] Vacuum rugs and beneath accessible furniture.
- [ ] Mop hard floors.

LAUNDRY AREA — 15–20 MIN · IF APPLICABLE

- [ ] Wipe washer and dryer exteriors.
- [ ] Clean the dryer's lint filter.
- [ ] Run the washer's recommended cleaning cycle.
- [ ] Check visible hoses for cracks or leaks.
- [ ] Organize detergent and other supplies.
- [ ] Sweep or vacuum around accessible appliance areas.

A QUICK SAFETY REMINDER

Follow product labels and surface-care instructions. Never mix cleaning products—especially bleach with vinegar, acids, ammonia, or other cleaners. For appliances, use the manufacturer's recommended cleaning method. Report leaks or recurring moisture to your landlord or a qualified professional.

Remember: You don't have to finish every room in one day. Adjust this checklist to your apartment, schedule, and cleaning needs.