

THE ONE DAY SPRING CLEAN CHECKLIST

...for a spring clean that won't take over your life

Click [Spring Cleaning Checklist](#) for details of how to tackle each task in a planet-friendly way over on [Mums Make Lists](#)

Kitchen

- Clean oven and stove
- Clean dishwasher
- Clean out fridge and freezer
- Clean microwave
- Descal kettle
- Wash down surfaces and clean cupboards
- Clean and sanitise bins
- Clean floors

Living spaces

- Wipe down all painted wood
- Spot clean walls and ceilings
- Clean windows, mirrors and paintings
- Dust and polish shelves, electronics, books etc
- Wipe clean light fittings and fans
- Vacuum behind and beneath all furniture
- Vacuum sofas and arm chairs
- Polish wooden furniture
- Wash or dry clean curtains and blinds
- Clean floors

Bathroom

- Descal taps and chrome fittings
- Scrub down bath and shower
- Clean and repair grouting
- Deep clean the toilet
- Sanitise toilet brush
- Clean out drains and U-bends
- Descal shower head
- Sanitise bins
- Clear out toiletries and make-up
- Reorganise cupboards
- Wash and sterilise bath toys
- Clean floors
- Wash bath mats

Bedrooms

- Strip bed/s and wash bedding
- Clean and turn mattresses
- Wash or dry clean blankets and throws
- Dust all surfaces
- Fresh air
- Clean floors
- Wash or dry clean curtains and blinds
- Polish mirrors and insides of windows

www.mumsmakelists.com/ultimate-spring-cleaning-checklist-green-clean



Life hacks for busy mothers