decluttering checklist

Kitchen & Dining

- [ ] Junk drawer
- [ ] Fridge & freezer
- [ ] Spice cabinet
- [ ] Dishes and mugs
- [ ] Supplements and medicine cabinet
- [ ] Liquor cabinet
- [ ] That "random" cabinet full of old jars
- [ ] Extra utensils like spatulas, tongs, etc.
- [ ] Excess/old pots and pans
- [ ] Shot glasses, mixers, shakers, etc.
- [ ] Outside of fridge
- [ ] The top of the fridge (it's gross!)
- [ ] Mismatched or chipped dishes
- [ ] Plastic food storage containers
- [ ] Under the kitchen sink
- [ ] The foil & baggie drawer
- [ ] Old kitchen towels and cleaning rags
- [ ] Baking sheets, glass pans (like Pyrex) etc.
- [ ] Any other cabinet - serving platters, kitchen gadgets, seasonal items, etc.
  Dining room table
- [ ] Kitchen countertops

Living Room

- [ ] Excess couch / throw pillows
- [ ] Magazines
- [ ] TV remotes
- [ ] Dying houseplants
- [ ] The top of the coffee table + drawers
- [ ] Vases, candles and other trinkets
- [ ] Accent chairs that don't fit the space
- [ ] Extra furniture that crowds the space
- [ ] Old DVDs or movies you haven't watched in years
- [ ] Random electronics, chargers, and other cords
- [ ] Books gathering dust
- [ ] Extra blankets
- [ ] Broken lamps or anything else taking up space
- [ ] Other piles of things - go through them and purge!

Pantry

- [ ] Expired foods - check your canned goods, pastas, beans, rice, and other grains
- [ ] Old snack foods that no one liked
- [ ] Storage containers that aren't in use
- [ ] Break down bulk boxes and nearly-empty boxes
- [ ] Spices & condiments
- [ ] Baking ingredients like flour, salt, sugar
- [ ] Old plastic bags or shopping bags
- [ ] Sauce packets, flavoring, pasta sauce, etc.
- [ ] Shelf-stable drinks & treats
- [ ] Napkins, paper towels, picnic supplies, etc.

Bathrooms

- [ ] Under the sink - old washcloths, cleaning supplies, etc.
- [ ] Extra or old towels or hand towels
- [ ] Expired cosmetics/personal care products
- [ ] Old/extra hair curlers, straighteners, etc.
- [ ] Old toothbrushes, empty toothpaste tubes, etc.
- [ ] Clumpy old nail polish
- [ ] Empty bottles sitting in your shower
- [ ] Old razors and hair brushes
- [ ] Those free hotel soaps you've been hoarding
- [ ] Old hair ties, scrunchies, and broken bobby pins
- [ ] Old makeup brushes, deodorant, etc.

Playroom

- [ ] Broken toys
- [ ] Old markers and broken crayons
- [ ] Bookshelf
- [ ] Lone Legos and other small pieces
- [ ] Dress-up costumes/pretend-play items
- [ ] Snack scraps, bits of cardboard, etc.
- [ ] Old Play-Doh chunks & broken crayons
- [ ] Magnatiles or similar
- [ ] Stuffed animals
- [ ] Old coloring books or drawing supplies that have been used up
- [ ] Puzzles, games, workbooks, etc.
- [ ] Anything your child has outgrown

Linen Closet

- [ ] Old towels and hand towels
- [ ] Old blankets and quilts
- [ ] Mismatching sheets or pillowcases
- [ ] Lumpy extra pillows or stained pillows
- [ ] Sheets that don't fit/you don't like anymore
- [ ] Old rags/anything excessive
- [ ] Baby blankets
- [ ] Irons, laundry balls, steamers, etc.

Coat Closet

- [ ] Outgrown winter gloves / snow gear
- [ ] Extra beanies or hats
- [ ] Extra hangers or broken/bent hangers
- [ ] Old jackets or sweatshirts
- [ ] Outgrown shoes and boots
- [ ] Umbrellas or other outdoor accessories
- [ ] Old slippers

Laundry Room

- [ ] Cleaning supplies
- [ ] Broken laundry baskets
- [ ] Laundry supplies (think baking soda, old bleach, broken clothespins)
- [ ] Household manuals or other small booklets
- [ ] Hangers or racks
- [ ] Empty laundry detergent bottles or boxes
- [ ] The basket of mismatched socks
- [ ] The donation box - load it into your car!
- [ ] Emergency preparedness stuff
- [ ] Vases or other misc. decor

Office

- [ ] Tax documents 7+ years old
- [ ] Scribbled on paper or sticky notes
- [ ] Spent gift cards or old debit/credit cards
- [ ] Old college textbooks
- [ ] Broken pens or pencils
- [ ] Scissors, dried up glue, etc.
- [ ] Dried up Sharpies/dry-erase markers
- [ ] Extra cords, chargers, headphones that don't work anymore
- [ ] Thumb drives/other storage devices
- [ ] That old camera digital camera
- [ ] Junk mail/empty envelopes
- [ ] Expired coupons
- [ ] Used up legal pads, journals, notebooks
- [ ] Desk drawers / any other home office supplies I forgot :)

Bedrooms

- [ ] Clutter on or in nightstands
- [ ] Laundry on the floor/in piles
- [ ] Clutter on top of the dresser
- [ ] Loose change - put it in a jar or baggie
- [ ] Jewelry box or keepsakes box
- [ ] Hats, gloves, or shoes laying around
- [ ] Any sitting chairs - clean them off!
- [ ] The treadmill, laundry drying rack or anything else you're using as a hanger!
- [ ] TV remotes or anything else that's creating clutter
- [ ] Each drawer of your dresser - socks, underwear, jeans, tops, etc.

Garage/Mudroom

- [ ] Screwdrivers and other small tools
- [ ] Workbench clutter - screws, nuts, bolts, etc.
- [ ] Boots, coats, beanies, etc.
- [ ] Empty cardboard boxes
- [ ] Cans/bottles or other things that need to be taken out to the recycling
- [ ] Camping or other outdoor gear
- [ ] Old appliance or tool manuals
- [ ] Wood scraps (or other building or landscaping materials)
- [ ] Get rid of any old or dried up glue, caulk, etc.
- [ ] Old batteries and other unwanted items

Bedroom Closets

- [ ] Anything stained or ripped
- [ ] Beanies and ball caps
- [ ] Sports bras, workout clothes, etc.
- [ ] Seasonal items you've outgrown
- [ ] Old shoes and boots
- [ ] Gloves, sunglasses, other accessories
- [ ] The high heels you've had since Prom
- [ ] Old swimsuits
- [ ] Jeans that don't fit anymore
- [ ] Blankets or bedding you don't use
- [ ] T-shirts and sweatshirts
- [ ] Purses and backpacks you don't use
- [ ] Formal wear like suits, bridesmaid dresses, etc.