



Residential & Commercial
Cleaning Services
Serving The Upper Valley Since 1993

(802)-295-6065

Room-by-Room Deep Cleaning Checklist

Kitchen

- ☐ Empty and clean refrigerator and freezer
 - ☐ Wipe cabinets and drawers (inside & out)
 - ☐ Clean oven, stovetop, and exhaust fan
 - ☐ Descalc sink faucet and clean garbage disposal
 - ☐ Scrub backsplash, countertops, and grout
 - ☐ Dust and wash light fixtures
 - ☐ Mop under appliances
 - ☐ Wipe baseboards and walls
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Bathroom(s)

- ☐ Scrub tile grout and reseal if needed
 - ☐ Clean inside and behind the toilet
 - ☐ Descalc showerheads and faucets
 - ☐ Wash the shower curtain and replace the liner
 - ☐ Clean sink drain and mirror
 - ☐ Sanitize high-touch areas (light switches, handles)
 - ☐ Vacuum and mop the floor
 - ☐ Organize cabinets and toss expired items
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Living Room

- ☐ Vacuum under and behind furniture
 - ☐ Shampoo or steam clean carpets and rugs
 - ☐ Clean upholstery (vacuum or spot-treat)
 - ☐ Dust baseboards, ceiling fans, and light fixtures
 - ☐ Wash pillow covers and throw blankets
 - ☐ Clean windows, blinds, and sills
 - ☐ Wipe electronics and remotes
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Bedroom(s)

- ☐ Wash all bedding, including mattress protectors
 - ☐ Rotate or vacuum the mattress
 - ☐ Clean inside closets and dressers
 - ☐ Dust furniture, decor, and baseboards
 - ☐ Wipe ceiling fan blades and air vents
 - ☐ Vacuum or mop under the bed
 - ☐ Declutter nightstands and surfaces
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Entryway & Hallways

- ☐ Wipe walls, light switches, and baseboards
- ☐ Clean shoe racks or coat closets
- ☐ Mop floors and shake out rugs
- ☐ Dust artwork, mirrors, and door trim
- ☐ Organize shoes, keys, and surface clutter



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Laundry Room

- ☐ Clean washer drum and lint trap
- ☐ Wipe down the dryer and clean the vent
- ☐ Organize detergents and cleaning supplies
- ☐ Dust shelving and room corners
- ☐ Vacuum or mop the floor