

DECLUTTERING CHECKLIST



KITCHEN & PANTRY

- ☐ Expired foods and spices
- ☐ Take-out containers
- ☐ Chipped or cracked dishes
- ☐ Old dishtowels and table linens
- ☐ Duplicate kitchen items
- ☐ Excess reusable water bottles
- ☐ Extra coffee mugs
- ☐ Takeout utensils
- ☐ One-off party supplies (birthday napkins or holiday plates)

LIVING ROOM

- ☐ Miscellaneous cords, wires and chargers
- ☐ Games or puzzles with missing pieces
- ☐ Home decor and furniture you no longer enjoy
- ☐ Excess throw pillows
- ☐ Old remote controls
- ☐ Old magazines
- ☐ Excess knick-knacks
- ☐ Books you won't read

MASTER BEDROOM

- ☐ Clothing that no longer fits
- ☐ Socks and tights with holes in them
- ☐ Worn out underwear & bra
- ☐ Stained & ripped clothes
- ☐ Clothes & shoes you haven't worn in 2 years
- ☐ Shoes that hurt your feet
- ☐ Damaged jewelry
- ☐ Gifted clothes you won't wear
- ☐ Old or excess wallets and purses
- ☐ Holiday-themed clothing you never wear
- ☐ Stained tees you wear as a pajama
- ☐ Unused fitness gear
- ☐ Dry-cleaning hangers

MASTER BATHROOM

- ☐ Old medications
- ☐ Expired or unwanted toiletries
- ☐ Excess packaging from products
- ☐ Hair tools you never use
- ☐ Random hair accessories and old brushes
- ☐ Cosmetic samples
- ☐ Expired and no-longer-used make-up
- ☐ Dried-out nail polish
- ☐ Old or threadbare towels

DECLUTTERING CHECKLIST



LAUNDRY ROOM

- ☐ Cleaning supplies you won't use
- ☐ Broken hampers or laundry baskets
- ☐ Stain removers that don't work
- ☐ Out-of-place items
- ☐ Unpaired socks

HOME OFFICE

- ☐ Paper clutter (receipts, old papers)
- ☐ Excess pens, pencils & markers
- ☐ Expired gift certificates and coupons
- ☐ Unused cords, chargers & electronics
- ☐ Used up notebooks

KID'S ROOM

- ☐ Outgrown clothes and shoes
- ☐ Toys that are broken or no longer played with
- ☐ Books they have outgrown
- ☐ School books from previous years
- ☐ Old school projects
- ☐ Used up arts-and-crafts supplies
- ☐ Worn-down stuffed toys

MUDROOM & ENTRYWAY

- ☐ Worn-out or unwanted shoes
- ☐ Worn-out or unwanted coats
- ☐ Accessories you never wear
- ☐ Broken or excess umbrellas
- ☐ Outgrown sports gear
- ☐ Excess shopping bags

GARAGE

- ☐ Old paint & chemicals
- ☐ Old or dirty stuff you won't ever use
- ☐ Stuff you put there a year ago for a project you never did
- ☐ Seasonal decor you don't put up anymore
- ☐ Old furniture

Well Arranged Home

HOME ORGANIZING