

ULTIMATE DECLUTTER CHECKLIST

Work room by room and check off each item as you go.

KITCHEN DECLUTTER

Cookware & Bakeware

- ☐ Extra pots and pans you never use
- ☐ Duplicate frying pans or saucepans
- ☐ Rusty or warped baking sheets
- ☐ Old muffin tins, cake pans, or pie plates you never bake with
- ☐ Slow cookers, air fryers, or appliances that just take up space
- ☐ Worn-out or unused baking utensils

Utensils & Tools

- ☐ Duplicate spatulas, spoons, or tongs
- ☐ Broken or melted utensils
- ☐ Specialty gadgets you never reach for (banana slicer, avocado cutter, etc.)
- ☐ Dull or duplicate knives
- ☐ Extra measuring cups and spoons
- ☐ Old cutting boards in poor shape

Dishes & Glassware

- ☐ Chipped or cracked plates and bowls
- ☐ Mismatched glasses, mugs, or cups
- ☐ Plastic cups and containers missing lids
- ☐ More dishes than your household needs
- ☐ Old kids' dishes your children have outgrown

Food & Pantry Items

- ☐ Expired canned goods or condiments
- ☐ Spices that are years old or never used
- ☐ Duplicate ingredients
- ☐ Open snacks or grains past their freshness date
- ☐ Old baking supplies (flour, sugar, etc.)
- ☐ Plastic bags, twist ties, or take-out sauces piling up

Small Appliances & Electronics

- ☐ Appliances that don't work properly
- ☐ Duplicates (two blenders, two toasters, etc.)
- ☐ Appliances you rarely use (waffle maker, fondue pot)
- ☐ Old cords or instruction manuals

Storage Containers & Organization

- ☐ Containers without lids (or lids without containers)
- ☐ Stained or warped plastic containers
- ☐ Old lunch boxes or water bottles
- ☐ Extra jars, vases, or glass bottles you never reuse
- ☐ Random baskets or bins that no longer fit your space

Cookbooks & Paper Items

- ☐ Cookbooks you never open
- ☐ Printed recipes you can find online
- ☐ Expired coupons or old receipts
- ☐ Take-out menus (just keep digital versions)

Cleaning Supplies

- ☐ Empty or nearly empty bottles
- ☐ Duplicate cleaning sprays
- ☐ Old sponges or dish brushes
- ☐ Worn kitchen towels or rags

Miscellaneous Kitchen Items

- ☐ Magnets or papers cluttering the fridge
- ☐ Old tablecloths, placemats, or napkins
- ☐ Candles or décor items that don't fit your style
- ☐ Excess reusable grocery bags
- ☐ Junk drawer odds and ends (pens, batteries, rubber bands, etc.)

BATHROOM

Personal Care Products

- ☐ Expired or old skincare products
- ☐ Half-used lotions, shampoos, or conditioners you don't love
- ☐ Old makeup or broken compacts
- ☐ Nail polish that's dried out or colors you never wear
- ☐ Hair products that don't work for you
- ☐ Extra or duplicate razors, tweezers, and nail clippers
- ☐ Perfumes or body sprays you no longer like

Medicine Cabinet & First Aid

- ☐ Expired prescriptions and over-the-counter medicines
- ☐ Empty pill bottles or outdated vitamins
- ☐ Dried-up ointments or creams
- ☐ Duplicate first aid supplies (too many bandages or wraps)
- ☐ Old thermometers or broken medical tools

Hair & Styling Tools

- ☐ Old or broken hair dryers, curling irons, or straighteners
- ☐ Brushes or combs with missing bristles or product buildup
- ☐ Hair ties and clips that have stretched out or broken
- ☐ Extra styling tools you never use

Linens & Towels

- ☐ Worn-out bath towels, hand towels, and washcloths
- ☐ Old bath mats or rugs that have seen better days
- ☐ Extra towels taking up space (keep a practical amount per person)
- ☐ Outdated shower curtains or liners

Toiletries & Bathroom Supplies

- ☐ Sample-size products you'll never use
- ☐ Extra toothbrushes or floss from dentist visits

- ☐ Toothpaste tubes that are nearly empty
- ☐ Soaps, bath bombs, or bath salts you don't use
- ☐ Travel-size items that have expired or leaked

Storage & Decor

- ☐ Empty or mismatched storage bins
- ☐ Worn or unused baskets or organizers
- ☐ Unused jars, bottles, or vanity containers
- ☐ Décor items that collect dust or no longer match your style
- ☐ Old candles or air fresheners with no scent left

Paper & Miscellaneous

- ☐ Outdated magazines or reading material
- ☐ Extra toilet paper rolls taking over cabinets (keep a small stock only)
- ☐ Old shower caps or loofahs
- ☐ Expired sunscreen or bug spray stored in the bathroom
- ☐ Broken scales or unused bathroom gadgets

KEEP THE BEDROOM CLUTTER-FREE

Clothing & Accessories

- ☐ Clothes that don't fit or you haven't worn in a year
- ☐ Damaged or stained clothing you never repaired
- ☐ Duplicate basics (too many jeans, T-shirts, or pajamas)
- ☐ Shoes that are uncomfortable or rarely worn
- ☐ Jewelry that's broken, tangled, or not your style
- ☐ Belts, scarves, hats, or handbags you never reach for
- ☐ Unused hangers taking up space in the closet

Furniture & Surfaces

- ☐ Nightstands cluttered with old books, papers, or receipts
- ☐ Broken lamps or outdated light fixtures
- ☐ Extra furniture that crowds the room
- ☐ Unused mirrors, chairs, or benches
- ☐ Trinkets or decor items collecting dust
- ☐ Garage Organized

Under the Bed & Hidden Spaces

- ☐ Storage bins full of things you forgot about
- ☐ Old shoes, clothes, or sentimental items hiding under the bed
- ☐ Items you meant to donate long ago

LINENS TO LET GO OF

Bedding & Linens

- ☐ Extra sheet sets that don't fit any current beds
- ☐ Old or faded pillowcases
- ☐ Blankets that are worn, ripped, or rarely used
- ☐ Outdated comforters or bedspreads
- ☐ Decorative pillows or shams that no longer match your style

- ☐ Mattress pads or covers that have seen better days

Towels & Bath Linens

- ☐ Old or frayed bath towels
- ☐ Hand towels and washcloths that have lost their softness
- ☐ Beach towels you no longer use
- ☐ Duplicate sets taking up too much space
- ☐ Towels with stains or bleach marks

Table & Dining Linens

- ☐ Tablecloths and placemats that don't fit your current table
- ☐ Napkins or runners you never use
- ☐ Seasonal linens that you no longer love

Guest & Seasonal Items

- ☐ Extra bedding for guests that's outdated or mismatched
- ☐ Air mattresses with leaks or missing parts
- ☐ Holiday linens or blankets that no longer get used
- ☐ Specialty pillows or blankets you've been storing "just in case"

Storage & Organization

- ☐ Baskets, bins, or containers that don't serve a purpose
- ☐ Empty packaging from old bedding sets
- ☐ Broken hangers, clips, or organizers
- ☐ Vacuum storage bags that don't seal properly

Miscellaneous Items Often Found in Linen Storage

- ☐ Old curtains or drapes
- ☐ Unused throw blankets
- ☐ Heating pads, hot water bottles, or electric blankets that no longer work
- ☐ Scent sachets or air fresheners that have lost their scent
- ☐ Random household textiles you forgot about

HOBBIES YOU NO LONGER LIKE

Crafting & Art Supplies

- ☐ Dried-up paints, glue, or markers
- ☐ Craft paper, stickers, or scrapbooking supplies you no longer use
- ☐ Extra brushes, scissors, or tools you've replaced
- ☐ Old or unfinished art projects
- ☐ Glitter, ribbon, or beads you haven't touched in years

Sewing, Knitting & Fabric Crafts

- ☐ Fabric scraps or remnants you'll never use
- ☐ Patterns you no longer love or that don't fit your current style
- ☐ Duplicate thread spools or worn needles
- ☐ Unfinished sewing or knitting projects
- ☐ Extra yarn from past projects

Sports & Outdoor Hobbies

- ☐ Equipment for sports you no longer play
- ☐ Old camping gear, tents, or sleeping bags

- ☐ Fishing gear, bikes, or golf clubs that are collecting dust
- ☐ Skis, snowboards, or helmets that haven't been used in years
- ☐ Workout equipment or yoga mats you don't use anymore

Music & Instruments

- ☐ Instruments you no longer play or that need repairs
- ☐ Sheet music, stands, or accessories you never use
- ☐ Old cases, cords, or amps for instruments you sold

Collecting & Other Past Interests

- ☐ Collectibles or memorabilia you've lost interest in
- ☐ Puzzle and board games that are missing pieces
- ☐ Model kits or hobby sets left unfinished
- ☐ Photography props or gear you no longer use
- ☐ Books or magazines related to old hobbies

Storage & Extras

- ☐ Bins and boxes filled with old hobby supplies
- ☐ Organizers or containers that now sit empty
- ☐ Instruction manuals or how-to guides for hobbies you've moved on from

CLEAN OUT THE SHED OR GARAGE

Tools & Hardware

- ☐ Broken or rusty tools
- ☐ Duplicate hammers, screwdrivers, or wrenches
- ☐ Old nails, screws, or hardware scattered in jars
- ☐ Power tools you no longer use or that don't work
- ☐ Extension cords that are frayed or unsafe
- ☐ Empty toolboxes or organizers

Gardening Supplies

- ☐ Dried-up soil bags or old fertilizer
- ☐ Broken pots or planters
- ☐ Rusted shovels, rakes, or trowels
- ☐ Empty seed packets or outdated seeds
- ☐ Cracked watering cans or leaky hoses
- ☐ Garden décor or stakes you no longer use

Outdoor & Yard Items

- ☐ Broken lawn ornaments or faded décor
- ☐ Old patio furniture cushions or covers
- ☐ Grills or fire pits that don't work anymore
- ☐ Excess plant containers or unused garden stakes
- ☐ Outdoor toys that are broken or outgrown
- ☐ Damaged holiday lights or lawn decorations

Storage & Containers

- ☐ Empty bins or buckets taking up space
- ☐ Cardboard boxes ruined by moisture
- ☐ Paint cans, chemicals, or cleaners that have expired

- ☐ Random cords, parts, or project leftovers
- ☐ Broken shelving or hooks

Seasonal & Maintenance Items

- ☐ Worn-out gloves, boots, or work aprons
- ☐ Old bags of sand, salt, or ice melt
- ☐ Outdated lawn care products or weed killers
- ☐ Broken snow shovels or rakes
- ☐ Duplicates of items you only need one of (like hoses or sprinklers)

COMPUTER

Files & Documents

- ☐ Old projects, assignments, or work files you no longer need
- ☐ Multiple versions of the same document
- ☐ Random text files or notes you never open
- ☐ Duplicated or outdated resumes and cover letters
- ☐ Receipts or downloads that have already been saved elsewhere

Photos & Videos

- ☐ Blurry or duplicate photos
- ☐ Screenshots you no longer need
- ☐ Unused stock images or old graphics
- ☐ Videos that take up large amounts of space but serve no purpose

Downloads & Desktop

- ☐ Files sitting in your "Downloads" folder
- ☐ Programs or installers you no longer use
- ☐ Old PDF guides, eBooks, or manuals you've already read
- ☐ Desktop shortcuts or icons cluttering your screen

Emails & Communication

- ☐ Old emails you no longer need to save
- ☐ Spam or promotional messages
- ☐ Outdated attachments taking up storage space
- ☐ Unused contacts in your address book
- ☐ Old chat logs or conversation backups

Apps & Programs

- ☐ Software you don't use anymore
- ☐ Games or trial programs taking up memory
- ☐ Browser extensions you forgot about
- ☐ Apps that duplicate what another app already does

System & Storage

- ☐ Empty folders or duplicates
- ☐ Temporary files and cache data
- ☐ Old backups or restore points
- ☐ Outdated drivers or updates
- ☐ Files sitting in your Trash or Recycle Bin

Organization Tips

- ☐ Create labeled folders for work, personal, and photos
- ☐ Back up important files to a cloud drive or external hard drive
- ☐ Schedule a regular “digital cleanup” every few months

HOME OFFICE DECLUTTERING

Paper & Documents

- ☐ Old bills, receipts, and paperwork you no longer need
- ☐ Expired warranties and manuals (most are online now)
- ☐ Junk mail or promotional flyers
- ☐ Outdated planners or calendars
- ☐ Notes and sticky reminders you've already completed
- ☐ Duplicate or unnecessary printed copies

Office Supplies

- ☐ Dried-out pens, markers, or highlighters
- ☐ Broken staplers or hole punches
- ☐ Extra paper clips, rubber bands, or binder clips
- ☐ Excess notebooks or pads you'll never use
- ☐ Worn-out folders or binders
- ☐ Old printer paper, labels, or sticky notes

Technology & Electronics

- ☐ Outdated laptops, monitors, or keyboards
- ☐ Broken chargers, cords, or cables
- ☐ Old phones or tablets stored “just in case”
- ☐ Obsolete computer accessories (webcams, mice, etc.)
- ☐ Non-working printers or scanners
- ☐ Empty ink cartridges or old batteries

Furniture & Decor

- ☐ Extra office chairs or desks that crowd the space
- ☐ Decor or wall art that feels distracting or outdated
- ☐ Desk organizers that no longer fit your setup
- ☐ Lamps that don't work or don't provide enough light
- ☐ Decorative items that collect dust

Storage & Organization

- ☐ Old boxes or bins filled with random items
- ☐ Files or storage drawers you haven't opened in years
- ☐ Outdated filing systems or binders
- ☐ Empty packaging or shipping supplies you don't need
- ☐ Duplicate office tools or supplies

Digital Workspace

- ☐ Cluttered computer desktop or full downloads folder
- ☐ Unused software or browser extensions
- ☐ Email inbox full of old messages
- ☐ Bookmarks or saved links you no longer visit
- ☐ Random notes or files saved on your desktop

Personal & Miscellaneous Items

- ☐ Snacks, dishes, or cups left on your desk
- ☐ Gifts or trinkets that distract from your workspace
- ☐ Unused planners or journals
- ☐ Old business cards or brochures

PHONE

- ☐ Apps you don't use
- ☐ Old videos you don't need
- ☐ Photos that aren't good
- ☐ Close all the pages that are open on your phone
- ☐ Shut all the open internet pages

CLEANING SUPPLIES

- ☐ Cleaning rags you don't like
- ☐ Spray bottles that don't work well
- ☐ Cleaning products that didn't work
- ☐ Toxic Products you don't want to smell in your home.

DECLUTTERING HOLIDAY DECOR

- ☐ Anything broken
- ☐ Cheesy decor (I say this from experience)
- ☐ When you have too much and the bins won't shut
- ☐ Declutter when there are not enough areas in your home to add the decor.
- ☐ Things that were a trend and are no longer a trend.

UNUSED HOME DECOR MUST GO

- ☐ Too many vases
- ☐ Anything that is out of style
- ☐ Things that you don't really love
- ☐ General art that does not bring you happiness
- ☐ When you have too much in one area
- ☐ Old frames
- ☐ Anything broken (if you don't intend to fix it then let it go)
- ☐ Decor that no longer works in your home
- ☐ Things that are mismatched to your current style
- ☐ Boxes
- ☐ Too many pillows
- ☐ Throw blankets that are worn out
- ☐ Useless decor that can make an area look cluttered

CLEAR OUT THE CAR

- ☐ Trash
- ☐ Toys

- ☐ Clothing that's left behind
- ☐ Too many reusable grocery bags
- ☐ Sunglasses
- ☐ Old Car books
- ☐ Boxes and Bins that are not being used
- ☐ Towels

KID'S ROOM

- ☐ The clothing they don't wear
- ☐ Clothes that don't fit or are worn out
- ☐ Shoes they don't like or don't fit
- ☐ The toys they don't play with
- ☐ Trash
- ☐ Anything broken
- ☐ Toys that are above their level or below their age level (as a minimalist, I like to keep only the toys they are actually playing with)
- ☐ Too many blankets or sheets
- ☐ Try setting limits on toys and clothes (most kids have their favorite things). Get rid of the rest.
- ☐ Declutter things that are on the walls
- ☐ Old art projects
- ☐ Stuffed Animals