

# Decluttering Checklist

## KITCHEN

- Expired food and spices
- Damaged or unused cookware
- Stained or mismatched containers
- Duplicate and broken utensils
- Unused or rarely used appliances
- Chipped or unused mugs

## BATHROOM

- Expired medications
- Expired makeup and skincare products
- Empty shampoo bottles, used soap bars, and any rusty razors
- Old toothbrushes
- Unused cleaning supplies and toiletries
- Stained, ripped, or worn-out towels and linens

## BEDROOM

- Clothes that are stained, don't fit, or you haven't wore in a year
- Old shoes
- Unpaired socks, old underwear
- Books and magazines
- Broken or unused jewelry, purses or other accessories
- Extra hangers

## OFFICE

- Stacks of paper
- Used notebooks
- Dried pens and markers
- Old bills and receipts
- Old chargers, broken headphones.
- Outdated electronics

## LIVING ROOM

- Any furniture that is unnecessary or doesn't fit your style
- books you've already read
- Old DVDs, and CDs
- Untangle and organize cords
- Unused electronics
- Clear surfaces, leaving only a few decorative items

## SUPPLIES FOR DECLUTTERING

- Trash bags
- Labels
- Donation boxes