

# Decluttering Checklist

## KITCHEN

- Expired food and spices

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- Damaged or unused cookware

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- Stained or mismatched containers

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- Duplicate and broken utensils

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- Unused or rarely used appliances

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- Chipped or unused mugs

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## BATHROOM

- Expired medications

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- Expired makeup and skincare products

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- Empty shampoo bottles, used soap bars, and any rusty razors

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- Old toothbrushes

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- Unused cleaning supplies and toiletries

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- Stained, ripped, or worn-out towels and linens

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## BEDROOM

- Clothes that are stained, don't fit, or you haven't wore in a year

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- Old shoes

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- Unpaired socks, old underwear

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- Books and magazines

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- Broken or unused jewelry, purses or other accessories

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- Extra hangers

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## OFFICE

- Stacks of paper

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- Used notebooks

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- Dried pens and markers

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- Old bills and receipts

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- Old chargers, broken headphones.

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- Outdated electronics

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## LIVING ROOM

- Any furniture that is unnecessary or doesn't fit your style

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- books you've already read

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- Old DVDs, and CDs

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- Untangle and organize cords

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- Unused electronics

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- Clear surfaces, leaving only a few decorative items

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## SUPPLIES FOR DECLUTTERING

- Trash bags

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- Labels

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- Donation boxes

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