

Decluttering Checklist



KITCHEN

- ☐ Plastic containers without lids
- ☐ Expired food in your pantry, fridge, or freezer
- ☐ Unused utensils, pots, or pans in poor condition
- ☐ Extra coffee mugs or plastic cups
- ☐ Take-away containers or condiments you don't need
- ☐ Paper clippings, coupons, or fridge magnets you don't use
- ☐ Old dish sponges or damaged water bottles
- ☐ Souvenirs or vases you never use
- ☐ Pet food or treats your pets don't eat

BATHROOM

- ☐ Expired medications or beauty products
- ☐ Old toothbrushes, razors, or hairbrushes
- ☐ Towels or washcloths you don't use
- ☐ Old toiletries or unused sample products
- ☐ Makeup or beauty tools you haven't used in a year
- ☐ Old bath toys or disintegrating soap
- ☐ Empty bottles or air fresheners that no longer work

BEDROOM

- ☐ Clothes, shoes, or accessories you haven't worn in a year
- ☐ Bedding or blankets you don't use
- ☐ Old jewellery or hats you don't wear
- ☐ Broken chargers, old electronics, or remote controls

Decluttering Checklist



BEDROOM (CONTINUED)

Dead batteries or random paper clutter ☐

Games or puzzles missing pieces ☐

LIVING ROOM

Old magazines, books, or newspapers ☐

Broken or unused remote controls ☐

Toys or items that don't belong here ☐

Worn-out pillows or blankets ☐

Decorations that don't suit your style anymore ☐

Burnt-out candles ☐

VHS tapes, CDs, or cassette tapes you no longer use ☐

Knick-knacks that collect dust ☐

Worn-out pet toys ☐

Where to donate or dispose?

Donate: Clothing, accessories, and household items in good condition can be donated to local charities.

Dispose: Expired medications can be taken to a pharmacy for safe disposal. Check with the local council for recycling options for electronics, batteries, or other items.

