

# Decluttering Checklist

Checklist · 30 items · 8 sections

A complete room-by-room decluttering checklist. Work through your entire home systematically using the keep/donate/sell/toss framework.

Open the editable version online:

<https://genechecklist.com/checklist/decluttering-checklist>

## KITCHEN

- Expired food in pantry and refrigerator
- HIGH**
- Duplicate kitchen tools (how many spatulas do you actually need?)
- Appliances not used in 12+ months
- Mismatched or chipped dishes, glasses, and mugs
- Plastic containers without lids (or lids without containers)
- HIGH**
- Junk drawer: remove anything not needed in the last 3 months

## BEDROOM & CLOSET

- Clothes not worn in 12 months: donate or sell
- HIGH**
- If you haven't worn it in a full year through all seasons, you likely won't*
- Shoes worn rarely or that hurt your feet
- Duplicate or excessive hangers
- Old or worn-out bedding, pillows, and towels
- Jewelry and accessories not worn in years
- Books read and never re-read: donate to library or sell

## BATHROOM

- Expired medications and supplements
- HIGH**
- Dispose properly: don't flush. Use local drug take-back programs*
- Half-used or old beauty products (most expire in 6-12 months once opened)

- Old towels, wash cloths, and worn bath mats
- Duplicate toiletries and products

### LIVING ROOM

---

- Old magazines, newspapers, and mail piles
- HIGH**
- DVDs, CDs, VHS tapes (if no longer have player)
- Decorative items that no longer match style or you don't love
- Old remotes, cables, and electronics without devices

### HOME OFFICE

---

- Old documents, bills, and financial papers (shred and recycle: keep 7 years)
- HIGH**
- Broken electronics or gadgets that haven't been fixed
- Old or unused office supplies

### GARAGE & STORAGE

---

- Garage: tools not used in 3 years, duplicates, broken items
- Sports equipment for activities you no longer do
- Holiday decorations not used in 2+ years

### KIDS SPACES

---

- Kids toys outgrown: donate to shelter or sell
- Books and games outgrown by children
- Baby gear and equipment no longer needed

### NEXT STEPS

---

- Donate collected items to local charity, sell on Facebook Marketplace or OfferUp
- HIGH**